

14–17 NOVEMBER 2026 · VIP DAY 18 NOVEMBER · ONLINE & INTERNATIONAL

Solo Mothers by Choice Summit 2026

Professional Development for Health Professionals Working with Diverse Families

SPEAKERS

Voices announced so far.

Prof. Susan
Golombok



Prof. Vasanti
Jadva



Prof. Tamara
Lea Spira



Dr Stephanie
Wescott



Eli Harwood



Dr Joseph
Sgroi



Sarah
Jefford



Dr Sophie
Brock



Alisha Burns



Louise Herbert



Dr Kavita
Thanakrishnan



Nikki Shapiro
Vinckier



Rebecca
Kerner

More speakers still to be announced. Speaker bios later in this guide.

ABOUT SOLO MOTHERS BY CHOICE

Solo mothers by choice are women who actively choose to conceive and parent independently — without a co-parent and as the child's sole legal and intended parent. They typically pursue parenthood through assisted reproductive technology including intrauterine insemination (IUI) or In Vitro Fertilisation (IVF) with donated gametes.

Solo mothers by choice are typically well-educated, financially independent women in their late thirties who have made a deliberate, considered decision to pursue parenthood on their own terms (Zamora-Martinez et al., 2025). Their families are formed with intention and purpose, and longitudinal research consistently demonstrates that their children thrive (Golombok, 2020).

A RAPIDLY GROWING FAMILY FORM — KEY STATISTICS

Solo mothers by choice are one of the fastest-growing family forms globally, and the largest single-user group of donated sperm and assisted reproductive technology in Australia.

70%

Increase in IVF cycles by single women in Australia & NZ, 2020–2023

14.6%

Of all IVF cycles in Australia & NZ in 2023 were by single women

83%

Rise in fertility treatment among single patients in the UK, 2019–2023

109%

Increase in insemination cycles by single people, 2011–2021

Sources: Chambers, 2025; Lyne, 2025 (ANZARD); HFEA, 2024; European Sperm Bank, 2024.

In Spain, approximately 40% of women accessing ART with donated gametes are single (Reproclinic, n.d.). Following France's 2021 bioethics reform, more than 15,100 donated sperm insemination requests from single women were registered in a single year, exceeding government projections (CNN, 2021).

17 NOVEMBER — INTERNATIONAL SOLO MOTHERS BY CHOICE DAY

Day 4 of the Summit falls on 17 November — International Solo Mothers By Choice Day and International Solo Parents By Choice Day. The day was founded by Australian solo mothers by choice, marking the day the Statutes Amendment (Surrogacy Eligibility) Bill was introduced into the Legislative Council of South Australia in 2016, under the principle that access to assisted reproductive treatment must not be conditional on sexual orientation, marital status, or religion. In 2026, the day will be celebrated by solo mothers and parents by choice around the world.

WHAT SOLO MOTHERS BY CHOICE REPORT ABOUT THEIR HEALTHCARE EXPERIENCES

Research highlights a gap between the healthcare experiences of solo mothers by choice and the culturally safe, person-centred care they require. Solo mothers by choice frequently wish that health professionals better recognised and responded to their specific family circumstances, rather than assuming a two-parent family model (Golombok, 2020; Zamora-Martinez et al., 2025).

“Research suggests that solo mothers by choice often wish healthcare professionals better recognised and responded to their specific family circumstances, rather than assuming a two-parent family model. Every family deserves to feel seen.”

COMMON CLINICAL ASSUMPTIONS THAT AFFECT SOLO MOTHERS BY CHOICE

- Forms and paperwork that require a second parent's name, creating administrative barriers at every appointment
- Language that assumes a co-parent or partner is present during treatment, birth, or postpartum care
- Clinical resources and parenting advice developed for two-parent families that do not reflect the solo parent experience
- Insufficient recognition of the unique psychological, legal, and financial realities of solo parenthood
- Limited professional knowledge about assisted conception pathways, solo mother conception, and the specific decision-making process of solo mothers by choice

PROFESSIONALLY RELEVANT, NOT JUST CLINICALLY INTERESTING

In Australia, the Australian Health Practitioner Regulation Agency (AHPRA) Code of Conduct requires practitioners to provide culturally safe, person-centred care and to avoid assumptions based on family structure. As solo mother by choice families become an increasingly significant proportion of the patient population, particularly in reproductive medicine, obstetrics, maternal and child health, psychology, and paediatrics, professional development in this area is both clinically relevant and professionally obligated.

