

The Centre of Perinatal Excellence (COPE) presents a new YouTube Series: The Mum Drum.

A resource looking to normalise motherhood.

Introducing The Mum Drum, a new YouTube series designed to help mums navigate the beautiful chaos of pregnancy and motherhood.

Brought to you by the Centre of Perinatal Excellence (COPE), The Mum Drum is presented by Clinical Psychologist and podcaster Amy Felman and Dr Nicole Highet, Founder and Executive Director of COPE.

COPE recently conducted a survey on over 1000 mums who had struggled with depression and anxiety in pregnancy and early parenthood. The study revealed that a staggering 84% feel there is a lot of pressure to be the perfect mum.

The Mum Drum looks to normalise motherhood by including real-talk on infertility, body image, juggling work and motherhood, as well as coping with loneliness, breastfeeding and changes to your relationships.

Through interviews with experts and mothers, including Rachel Watts of Seven's Yummy Mummies, The Mum Drum aims to shine a light on the hidden and unexpected realities of becoming a parent, what mums and dads wish they'd known before embarking on their journeys - and the advice they'd give to others.

Amy Felman says, "Chatting to these mum's and dad's was like being invited into a cosy living room late at night, where the level of comfort enables a willingness for intimate conversations. As a mum, hearing these stories was both normalising and at times inspiring! As a psychologist - I have no doubt our viewers will find them therapeutic! Such a gift to mums and dads."

There's also a focus on the emotional and mental challenges of pregnancy and early motherhood – what's normal, what's not and how you can seek help if you're concerned. Hear the stories of some incredible people who share their own experiences of depression and anxiety with courage, candour and humour.

Dr Nicole Highet says, "The Mum provides a powerful platform to facilitate open, honest discussion between mums, dads and experts. By unveiling many hidden truths about becoming a parent, we endeavour to remind parents that they are not alone in their struggles, and, through reflection and supportive advice, the series will serve to be of great benefit to others."

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For more information, or to interview Dr Nicole Highet and Amy Felman, please contact:

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About Nicole Highet

Nicole is the Founder and Executive Director of the Centre of Perinatal Excellence: COPE. Following her extensive research and consultation with women, men and health professionals about their needs and experiences at this critical time of life, Nicole established COPE in 2013 to provide much needed information and support.

Her work at COPE includes the development of Australia's Clinical Practice Guideline and equipping health professionals with the knowledge and skills to support women at risk of or experiencing emotional and mental health problems.

About Amy Felman

Amy is a Clinical Psychologist, working with expectant and new parents across a range of settings. She is also the creator, producer and host of a podcast for early career psychologists called We All Wear it Differently (WAWID).

Watch The Mum Drum trailer here:

<https://www.cope.org.au/mumdrum/>

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