KAROLIN MACGREGOR

WHEN Stephanie Trethewey was adjusting to her new life as a rural mum she came up with a unique way to connect with women across the country.

A former journalist who had lived in the city most of her life, Mrs Trethewey said the birth of her son, Elliot, and the changes to her life came as a big shock.

"He was a very difficult newborn, he cried for hours on end," she said. "It was a huge identify crisis for me, I really struggled."

When Elliot was six months old Mrs Trethewey and her husband, Sam, moved from Melbourne to rural Tasmania in the middle of winter.

While she was excited, Mrs Trethewey said she was not prepared for the day-to-day reality of being a rural mum.

"I think I had gone through a bit of post-natal depression and I was dealing with becoming a mum and what that meant. I completely lost my identity and then had another massive life change moving here," she said.

Living in a new area with no family or support network and her husband busy setting up their farming business, she faced a new type of pressure.

"I remember just sitting here thinking 'I'm a rural mum now' and the expectations that come with that," she said.

"What does being a rural mum mean? Do I need to have dinner on the table every day, do I need to have smoko ready all the time?

"I just felt all this pressure and I felt really alone and I yearned to connect with other rural mums. I wanted to know I wasn't the only one going through challenges."

Her answer came in the form of podcasts.

After some initial research Mrs Trethewey realised there were no podcasts out there aimed at rural mums.

Tapping into her story-telling skills, she set about creating Motherland Australia podcasts.

"I'm from the city, I had an image on my head of what a rural mum was, but that's completely changed since I started the podcast," she said.

"Being an ex-journo it just all sort of clicked, I love telling stories."

She has created podcasts with mums from almost every state and territory, including Tasmania.

"Every single rural mum is so different," she said.

"I've spoken to mums that are great farm wives and do have smoko ready and have their life together and all the laundry done and they are happy and that's amazing.

"But I've also spoken to rural mums that don't like that and don't like cooking or baking and don't want to fit the mould. That's been really empowering as I've realised you can be whatever type of rural mum you want to."

She said while most of the women she interviews do not think they have a story to tell, her listeners think otherwise.

"Without fail after every episode I'll get messages from other women saying how extraordinary that mum is, because everyone can find something in someone's story they can relate to," she said.

Mrs Trethewey posts a new podcast every week and is looking for more Tasmanian women to share their stories.

To find out more go to Motherland Australia Facebook page.

SHARING: Stephanie Tretheway does podcast interviews with rural mums.
Picture: CHRIS KIDD