



Press Release

Great Expectations **Monday, Tuesday, Wednesday 11.30am**

Great Expectations guides viewers through the many delightful challenges of motherhood without losing their sense of humour. Every Monday, Tuesday and Wednesday at 11.30am we look at different issues surrounding motherhood.

No parent can really say they love getting up throughout the night to tend to a baby's needs. As much as we adore our little bundles, it's tough when you're woken up over and over again, night after night. Since it's a fact that your baby will be waking you up, you may as well make yourself as comfortable as possible. Being stressed or frustrated about having to get up won't change a thing.

This Monday June 12, Great Expectations presenter Sam Cowen talks to guests Ann Richardson a sleep expert and Dr Alison Bentley, Head of the Sleep Lab at WITS. They will discuss managing your energy, learning how to cat nap, adjusting yourself to baby and staying relatively sane.

On Tuesday June 13, Great Expectations talks sex after birth. Childbirth involves considerable hormone changes as well as emotional stresses. Constant questions come up: Why you might not be feeling like the sex goddess you used to be? And if you are, you just don't have the time, energy, or space in bed with the baby. We call in the experts to give us a few tips on how to handle this situation.

Wednesday June 14, our international series Baby Human explores the evolution of an infant's feelings in everyday situations and the development of their emotional lives; looking at the origin of temperament, when emotions become fully developed, how soon they learn to control them and their discovery that other people have feelings, too.

For more information on the show and photos please contact:

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