



Inspiration

Yes doctors can be wrong too and listening to your body can be right.

Worry not at what could go wrong, but rather marvel at what goes right in the development of your-baby - because so much does!" Loosely quoted from the BBC series 'The Human Body'

"When a woman in a certain African tribe knows she is pregnant, she goes out into the wilderness with a few friends and together they pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. When the women attune to the song, they sing it out loud. Then they return to the tribe and teach it to everyone else. When the child is born, the community gathers and sings the child's song to him or her..." A Little Book of Parenting Skills, a quote by Alan Cohen. To read the rest of this beautiful story and to get a free copy of this lovely book - email: paideia@gmail.com

Soft Belly Meditation: Sit in a quiet, comfortable space. Close your eyes and take a few slow breaths, acknowledging and letting go of any pockets of tension with each exhale. Now focus on softening your belly, releasing any tightened up muscles or feelings or anxiety. Let your stomach go limp while allowing your belly to rise and fall with each breath. Worries and stresses may wander in and out of your mind, but keep your attention on your relaxed abdomen. "Five Good Minutes with the One You Love" by Jeffrey Brantley and Wendy Millstine

Begin positive parenting in the womb. Research has shown that significant fetal brain growth begins after the first five weeks, when the ability to hear sound is first established. Identify a dozen or more stressors that may be unnecessarily causing your baby stress in utero. Take whatever steps you need to in order to remove them, for yourself and your baby. "A Little Book of Parenting Skills" by Mark Brady

"Parents...never forget this fact. This is your baby, your birth and (for the woman) your body. The birth of your child is a precious time which can never be repeated so you should do everything in your power to ensure it is the type of experience you desire." "Coming Out Naturally" - edited by Renee Linda Hills

"What I tell women is that they will get big, bigger than the baby...You see, men's consciousness is limited. They can get so big, and no bigger! But women are not limited. Mothers get bigger than the baby." Ina May Gaskin author of Spiritual Midwifery as quoted in "Birthing From Within" by Pam England and Rob Horowitz

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"Relax and enjoy. You are the rhythm of gestation and birth, the heart-beat of nature. Float, free as a bubble riding the stream. Have faith in the rightness of this part of your journey for there is no going back." Rosemary Allan Coleman

Self-care is possibly the most essential survival tool for a mother. Taking good care of ourselves means we are better able to take good care of our children. How could you be your own best friend today?

There are 6,600,000,000 people on this planet and women gave birth to all of them – mostly without medical intervention!

Trust Meditation: BREATHING IN...I trust that I am the perfect Mother for my baby. BREATHING OUT...I am exactly where I am meant to be and I have everything I need within me to handle all that Life and Motherhood brings. BREATHING IN...Trust. BREATHING OUT Trust... down to my body. 25 Ways to Joy and Inner Peace for Mothers" by Danette Watson and Stephanie Corkhill Hyles

"Whatever happens, given any situation I can handle it. I am strong." Affirmation from "Feel the Fear and Do it Anyway" by Susan Jeffers.

"You're braver than you believe. Stronger than you seem and smarter than you think." Quote from Christopher Robin in Pooh's Grand Adventure by AA Milne

Be prepared: The fact is that most babies are likely to need an average of nine hours basic care each day (which includes night time as well) and most babies, just like most of us, need some extra nurturing from time to time. "100 Ways to Calm the Crying" by Pinky McKay

"To touch hearts and souls. To awaken that part of humankind that has forgotten that it matters how a baby comes into the world." Quote from Midwives Nic Edmondstone and Vicki Chan

"Being listened to is so close to being loved that most people don't know the difference." From "A Father's Book of Listening", quote by David Augsburger

"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it myself". From "A Little Book of Parenting Skills", quote by Joyce Maynard.

"Let it be...let it be... let it be....let it be." Words from the song 'Let it Be' by the Beatles.

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