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CRN Segments

Round Five: A Baby on the Way

June 2017

Series information & episode cue sheets

Title:	A Baby on the Way
Producer:	Sally Cusack
Station:	Bay FM, Byron Bay
Episodes:	10
Duration:	6'00 mins
Tagline:	Getting ready for baby's arrival
Bait:	<i>There's so much out there on pregnancy and birth, but do you have the essentials for a new family's best possible start?</i>

Series Synopsis:

Lots of birth preparation material focuses on just that - the birth, yet it is the lifelong job of parenting that parents also benefit from preparing for. Each segment focuses on different aspects of birth but also life after that - life with a baby. This series covers new ground and leads parents to new directions in their research and personal development as they transition to one of life's most profound and transforming periods.

About CRN Segments

The fifth round of CRN Segments is now available for on-air use by Australian community broadcasters and stations. Each series is comprised of 10 short pieces of drop-in content designed to be well-suited to radio magazine programs and specialist shows.

For more information and to retrieve series for airplay visit the CBAA website: <http://www.cbaa.org.au/crnsegments>

Produced with the assistance of the Department of Communications and the Arts via the Community Broadcasting Foundation - www.cbf.com.au

A Baby on the Way

Episode 1 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: n/a

Your intro:

While department stores would have us believe that we need to spend the nine months of a pregnancy working out what pram to buy, there are far more issues for a new family to consider. This might be to do with understanding the needs of a newborn, how a mother and baby physically recover after birth, and how a family group as a whole integrate into their new family unit.

The following episode of 'A Baby On The Way' will look at one aspect of a pregnancy: **choosing a maternity carer**. We're going to hear about options for maternity care that are available - and what the evidence says.

Audio cue in - *You're now listening to A Baby on the Way.*

Audio cue out - *A Baby on the Way was written and produced by Sally Cusack. This show was produced with the assistance of the Community Broadcasting Foundation.*

Your back-announce:

That was Sally Cusack speaking about the main options for maternity care and the evidence on which care options provide the best outcomes for a pregnancy. Tune in the same time next week for more.

Additional information:

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A Baby on the Way

Episode 2 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: Dr Sarah Buckley, GP and author and researcher on birth

Your intro:

What goes on in the brain as a woman goes into birth? The following episode of 'A Baby On The Way' covers the **science of birth**, specifically the hormones a woman needs for her body to birth the baby. The main hormone is oxytocin - also known as the hormone of love. Oxytocin triggers the start of labour and the cascade of all the other hormones. It's also the hormone released for breastfeeding, and as we learn, was the hormone that started off the pregnancy in the first place.

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Your back-announce:

That was Sally Cusack with Dr Sarah Buckley talking about oxytocin, the hormone of love, and birth. Tune in the same time next week for more.

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A Baby on the Way

Episode 3 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: Univ. of Qld academic and maternity services advocate Bec Jenkinson and Bashi Kumar-Hazard, Sydney based lawyer and director at Human Rights in Childbirth

Your intro:

Who has the right to make decisions in the birth process? Well in the following episode of 'A Baby On The Way', you'll hear about **informed consent**. This is the law that places the responsibilities for all decisions relating to a woman and her baby's care in the hands of the mother, not her care provider. Like all other people, a pregnant woman has the right to informed consent and that once informed her decisions must be respected.

Audio cue in - *You're now listening to A Baby on the Way.*

Audio cue out - *A Baby on the Way was written and produced by Sally Cusack. This show was produced with the assistance of the Community Broadcasting Foundation.*

Your back-announce:

That was Sally Cusack speaking with academic Bec Jenkinson and lawyer Bashi Kumar-Hazard about the need for women to give informed consent when planning a birth. Tune in the same time next week for more.

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A Baby on the Way

Episode 4 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: n/a

Your intro:

How much does the surrounding environment impact on a birth? The following episode of 'A Baby On The Way' covers information on **preparing mentally for birth and parenthood**. You'll hear the circumstances a woman needs to give birth efficiently and most safely, and what she and the baby needs immediately after the birth.

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Your back-announce:

That was Sally Cusack speaking about preparing mentally for birth and parenting. Tune in the same time next week for more.

