

Pearls of Parenting Wisdom -

Insights from those on the Journey

Produced by Sally Cusack, [Pregnancy, Birth and Beyond Radio Show](#), [Bay FM](#), Byron Bay



Leading birthing and parenting instructors will share their insights and experience for new and expectant parents, and extended family for raising children.

This is a project of the Pregnancy, Birth and Beyond Radio Show, a community project that is into its tenth season at BayFM.

An inspiration of volunteer organisation Maternity Choices Australia, our show honours a woman's right to choice, her body, her baby, and her birth. We hope to inspire and inform you, our sisterhood and families, through the thresholds of birth and your unique journey to motherhood and parenthood.

Facebook: [Pregnancy, Birth and Beyond Radio Show](#)

Podcasts: <http://www.spreaker.com/user/pregnancybirthandbeyond>

- 5-8 minutes per segment
- Tags: society, lifestyle, health, parenting

Thank you to the CBAA for giving our show this opportunity to share this information to a much wider audience.

Series producer: Sally Cusack email: maternitychoicebyron@gmail.com / 0418 258 101

Segments

01_Lara - Preparing for Birth + Series Preview

5'23"

[Lara Martin](#), mother, doula and childbirth educator gives her three main tips for women preparing for birth. A brief preview of the rest of the series also features at the end of this segment.

02_Darren - Preparing for Fatherhood

7'23"

[Darren Mattock](#), father and new and expectant dad specialist shares his top four tips for men preparing for the arrival of their first child.

03_Jannine - Caring for our Earth

7'59"

[Jannine Barron](#), mother and eco-baby goods retailer, explains how less is more when it comes to preparing for a baby's arrival and that our choices as consumers impacts everyone around us.

04_Annalee Intuitive + Gentle Parenting

7'11"

[Annalee Atia](#), mother, integrative nutritionist and Pregnancy, Birth and Beyond Radio presenter outlines the vital role that using our intuition, along with research are an invaluable combination when making decisions for our children. She also outlines the benefits of adopting a gentle approach in our parenting to ease the journey for the whole family.

05_Caroline - Life with 3 Children

7'11"

[Caroline Cowley](#), mother, yoga instructor and Pregnancy, Birth and Beyond Radio show presenter muses on the early years with her 3 young children, decisions that supported her, and things that she would do differently.

06_Star - Caring for Ourselves

5'45"

[Star Depres](#), mother, self care advocate and sacred rest specialist speaks about the importance of caring for ourselves when we are in the midst of the 24/7 demands of raising children. Her central message is that when we care for ourselves we can be the parents we want to be.

07_Annalee - Building Support

6'48"

[Annalee Atia](#), mother, integrative nutritionist and Pregnancy, Birth and Beyond Radio presenter speaks about the importance of building networks of support in our community when raising children, and how to do it.

08_Paulette - Parenting with Compassion

7'34"

[Paulette Bray-Narai](#), mother and certified Non-Violent Communication (or Compassionate Communication) trainer explains that when we are clear about our needs and those of our children, we can develop win-win solutions together and be the parents we want to be.

09_Zanni - Fostering Creativity

6'35"

[Zanni Louise](#), mother, blogger and children's author talks about the importance of fostering our creativity, particularly when our children are young and gives tips for how to access our creativity, even when we think we no longer have it.

10_Erica - The Budding of their Wings

6'39"

[Erica Nettle-Chik](#), mother and advocate for our youth, explains the importance of supporting our children and their choices, no matter how much they may challenge us. Our unconditional support of them will ensure that they realise their full potential as the luminous youth our world needs to meet the enormous challenges our society will continue to face in the decades to come.