

## Webinar 49

Lived Experience Expertise: Supporting the  
Transition to Parenting

7:15 pm to 8:30 pm AEST  
Monday 18<sup>th</sup> May 2026

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**Emerging  
Minds.**

**National Workforce  
Centre for Child  
Mental Health**

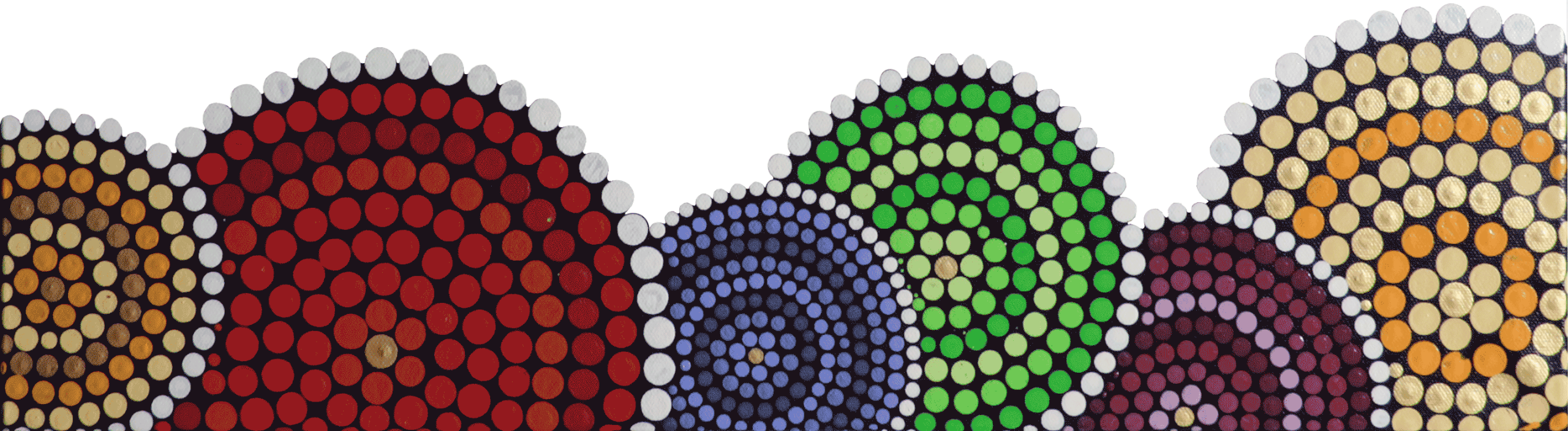


**Emerging  
Minds** 

# Acknowledgement

I would like to acknowledge the Traditional owners of country throughout Australia and recognise the continuing connection to lands, waters and communities.

I wish to pay respect to Elders past and present, and acknowledge the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander people.



# Learning outcomes

At the webinar's completion, participants will be able to:

- Describe the unique insights that lived experience workers bring to support parent- infant relationship and infant mental health.
- Outline the role of peer support in reducing stigma and shame during the perinatal period and to foster healing and self-compassion.
- Demonstrate how lived experience workers support families to navigate complex systems of care and strengthen continuity, trust, and relational safety.

## **Disclaimer**

The content in this webinar is for educational purposes only and does not constitute medical advice.

If any content in tonight's webinar causes distress, please seek care with your GP, local mental health service or Lifeline 13 11 14.

## **Ruby, Alex and Mia**

- Ruby is 35
- Partner Alex, paramedic on shift work
- Lived experience of an eating disorder
- Sought counselling for anxiety
- Delivered daughter Mia at 34 weeks
- Mia is admitted to NICU due to respiratory issues



## **Ruby at discharge**

- Discharged 10 days post-partum
- Teary, hardly slept or eaten due to worry about Mia
- Frustrated by the amount of milk she's expressing
- Uncertain about speaking with PIMHS team

## **Mia at discharge**

- Baby Mia hospitalised for further 21 days
- Ruby and Alex are both exhausted
- Trying to establish breastfeeding through additional expressing
- Eager to find routine, feeling lost
- Limit going out to reduce Mia's distress



This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

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