



COVID-19, Babies and Curve Balls : Stress in perinatal families and how to help even in non-COVID times

Session 1: Friday November 6, 2020 99:00am – 10:30am ACST (Daylight saving)

9:00am	Introduction
9:05am	Dr Maria Muzik, MD: Supporting families in distress: Infant Parent psychotherapy from pregnancy through the toddler years
9:45am	Dr Tonia Mezzini: Sex and SSRIs
10:10am	Bec Nguyen and Karen Forde: Bright Tomorrows
10:25-10:30am	Questions and Close

Invited speakers:



Dr Maria Muzik, MD is Assoc. Professor, University of Michigan Department of Psychiatry and Department of Obstetrics and Gynecology and Co-Director, Women and Infants Mental Health Program. Dr. Muzik's expertise is in women's mental health, focusing on pregnancy and postpartum. Dr. Muzik conducts research focused on the study of stress, trauma and mental illness in the context of childbearing, its influence on parenting and the developing parent-infant relationship, and how to support families in overcoming adversity.



Dr Tonia Mezzini is a Sexual Health Physician in private practice with a special interest in chronic pelvic pain, vulval disorders, hormonal and mood concerns and transgender health care. She has a Master's degree in HIV, STI and Sexual Health from Sydney University. Tonia has an academic appointment with the Adelaide University Rural Medical School. In her spare time(!), she is studying for a Master's degree in Psychiatry at the University of Melbourne.'



Bec Nguyen is a Digital Project Manager with the Health Promotion and Education Research team at Telethon Kids Institute, overseeing all digital health projects including the Bright Tomorrows parenting app. The Bright Tomorrows app is an initiative by CoLab, a joint partnership between Telethon Kids Institute and the Minderoo Foundation, and is underpinned by the latest child development science. This presentation will cover the Bright Tomorrows' background and rationale, introduction to the app's features, and how early childhood practitioners and educators can support this initiative.



Karen Forde is a health promotion and communication science researcher, and project coordinator at Telethon Kids Institute. With an interest in early years development and health promoting environments, Karen pursues research translation through digital platforms, trusted messenger approaches and social marketing. Acknowledging relationships are key to connecting evidence with practice, communities and families, Karen values collaborative and innovative methods to stakeholder and community engagement.

For more information

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