Longitudinal research by Professor Susan Golombok (Cambridge University) across decades of follow-up study demonstrates that children conceived by solo mothers by choice show no significant differences in emotional, social, or cognitive outcomes compared to children in two-parent families. Where challenges arise, they are attributable to external factors, including social stigma and inadequate professional recognition, not to family structure (Golombok, 2020).



Professional development: Attendance on the Professional Pass may count toward self-directed CPD hours. Please confirm specific requirements with your professional registration body before claiming hours.

TOPICS COVERED

Parenting & Motherhood

Women's Health

Neurodiversity & Parenting

Fertility & Reproductive Medicine

Inclusive Healthcare Practice

Child Development & Attachment

Advocacy & Reproductive Justice

Family Sociology & History

THE PROFESSIONAL PASS

Built for fertility clinics, counselling practices, and allied health teams supporting solo mothers by choice. Purchase up to 6 seats directly at checkout, with volume pricing for larger teams. Full pricing details later in this guide.

FIVE DAYS, ON YOUR TEAM'S SCHEDULE

Each day's sessions drop at 6:00am and are yours to watch whenever suits — no need to block out clinic hours to attend live.

Day 1 • Sat 14 Nov • Motherhood & Parenting

- 6:00am** The Perfect Mother Myth and How to Let It Go — Dr Sophie Brock
- 6:00am** Nourish, Nurture, Sleep: Busting the Myths That Keep You Up at Night — Louise Herbert
- 6:00am** Reparenting Yourself: Breaking Intergenerational Patterns — Eli Harwood

Day 2 • Sun 15 Nov • Modern Families

- 6:00am** The Manosphere, Misogyny, and Solo Motherhood — Dr Stephanie Wescott
- 6:00am** *Session details coming soon — Prof. Tamara Lea Spira*
- 6:00am** Choosing Motherhood in a System That Wasn't Built for Us: Reproductive Health, Patriarchy and Politics — Nikki Sapiro Vinckier, PA-C
- 6:00am** Solo Mothers by Choice and the Legal Landscape — Sarah Jefford OAM

Day 3 • Mon 16 Nov • Women's Health & Fertility

- 6:00am** Advocating for Yourself as a Solo Patient: Pregnancy, Birth & Chronic Health Diagnosis — Dr Joe Sgroi
- 6:00am** Postpartum Care Is an Unfinished Feminist Fight — Dr Kavita Thanakrishnan
- 6:00am** *Session TBC • Speaker TBC*

Day 4 • Tue 17 Nov • International Solo Mothers by Choice Day

- 6:00am** The Solo Mum Society: The Rise of Autonomous Motherhood in Australia — Alisha Burns
- 6:00am** *Session TBC • Speaker TBC*
- 6:00am** *Session TBC • Speaker TBC*

VIP Day • Wed 18 Nov • Leading Researchers & Live Panel

- 6:00am** Solo Mothers by Choice: Mother-Child Relationships & Children's Psychological Adjustment — Prof. Susan Golombok
- 6:00am** 25 Years of Research into Assisted Conception & Modern Families — Prof. Vasanti Jadva
- TBC** Live panel — Moderated by Rebecca Kerner, Chair, ANZICA

Meet the speakers.



Prof. Susan Golombok

Professor Emerita of Family Research, University of Cambridge · Pioneer in longitudinal research on diverse family forms

Solo Mothers by Choice: Mother-Child Relationships & Children's Psychological Adjustment

Four decades of research demonstrating that the quality of family relationships, not family structure, is the primary determinant of children's psychological wellbeing.



Prof. Vasanti Jadva

Professor, City St George's University of London · Head, ReproFam Research Group

25 Years of Research into Assisted Conception & Modern Families

Research on the psychological wellbeing of parents and children in families created through donor conception, IVF, and surrogacy, including the long-term experiences of solo mothers by choice.



Prof. Tamara Lea Spira

Sociologist · Family History & Feminist Research

Session details coming soon

The social and political history of family formation: examining how dominant family structures are constructed and contested, and what this means for solo mothers by choice.



