

Becoming Us – Towards Parenthood

About the Webinar

This webinar looks at what the transition into parenthood means for couples, the eight stages of early parenthood and explains ways to support the couple bond so parents grow closer through their early parenthood experiences.

About the Presenter

We are excited to present this webinar facilitated by Parenthood Pioneer - Elly Taylor.

92% of parents report increased conflict in their first year of family and 67% a decline in relationship satisfaction in the first three. One in seven mothers form postpartum depression as do 1 in 10 dads. Postnatal anxiety is proving to be a bigger issue with 33% of mothers and 17% of fathers reporting symptoms according to new research from Monash University. So what's going on here? And more importantly, is there anything we can do about it. The resounding answer is: YES.

Elly Taylor is becoming known worldwide as the Parenthood Pioneer. As a Relationship Counsellor and a new mother at the same time, Elly began researching the transition into parenthood when she began experiencing stretch marks in her relationship with her husband. Over 15 years Elly was able to identify eight stages of early parenthood and challenges in each stage that parents need to overcome. The result of her research is her book "Becoming Us", which had been endorsed by North America's Childbirth and Postpartum Professional Association. Elly is a columnist for Practical Parenting Magazine, Resident Counsellor for Daily Life website and on the advisory panel for parenthood research projects at both Monash and The Australian Catholic Universities.