

# Transition to Parenthood: SUPPORT FOR BRINGING BABY HOME WITH DR. JYOTSNA UPPAL



This workshop is focused on strengthening the relationship with your partner as you make the transition to parenthood.

Even the strongest relationships are strained during the transition to parenthood. Lack of sleep, new fiscal concerns, being far away from family, and changes in intimacy can lead to profound stress and a decline in marital satisfaction. Research demonstrates that when couples become parents, there is a significant decrease in their relationship satisfaction. And relationship discord and conflict have a profound negative effect on the couples' infants and toddlers. By strengthening the parental relationship, we improve the quality of life for babies and children.

During this workshop partners will learn how to:

- Strengthen your relationship.
- Effectively manage stress and conflict.
- Recognize and respond to postpartum mood anxiety and adjustment issues and postpartum depression.
- Keep both parents involved in parenting.

The workshop is suitable for expecting couples and couples with young baby or toddler.

🌿 **Date:** Friday 15 February  
🌿 **Time:** 9am - 12pm  
🌿 **Investment:** AED 475  
per couple including a hot drink with a mini donut

Book your place by emailing  
[info@bodytreestudio.com](mailto:info@bodytreestudio.com)  
02 443 4448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

As a Certified Narrative Therapist, Professional Coach, and Yoga educator Dr. Jyotsna Uppal has created an integrated and holistic model of personal and professional transformation embedded in awareness, assessment and embodiment. For over 30 years, she has worked with individuals, families, and businesses as an educator and development partner for conscious evolution.

She received her PhD from Columbia University and was a Professor of History for over 15 years, where she learned the power of the stories we tell. Her therapeutic interventions with yoga and meditation led her to train as a Professional Coach to provide structured programs for change. Eventually she moved to go deeper into personal development and train as a Narrative Therapist and Gottman informed couples' therapist.

Jyotsna has developed a unique understanding of how to support and sustain change over time by bringing together our power as storytellers with the power of our bodies. Her clients universally appreciate the way in which she helps them to understand why we make the choices that we make, and how we can be helped to make better, more compassionate, more sustainable decisions.

