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Therapist and parenting expert receives Bringing Baby Home Educator of the Year award.

Bellevue, Wash. – Louise Harris, LMHC, New Parents Services therapist for Wellspring Family Services, has been chosen as the Bringing Baby Home Gottman Educator of the Year for 2010. The national award is given to the instructor of the Bringing Baby Home class who has taught the most classes and been certified the longest.

Harris attended her first Gottman training in 1999 and became a certified Bringing Baby Home instructor in 2005. Since that time, she has taught the class to more than 200 couples at Wellspring Family Services New Parents Services office in Bellevue, where she also works as an infant/child therapist.

The Bringing Baby Home class prepares expectant couples for the impact a new baby will have on their relationship. The two-part class offer techniques for dealing with the emotional and physical demands of parenthood and also covers topics such as postpartum depression and stress.

“Helping new parents identify when they are becoming emotionally and physically overwhelmed and teaching them calming, time out techniques makes them more confident and responsive parents once the baby is born.” Harris explains. “Couples have told us that the classes allowed them to strengthen their relationship and prepare for the changes that a new baby brings to the family dynamics.”

Since 1892, Wellspring Family Services, a non-profit organization, continues to provide a breadth of services that address the sources of instability for families. We help homeless families find and hold onto a place to live, teach abusive partners non-violent behaviors, provide counseling for at-risk families and individuals, and empower parents to nurture their children. Together, we are working to build a community where families and children can thrive. For more information or to sign up for a parenting class call 425.450.0332, visit www.wellspringfs.org or email nps@wellspringfs.org.

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