

With your first baby, most women are quite focused and totally absorbed on preparing for the birth (or adoption) yet realistically not quite able to envisage life with a baby. Once home with the baby, reality sets in.

Come and share your experiences and swap ideas of motherhood with other first time mothers in a non-threatening, comfortable environment where your feelings and experiences will be valued, supported, challenged and heard.

For more information and/or to register your interest in the First Time Mothers Groups phone **03 9354 8854** or email [relate@relatewell.org.au](mailto:relate@relatewell.org.au) or visit our website [www.relatewell.org.au](http://www.relatewell.org.au)

The Family Relationships Institute Inc. (RELATEWELL) is a not-for-profit secular non-government organisation approved and funded by the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs.

Specialising in relationship, marriage and family education and counselling.

Family Relationships Institute Inc.  
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## RELATEWELL Courses

Family Relationships Institute Inc.

### First Time Mothers Groups



*A program where new mothers can share their experiences and find comfort in the fact that most first time mothers experience similar feelings of joy, anxiety, inadequacy and surprise at how all-consuming a baby can be.*

## First Time Mothers Groups

First time mothering is an adventure which challenges the resources of the new mother. It also involves a steep learning curve.

While for many women the experience is intensely positive, some new mothers find the first few years of the child's life quite difficult. A mixture of emotions and doubts develop and the feeling of "isolation" becomes one of the major challenges of caring for a newborn.

New mothers can share their experiences and find comfort in the fact that most first time mothers experience similar feelings of joy, anxiety and surprise at how all-consuming a baby can be.



During the 4 week program (one session per week, consisting of 2 hours per session), mothers will explore

- Emotional issues associated with a total change of life and how this impacts on a women's sense of identity; sense of self; and how mothers can get support in taking care of their own needs as well as their baby's.
- Identity, body image, maternal emotions and sexuality.
- Coping with sleep deprivation and loss of routine.
- Relationship with their partner.
- Pressure from well-meaning family and friends with children or without children.
- Whether or not to return to work and the associated issues of leaving a baby, finding childcare and feeling guilty for your decision.
- Impact of being a full-time mother and its associated stressors (eg: lack of income, etc).
- Issues such as infant care and development - feeding, sickness, sleeping, crying, etc.