

## An exploration of occupational identity transitions in new mothers

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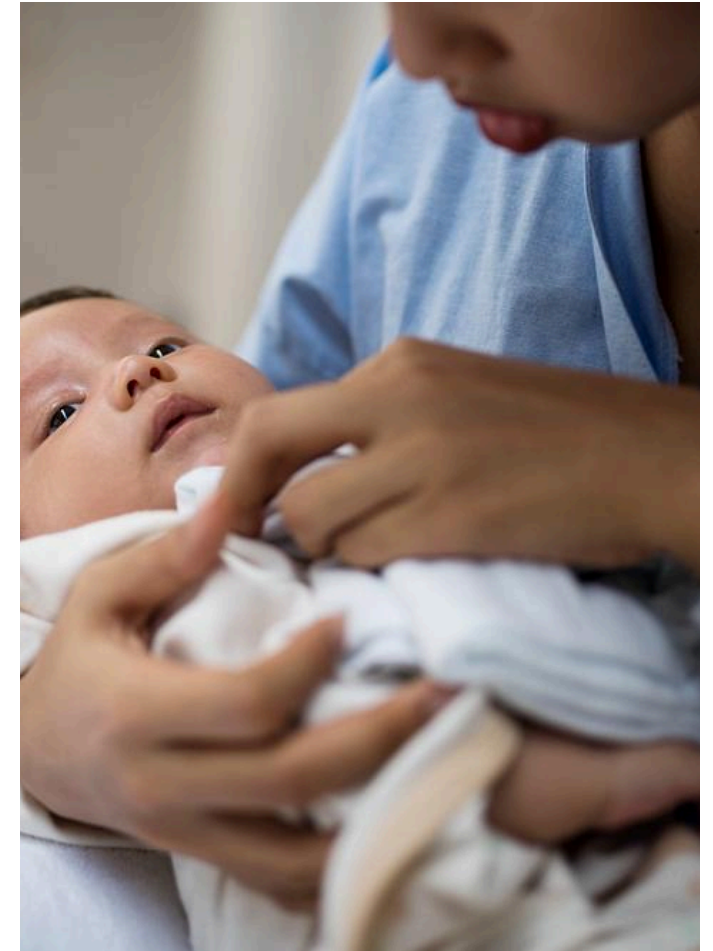
## Background:

-In England, the Royal College of Occupational Therapists work has advanced the skills, knowledge and training of Occupational Therapists in perinatal care.

-**BUT** the theoretical understanding of motherhood through an occupational lens is still relatively unexplored both in the UK and internationally.

## Aim:

- To explore the lived experience of new motherhood and the emergent occupational identity.



# What I did

A qualitative longitudinal study utilising Interpretative Phenomenological Analysis.



3 Months



6 months



12-14 Months



# What I learned

## Results:

1. Becoming Mum by doing new
2. A quest for occupational balance
3. Who am I anyway?
4. It takes a village

## Conclusion:

Negotiating new co-occupations shapes new mothers' occupational identity and exposes key occupational justice challenges.



**Impact: Co-occupation insights can advance occupational justice and develop perinatal Occupational Therapy practice.**