**Becoming Us: A Whole Person, Whole Family Approach to Parenthood**

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At a time when couples expect to be happier together than ever, research tells a very different story for expecting and new families. Relationship concerns are the single biggest factor in Antenatal Anxiety and one of the top contributing factors to mental health issues for both mothers and fathers in the postnatal period. A whopping 92% of couples experience increased conflict in the first year after baby and 67% decreased relationship satisfaction in the first three years of family. One in 7 mothers and 1 in 10 dads suffer from Postnatal Depression and Postnatal Anxiety is proving to be a much bigger issue, with 33% of mothers and 17% of fathers reporting symptoms. A traumatic birth experience increases parents’ risk. Relationship dissatisfaction, Perinatal Mental Health conditions and birth trauma are all likely to negatively impact on parent/infant bonding.

Thankfully, there is also research to give us hope. Providing even a single session of psychoeducation and supporting the adult attachment bond between couples during the transition into parenthood can help reduce risks for PMH conditions and improve both birth outcomes and relationships.

Participants in this workshop will discover the changing relationship dynamics between expecting and new parent couples and the effects this has on mothers’ and fathers’ perinatal mental health, their relationship, their ability to bond with their baby and to be a supportive co-parenting partnership. Participants will be introduced to the Becoming Us whole-person, whole-family, whole-community change management approach to parenthood that can be used as a prevention or early intervention with individuals, couples and in groups. Participants will go away with multiple ways to support and strengthen the attachment bond between partners that forms the foundation for their family - and knowing the many benefits of this.