

Your Relationship BabyProof

The relationship program for expectant parents

Having a baby is truly special! It's also an experience that brings many changes — not only to your daily life, but also to your relationship as (future) parents.

Many couples experience a dip in their connection during the first year of parenthood. That's completely normal — but something you can prepare for. With the right insights and practical tools, you can face the challenges together with resilience.

A strong and loving relationship between parents may just be the greatest gift you can give your child. It provides a safe foundation for healthy development and a warm, secure home.



The Your Relationship BabyProof program fits seamlessly into midwifery practices — the place where expectant parents naturally come together.

JRBP consists of two inspiring workshops:

- **For (expectant) fathers** — with space to explore their own experience, questions, and role in parenthood.
- **For couples** — with a focus on their relationship, communication, and connection as both partners and parents.

Fatherworkshop Baby & Bitterballen* (BB)

For expectant fathers who want to prepare well for fatherhood.

- In a relaxed atmosphere, (expectant) fathers engage in conversations about everything that comes their way once the baby arrives.
- All essential topics are covered briefly and clearly — with a touch of humor and relatability. Think of sleep deprivation, division of roles, fatherhood, partner love, expectations, and reality.
- You will gain insights, recognition, and practical tools to handle the changes at home with resilience.

The workshop is led by trained moderators who are fathers themselves — so they truly understand what you're going through.

**Bitterballen are a Dutch pub-snack*

Relationshipworkshop: Your Relation BabyProof

For (expectant) parents who want to strengthen their relationship during the transition to parenthood.

- In this workshop, couples gain insight into the importance of their bond as partners—especially now that they are becoming parents together. They discover how to keep their relationship vibrant, healthy, and inspiring, even during a time of significant change.
- Because even the best relationships can be challenged by sleep deprivation, household busyness, and financial worries. Did you know that nearly 70% of couples experience more conflicts and misunderstandings in the first year after their child's birth?

In this workshop:

- We discuss realistic expectations about parenthood and the relationship
- Expectant parents work on recognizing and managing tensions and conflicts
- We reflect on the attachment relationship and how it can be strengthened
- Couples experience how to stay resilient in their relationship when things get tough

The workshop is guided by trained moderators who have personal experience with this life phase.

Your Relationship BabyProof: Facts and impact

Buro Nij offers the program 'Je Relatie BabyProof' (JRBP) in collaboration with midwifery practices and municipalities.

- A unique relationship program for expectant parents, focused on finding balance between caring for the baby and continuing to invest in the relationship as partners and a parenting team.

Why JRBP?

- During the transition to parenthood, a lot changes. JRBP helps couples cope resiliently with these changes so that love and connection continue to grow—especially during this intense phase of life.

Impact and appreciation:

- Over 1,000 expectant parents have successfully completed JRBP
- JRBP has been running for over 7 years and consistently receives ratings of 8 or 9
- Common feedback: "I wish I had heard this when our first child was born!"
- Recommended by participants and professionals as a valuable part of preparation for parenthood

Quality and content basis:

- Topics are carefully aligned with parents, midwives, and the Netherlands Youth Institute (NJI)
- JRBP addresses themes such as prevention of relationship problems (divorce) and strengthening social networks
- Workshops are practical, relatable, and provide space for genuine conversations

Extras:

- Follow-up sessions available for fathers, including topics like: "What kind of father do you want to be?"
- The atmosphere during the sessions is warm and informal—with (alcohol-free) drinks and a focus on connection.