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Episode 5 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: n/a

Your intro:

There is a huge array of baby products on the market - but what do you really need in the early months for your baby? The following episode of 'A Baby On The Way' covers tips on **what to buy for your new baby**. You may be surprised to find that it can't all be found in a baby goods store.

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Your back-announce:

That was Sally Cusack with tips for what families really need to buy for their new baby. Perhaps some listeners are relieved to know how little they really need in the early months, other than a parent's time and attention. Tune in the same time next week for more.

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Episode 6 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: Dr Howard Chilton, neonatal paediatrician from Royal Hospital for Women, Sydney

Your intro:

How to prepare for sleep with a newborn baby in the house? The following episode of 'A Baby On The Way' covers essential information for safe **sleep** for a newborn and how young parents can get the most sleep possible in the early months. We'll hear from Dr Howard Chilton, a neonatal paediatrician, about what a baby needs to sleep peacefully. You may need to think about things differently to your parent's generation.

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Your back-announce:

That was Sally Cusack with neonatal paediatrician Dr Howard Chilton about baby's needs in the early months. Tune in the same time next week for more.

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Episode 7 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: Dr Howard Chilton, neonatal paediatrician from Royal Hospital for Women, Sydney

Your intro:

How to prepare for **breastfeeding**? Well the following episode of 'A Baby On The Way' covers just that - for the mother as well as the baby. In the early days and weeks after birth, a mother and baby's recovery to their new life needs plenty of rest. We'll hear from Dr Howard Chilton, a neonatal paediatrician, about giving the best chance of smooth transition to successful feeding.

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Your back-announce:

That was Sally Cusack and Dr Howard Chilton on the best way for mothers and babies to establish breastfeeding. Tune in the same time next week for more.

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Episode 8 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: Dr Howard Chilton, neonatal paediatrician from Royal Hospital for Women, Sydney

Your intro:

You might have heard of a process after the birth of a new child called 'attunement'. The following episode of 'A Baby On The Way' covers exactly this, as well as **getting support and attuning** to a new baby.

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Audio cue out - *A Baby on the Way was written and produced by Sally Cusack. This show was produced with the assistance of the Community Broadcasting Foundation.*

Your back-announce:

That was Sally Cusack and neonatal paediatrician Dr Howard Chilton speaking about the importance of attuning to the baby, taking lots of time in the early weeks and months after a birth. Tune in the same time next week for more.

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Episode 9 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: n/a

Your intro:

Will an older child always be jealous of their new baby sibling? Well in this following episode of 'A Baby On The Way' Sally considers how we can **preparing siblings** for the arrival of a new baby. It's a period of huge change for the other child or children too, so they need special preparation too, and there are some simple tips for helping them feel like a part of the process

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Audio cue out - *A Baby on the Way was written and produced by Sally Cusack. This show was produced with the assistance of the Community Broadcasting Foundation.*

Your back-announce:

That was Sally Cusack on how to prepare siblings for the arrival of a new baby. Tune in the same time next week for more.

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Episode 10 of 10

This series focuses on different aspects of birth but also life after that - life with a baby. Cover new directions in maternal/parental research and personal development around one of life's most profound and transforming periods.

Producer: Sally Cusack

Duration: 6'00

Interviewee: n/a

Your intro:

You've heard of a 'honeymoon', but have you heard of the 'babymoon'? Well in this following episode of 'A Baby On The Way' you'll hear about preparing for early bonding with a new child. While it's important for parents to plan a safe birth of their baby, they also set themselves up for the best possible start in their new life. Babies are easily overwhelmed by different people and busy environments, and mothers need more time to recover physically than what women usually allow themselves. So if you know someone expecting, there may be some courtesy tips in this episode for you.

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Your back-announce:

That was Sally Cusack speaking about the importance of having a special period of recovery after the birth without lots of visitors or trips out. Sometimes this is called the 'babymoon'. That episode was the last of the series, so if you've been listening, and you know a family expecting a baby, hopefully you might be able to think of new ways to support them now!

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To station presenters: did you enjoy this series? Find it useful? Have any suggestions? Email crn@cbaa.org.au with your feedback.