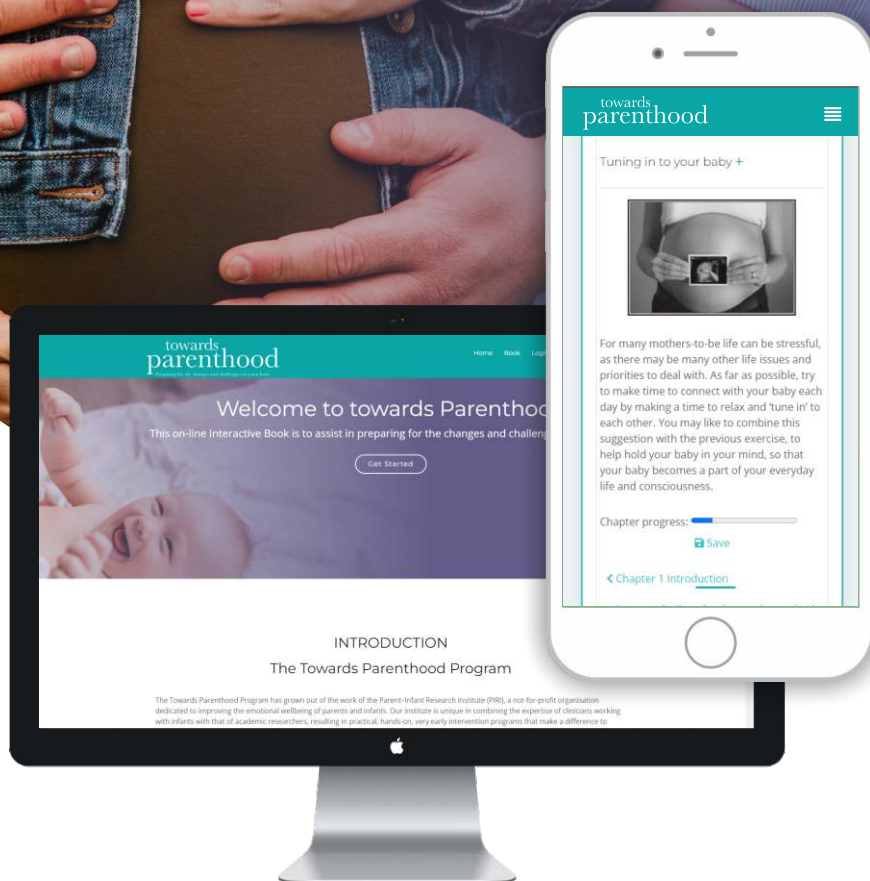


Preparing for the changes and challenges of a new baby?



towards parenthood

Preparing for the changes and challenges of a new baby

You are invited to participate in a research project on e-Towards Parenthood, an online interactive workbook to prepare for parenthood. This interactive program uses humour, fun activities, and thought-provoking questions to help you prepare for the changes ahead.

e-Towards Parenthood aims to assist you in managing the complex demands of parenting and to strengthen your relationship with your partner and with your baby. This study looks at satisfaction with and usage of the e-Towards Parenthood program and its usefulness in supporting adjustment to the arrival of a new baby – your participation helps us shape the program to help more Australian families!

This study involves working through a 9-module workbook and completing three 20-minute surveys (one before starting the program, one eight weeks after starting the program, and one 12 weeks after your due date). Participants will receive access to the e-Towards Parenthood program and will be reimbursed after completing the survey at week eight (\$25) and 12-weeks post-expected due date (\$15 plus a hard copy of the Towards Parenthood workbook).

For more information and to sign up to participate in this study, scan the QR code on this poster or visit bit.ly/e-towards-parenthood-study



Please contact the e-Towards Parenthood Team at piri@austin.org.au if you have any questions.
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