

expecting masterclass

The FamilyWorks Expecting Masterclass is a 1-day preparation for parenting seminar.

Held regularly in a central Perth metro location. Dates, locations and payment details at www.familyworks.com.au

Our combined 30 years of experience supporting parents has motivated us to develop this unique service to prepare couples for parenting.

Hospital antenatal classes are well designed to prepare a woman for birth, however these classes - and our culture - are not supporting mothers and fathers for the role of parenthood.

The Masterclass addresses the concerns and challenges that are common cause for crisis - providing foundational skills and understanding that equip new parents to nurture their infant.

Education components:

- infant development
- feeding
- settling/sleep
- attachment/security
- parent/infant mental health
- adjustment to parenthood
- couple relationship
- personality & parenting styles



Key concepts explored in the Masterclass:

Threats to developing a healthy parenting mindset (**anxiety, depression** and **emotion regulation** difficulties) and when to seek help.

Early brain development in pregnancy/infancy and the influence of toxic, tolerable and positive **stress**.

The parent-infant relationship and its influence on **psychological security**.

The **role of the father** as complementary to mothering.

Rebates available from some private health funds

Dawson Cooke

Dawson has worked with parents, and particularly fathers for the past 10 years. He has provided workshops and groups on topics such as: antenatal preparation for fatherhood, being a dad, understanding and guiding children's behaviour, early brain development, and sleep.

Dawson has authored several research papers and presented at a number of recent international conferences. His interest include: the strengths of fatherhood, parental reflective functioning, postnatal mental health, and father inclusive practice. He is currently researching paternal mentalizing with the Peel Child Health Study, as part of a Clinical Psychology PhD at Curtin University. Dawson is on the organising committee of the National Men & Family Relationships Forum and is part of & National Men and Vulnerable Families Sector Development Group.

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Sharon Cooke

Until recently, Sharon has worked for WA's leading early parenting service providing parent consults and training health professionals. Having coached hundreds of Perth and Pilbara families, Sharon is one of the State's most experienced child sleep and behaviour consultants.

Sharon has dedicated the past 20 years to family and community health. Her midwifery and child health nursing experience is complemented with a respectful coaching approach to adult learning and change. She now offers a home-based service that is prompt, practical and tailored to fit each family. Her seasoned insight cuts through confusion to address the core concerns that challenge new parents. Sharon is the face of FamilyWorks, providing continuity-of-care throughout the child's critical early years of development.

B.Sc (Nursing)
Post Grad (Midwifery)
Cert Community & Child Health
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