Dr Stephanie Wescott

Feminist Researcher, Monash University · Co-author, *Schooling Misogyny* (Routledge)

The Manosphere, Misogyny, and Solo Motherhood

Research on manosphere ideology and its influence on boys' attitudes and behaviour, with direct relevance for professionals supporting families raising children in this cultural environment.



Eli Harwood

Licensed Therapist · Bestselling Author, *Securely Attached*

Reparenting Yourself: Breaking Intergenerational Patterns

Attachment science and practical tools for addressing intergenerational relational patterns: what we inherit and what we pass on.



Dr Joe Sgroi

Fertility Specialist, Melbourne IVF · Consultant Obstetrician, Royal Women's Hospital

Advocating for Yourself as a Solo Patient: From Pregnancy to Birth and Chronic Health Diagnosis

Nearly three decades in reproductive medicine, with clinical focus on supporting solo patients across fertility treatment, pregnancy, and birth.

Meet the speakers.



Dr Sophie Brock

Sociologist · PhD in Motherhood Studies, University of Sydney

The Perfect Mother Myth and How to Let It Go

Research on the social construction of motherhood and the dominant “good mother” ideals that shape, and distort, maternal experience.



Alisha Burns

Founder, Solo Mum Society · Author and Podcast Host

The Solo Mum Society: The Rise of Autonomous Motherhood in Australia

Lived and community expertise on the practical, legal, and social realities of building and sustaining a solo-parent family in Australia.



Louise Herbert

Paediatric Sleep and Development Specialist · Perinatal and Infant Mental Health Specialist

Nourish, Nurture, Sleep: Busting the Myths That Keep You Up at Night

Neuroscience-backed approach to infant sleep and child development, with particular relevance for solo parents navigating the early years without a co-parent.



Dr Kavita Thanakrishnan

Perinatal GP & IBCLC · Chair, RACGP Breastfeeding & Lactation Medicine SIG

Postpartum Care Is an Unfinished Feminist Fight

Understanding and advocating for postpartum care that prioritises both mothers’ and babies’ needs.



Nikki Sapiro Vinckier, PA-C

Reproductive-Health Strategist & OB-GYN Physician Assistant · Author, *We Deserve More*

Choosing Motherhood in a System That Wasn't Built for Us: Reproductive Health, Patriarchy and Politics

The political and structural forces that shape reproductive healthcare and family-building—particularly for single mothers by choice—and why genuine reproductive freedom has to include the freedom to create the family that is right for you.



Sarah Jefford OAM

Family Creation Lawyer · Surrogacy, Donor & Co-Parenting Arrangements

Solo Mothers by Choice and the Legal Landscape

Family creation lawyer practising in surrogacy, donor and co-parenting arrangements across Australia. Sarah became a parent via IVF, went on to donate her eggs, and delivered a baby as a surrogate in 2018.



Rebecca Kerner

Chair, ANZICA

Moderator, VIP Day Live Panel Discussion

Chair, Australian and New Zealand Infertility Counsellors Association (ANZICA). Board Director, Fertility Society of Australia and New Zealand, and Australian and New Zealand Fertility and Surrogacy Professionals.



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Give your team a seat at the table.

Research, language, and confidence — delivered straight to the clinicians and counsellors already supporting solo mothers by choice every day.

THE PROFESSIONAL PASS

WHAT'S INCLUDED

- ✓ Full access to all sessions, 5 days
- ✓ MP3 audio downloads of all sessions
- ✓ Professional Board access
- ✓ 6-month replay access, until 14 May 2027
- ✓ VIP Day: expert sessions plus live panel
- ✓ Post-event professional resources
- ✓ Professional development certificate on request
- ✓ Purchase up to 6 seats directly at checkout

5 Days

14–18 November, on-demand from 6am each day

Live Panel

VIP Day, 18 November — world-leading experts, live

May 2027

Extended replay access on the Professional Pass

General Access

From 10 September, until sales close 14 November

\$249 AUD / seat

BOOK YOUR TEAM

15% off
2–4 seats

20% off
5–9 seats

25% off
10+ seats

Prefer an invoice, or have any questions? Please don't hesitate to reach out at hello@smbcsummit.com. You can also sign up to our mailing list on the website for Summit news and speaker announcements.

“If a community values its children, it must cherish its mothers.”

— JOHN BOWLBY