



Listen Up

Below are a range of podcasts the BCM team have featured on.

MAMAS ON A MISSION

<https://www.motherhoodmelbourne.com.au/s2-e8>

Helping Mums have a positive relationship with their body with Dr Zali Yager.

AMANDA'S WELLBEING PODCAST

<https://www.spreaker.com/user/10721852/promoting-positive-body-image-in-adolesc>

Promoting positive body image in adolescence with Dr Zali Yager.

DEAR MAMA PROJECT

<https://podcasts.apple.com/ar/podcast/body-image-for-mums-with-dr-zali-yager/id1476334846?i=1000500729784>

Body Image for Mums with Dr Zali Yager.

APPEARANCE MATTERS

<https://podcasts.apple.com/au/podcast/episode-30-body-confident-mums/id1069856498?i=1000417828838>

Nadia and Jade discuss the pressures mother's face to 'bounce back' to their pre-pregnancy body with body image experts: Dr Zali Yager, Dr Laura Hart, and Dr Ivanka Prichard.

BLABB

<https://samararomanis.wixsite.com/blabb/podcast-1/episode/2618ef6b/e20-what-research-tells-us-about-how-mothers-body-image-changes-from-pregnancy-birth-first-12-months>

What research tells us about how mothers body image changes from pregnancy-birth-first 12 months.

