



# Fact Sheet

## Becoming an Older Parent



### GUESTS:

**Michael Grose** – Michael is the author of 8 parenting books, including his new release *'Thriving!'* and the best-selling *'Why First Borns Rule the World and Last Borns Want to Change it'*. His popular parenting columns appear in newspapers and magazines across Australia. He appears regularly on television including Channel 10's *The Circle*, and is a popular & entertaining speaker as well as a frequent columnist for a variety of written media. He also has a regular fortnightly half hour parenting segment on ABC radio Victoria. Michael has an education background, and holds a Master of Educational Studies with research into what makes healthy families tick. He has conducted over 1,500 parenting seminars over the last two decades.

**Danielle Townsend** – Danielle is a writer and editor of wide experience and has been the editor of *BabyCenter Australia* since the launch of the site in 2005. Prior to this, she contributed to a variety of magazines, including: *Coles Baby*, *Small Wonders*, *Australian Educator*, and *Wavelength*. Danielle has written and directed dramatic and educational films. At *BabyCenter* Danielle is able to combine her dedication to excellent and accurate writing and a passion for the journey of parenting.

### INFORMATION:

- The median age of all mothers for births registered in 2012 was 30.7 years, while the median age of fathers was 33.0 years. ^
- The median age of first-time mothers in 2012 was 29.1 years. ^



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- The fertility rates for all age groups except women aged 15–19 years fell in the 1920s and early 1930s, then increased until the mid 1940s, and continued to increase for those aged in their 20s until 1961. From the 1950s to mid-1970s, the fertility rates of women in these two age groups (20–24 and 25–29) was markedly greater than that of all other groups. \*
- The fall in fertility rate after 1961 was particularly striking for women in aged 20–24 years. The rates of those aged in their 30s have mostly increased since the early 1980s. Across most of the years shown, women in their late 20s had the highest fertility rates of all women, with the greatest differences occurring in the 1920s and 1930s, then in the 1980s. \*
- However, during the new millennium, the fertility rate of women in their early 30s has overtaken that of all groups. \*
- In 1991, women most commonly had their first child when in their 20s. In 2001 and 2011, the late 20s and early 30s were the most common age for becoming a mother. In 1991, 23% of new mothers were aged 30 years and over, the proportions rose to 37% in 2001 and 43% in 2011. \*
- Almost one in four babies in Australia is now born to a mother aged over 35, and the number born to women aged 40 and older is also increasing. There are fewer statistics on paternity, but anecdotal evidence suggests the age of fatherhood is going up, too. #
- An Australian study of older mothers with toddlers, led by associate professor Catherine McMahon from the Centre for Emotional Health, found older mothers were more resilient, reported their partner as being less controlling, and had less anxiety and depression during pregnancy. #

### USEFUL ADDITIONAL READING & RESOURCES:

- Older Parent Support - <http://www.netmums.com/coffeehouse/advice-support-40/older-parents-support-260/>
- <http://www.theafa.org/article/becoming-and-being-an-older-parent/>
- Some information from around the world - <http://www.telegraph.co.uk/health/healthnews/9928198/Are-older-parents-putting-our-future-at-risk.html>
- Some Pro's and Con's - [http://thestir.cafemom.com/being\\_a\\_mom/152191/5\\_big\\_perks\\_of\\_being](http://thestir.cafemom.com/being_a_mom/152191/5_big_perks_of_being)
- <http://health.howstuffworks.com/pregnancy-and-parenting/understanding-family-structures-and-dynamics-ga5.htm>
- <http://www.danagoldstein.com/2012/12/i-highly-recommend-judith-shulevitzs-new-republic-cover-story-on-the-genetic-and-social-effects-of-delaying-parenthood-now-th.html>

### REFERENCE:

- <http://www.abs.gov.au/ausstats/abs@.nsf/Products/3301.0~2012~Main+Features~Births?OpenDocument> ^



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- <http://www.aifs.gov.au/institute/info/charts/births/index.html#ageFR> \*
- <http://www.heraldsun.com.au/news/will-older-parents-change-the-world/story-e6frf7jo-1226557333148> #