

nought to 5ive



Episode 1

Episode 1: Starting Out

Six weeks prior to the birth of their first child, we meet parents-to-be Wendy and Chris and accompany them through the birth of Sofia and the days following.

Clinical Social Worker Lauren Porter talks with them about conscious parenting – taking what you want from your own past, leaving behind what you don't want to take with you as a parent and then consciously thinking about how you will parent your own children.

At The Liggins Institute we find out about the latest research on pregnancy exercise and the massive impact of maternal health on foetal development from conception through growth in utero, and throughout that child's life.

Active Movement expert Gill Connell talks about newborn reflexes – what do they mean and why do babies need to lose them? And we take a look at exercise during pregnancy: how much and what kind?



Wendy and Chris



Sofia at 10 seconds old!