



Resources for Circus Artists on Parenthood, Pregnancy & Caregiving

We have aimed to gather resources and personal perspectives from artists from a variety of contexts. We know there are as many ways to parent as there are children, and many ways to be a circus/physical theatre artist. We hope hearing different experiences give a greater sense of possibility. If you have articles or resources you would like to contribute to this collection, we welcome them!

Physical/Mental Health and Wellbeing

It can be difficult to get information about what physical training is safe during pregnancy.

Accredited Exercise Physiologists and Physiotherapists can offer evidence-based guidance for pre/post-natal training. It is worth looking for a practitioner who has a specific interest in both sports and pregnancy.

Pelvic Floor Physiotherapy/Womens Health Physiotherapy

There is good evidence that shows that pelvic floor physiotherapy can lessen the effects of childbirth on the pelvic floor.

[PANDA – Perinatal Anxiety & Depression Australia](#) supports the mental health of parents and families during pregnancy and in their first year of parenthood. Everyone's experience of pregnancy, birth and parenting is unique and brings different rewards and challenges. PANDA's mental health checklists can help you to see if what you're experiencing or observing in a loved one could be a reason to seek help.

Financial Support

[Australia Council Grants – Costs associated with childcare or other caring responsibilities are considered a relevant expense to include in budgets](#)

Articles, Interviews and Reviews

Content notes - Body image, sexism and gendered language throughout the following articles.

Articles include details of people's relationships with their bodies during pregnancy/post-partum, some also include descriptions of what artists describe as 'expectations' of female bodies within their artform.

Articles — Circus

[Carnival Cinema top 5 tips juggling work and raising small children](#)

[Spotlights and Lights Out– Get to Know 3 Circus Super Moms](#)

[Anna Lumb on managing work life juggle](#)

[Pregnancy and First Time Motherhood as a Professional Circus Performer](#)

[How To Have A Baby In A Circus](#)



**ADVANCING THE
PERFORMING ARTS**

[Circus Mom's Life is a Juggling Act](#)

[CircusTalk's Tribute to Circus Moms Everywhere](#)

["Choosing Both": Help Circus Moms to the Next Stage with Trainer Mayumi Yamamoto](#)

[Flying Trapeze Won't Make Women Infertile](#)

[A Circus Performer and a Mother. That Is Who I Am.](#)

[Edinburgh Fringe Spotlight Review—Raven, A Reflection on Motherhood](#)

Articles — Wider Arts

[How to Be an Artist and a Parent—At the Same Time](#)

[How To Be An Artist And A Mother](#)

[You Can Be a Mother and Still Be a Successful Artist](#)

['My Practice Looks Very Different Today': 15 Artist-Mothers on Balancing Work and Family](#)

[What I've learned about being a mother and an artist](#)

Family-Friendly Residencies (accepting international applications)

[Artist Residency in Motherhood - Free self-directed/open-source](#)

[Headlands Centre for the Arts \(US\)](#)

[Sapporo Tenjin-yama Art Studio — fees apply \(Japan\)](#)

[Ballinlen Arts Foundation Fellowship Program \(Ireland\)](#)

[Malakta Artist in Residency programme — fees apply \(Finland\)](#)

[The Luminary \(US\)](#)

[Camargo Foundation \(France\)](#)

[Brooklyn Arts Exchange – Parent Artist Space Grant \(US\)](#) — *During the residency period you must be living in one of the 5 boroughs of New York City.*

[DutchCulture | TransArtists](#) — *Biggest source of information on artist-in-residence opportunities worldwide (approx 1400) including first-hand artists' experiences, research, contacts, and advice.*



**ADVANCING THE
PERFORMING ARTS**

Audio/Podcast

[Me, Mother a documentary project about circus and motherhood.](#)

[artist/mother podcast](#)

[Circus Voices – Julie Jenkins](#)

[The Artist Athlete – Episode 13 : Circus and Motherhood](#)

Organisations and Resources

[Parents and Carers in Performing Arts](#)

[Mothership — A network of Irish parenting visual artists and arts workers](#)

[The Procreate Project](#)

[The 44.4 Mothers/Artists Collective](#)

[Sustainable Arts Foundation – site has list of family friendly residencies](#)

Questions & Feedback

Contact Christy Flaws – TNA Producer CaPT Strategy & Programs

christy@tna.org.au