

THE CONFIDENT MOTHER

By Sherry Bevan

FOREWORD

The world of Parenting is one that we will never understand or feel adequately prepared for until that announcement by the person who delivers the baby that you have a boy or a girl. The voyage of discovery, into both you as a person as well as how to raise this tiny helpless being, is one of many highs and hopefully not too many lows. Everyone experiences parenthood differently, no two babies, no two mothers and no two families are ever the same, so how can we read up on what we should be doing, how we should be doing it, and what we should expect next? Parenting with confidence and trusting your inner instincts is something that isn't advertised enough in our society of quick-fix, fast answers, where the expectation is that we should all be able to do everything without asking for help.

Throughout this book, Sherry recounts the stories of the many fascinating interviews she has done with mothers from all walks of life who have all learned something from their own path through motherhood. Each one talks about their experiences in such a way that on every page there is an opportunity for the reader to feel connected with the person telling their story and to be able to apply their lessons within their own life. From scientific facts about human development, to heartfelt stories of love and tenderness in raising their own children, to inspiring stories of adjusting to life as a mother and finding a new career path that suits the whole family, or coping after divorce, this book is the first stepping stone to understanding how to become the mother you want to be; one that is good enough for your family.

While some books will promise quick-fix answers to the challenges of parenthood, and motherhood in particular, this book looks at building strong and lasting foundations in your own behaviour and actions, so that you can feel confident and well equipped to tackle the diversity of life as a mother. With key points at the end of every chapter and direct questions to ask yourself about your own personal situation, this book is sure to inspire you, support you and nurture you in being the confident mother you always hoped you would be. Sherry's approachable and down-to-earth nature shines through and enables the reader to feel empowered and ready for anything right from the very first chapter.

Dame Sarah Storey