



What Were We Thinking!

Tried and tested parenting advice from leading Australian experts



Mental and emotional support for new mums and dads

What Were We Thinking! offers parents and health professionals two e-resources that help parents adjust to the first six months of life with a baby and increase their caregiving confidence:

[What Were We Thinking! mobile app](#) (on [Android](#) and [iOS](#))

[Professionally moderated parenting blog](#)

Based on more than 10 years of research and adapted from the evidence-based What Were We Thinking! (WWWT) program, these resources provide information and skill building opportunities about baby care and co-parenting. The app has been designed to be used as a teaching and resource tool for professionals within practice settings.

Focus on the practical and personal

By offering professional support, practical solutions and a unique learning platform, WWWT helps parents develop strategies around sleeping, settling and managing crying. Additionally by encouraging parents to focus on their own needs and experiences, WWWT brings mums and dads together to look at co-parenting skills and their mental and emotional wellbeing. These resources do this by:

- Videos, worksheets, activities and quizzes
- Peer-to-peer support through shared parenting experiences
- More than 45 easy-to-locate topics
- Age-, stage- and relationship-related information for the first 26 weeks and beyond
- Links to further support and assistance

Australian parents

In understanding why these resources are important, research shows that:

- 70% of parents want to be more confident
- 75% of parents find it useful to have new ways to discuss parenting with their partner
- 90% of parents find it useful to learn how to soothe and settle their babies
- 95% of parents say they would recommend the WWWT program to all parents



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jeanhailes.org.au/what-were-we-thinking



Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government.



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Program background

What Were We Thinking! is a brief evidence-based program for the primary prevention of common mental disorders among first-time mothers. It has been successfully trialled and evaluated with funding from the National Health and Medical Research Council (NHMRC). WWWT is designed to be implemented by trained primary care child and family health nurses with groups of parents and their first newborns as a family-inclusive psycho-educational intervention. WWWT prevents postnatal depression and anxiety through life-stage specific learning opportunities, peer support, increased emotional literacy and more sensitive daily interactions among family members. It is the only universal prevention intervention program that has been shown to work in reducing common mental health problems in new parents by two-thirds.¹

WWWT was developed by Professor Jane Fisher, the Jean Hailes Professor of Women's Health and Dr Heather Rowe, Senior Research Fellow at the Jean Hailes Research Unit at Monash University. Jane is an internationally renowned expert in the field of perinatal mental health and is the current Chair of the NHMRC Expert Advisory Committee on Mental Health and Parenting as well as the President of the International Marcé Society for Perinatal Mental Health.

Further information

To learn more about the e-resources and how to access materials for your workplace please visit jeanhailes.org.au/what-were-we-thinking. For WWWT program or training enquiries go to whatwerewethinking.org.au.

About Jean Hailes

Jean Hailes for Women's Health is a highly visible, national not-for-profit women's health organisation, dedicated to improving the knowledge of women's health through every life stage. Find out more: jeanhailes.org.au.

¹ Fisher, J., Rowe, H., Wynter, K., Tran, T., Lorgelly, P., Amir, L.H., et al. A gender-informed, psychoeducational program for couples to prevent postnatal common mental disorders among primiparous women: cluster randomised controlled trial. *BMJ Open*, doi:10.1136/bmjopen-2015-009396.



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