

# Defining Deliberate Motherhood, Episode 43



**Power of Moms**  
A Gathering Place for Deliberate Mothers

What is deliberate motherhood? What does it mean to us, to our community, and to those who have only heard this phrase for the first time?

Let's start with what we're not. We're not perfect or one-dimensional, nor are we all the same. We are not cookie-cutter or stereotypical June Cleavers. Moms don't always follow a set pattern.

Power of Moms is a gathering place for every kind of mom. There is a diverse group of moms from all across the board – wealthy and struggling to make ends meet; homeschooling and heavily involved in PTA. Most moms are deliberate mothers and pretty much all moms can find themselves inside the umbrella of deliberate motherhood. Deliberate mothers have the questions and the answers and together we can share the information as a community.

Ideas on what it takes to be a deliberate mother from the Facebook page:

**Focused discernment.** Decide what we need, what our children need, what our home needs. We often feel scattered, pulled in different directions, and when we take a moment to focus on what is important for right now, or today, or this week, or this month, we can discern how to best spend our time. We're less crazed in the moment when we have focused discernment.

**Parenting with the end in mind.** Begin with the end in mind (as in *7 Habits of Highly Effective People*). A great example of this is the work and money program. Before start teaching the money program, you must ask, "What do we want our kids to know about money?" Also, what traditions and memories of our home do we want to have for when our children leave? Some days it's easy to get absorbed in other tasks, different projects and housework, but it's important to ask ourselves, "What do I want my child to remember about me? What does this child need?" Actively seek, study, and ponder what type of mom YOU want to be. Don't get caught up in what "moms do". Make the decisions on what really work for you and what your ultimate end really is. What do moms do? Maybe you think every mom is interested in fashion photograph and design so that's what I like too. But you don't have to like fashion photography and design. Say no to the things that don't really matter to you.

**Being present.** Make home and family your highest priority, find humor and joy even in the drudgery. Feed your spirit to have a full well to share with others. Focus on the joy. Being deliberate doesn't have to be heavy handed.

**Finding contentment in the simplicity and complexity of mothering moments.** Notice the beauty of the simplicity like holding hands. But also experience joy in complexity when everything is going on around you and recognize the full life and full home. Keep a positive perspective. Think, “I chose this. All this is part of my dream and is part of the fabric of motherhood.”

Most moms think that they are too hard on themselves. They feel as though they can't get anything done because they are so busy and overwhelmed. We all have times or seasons where things are hard. Be gentle on yourself. Having the grace with yourself. We're not expected to be perfect but we're trying. Forgive yourself and say sorry. Push forward and be deliberate to do better next time.

Avoid the sacrificial mother mentality. What if you don't enjoy crafts and reading is a struggle; can you still be deliberate mother? Yes! Find your own path: “This is who I am and this is what I like and my child will survive because I am going to thrive while raising my child.” Think of creative ways to work around preconceived notions and make motherhood work for the whole family. “What can I do to thrive? How can I prioritize my family? How can I also prioritize myself?” Take the steps from where you are and move forward to be the mom we can and ought to be.

April wants to see all the deliberate mothers of the world come together. This generates so much hope for the world, especially in the wake of some of the atrocities that are happening all over the world. Mothers tend to place labels on each other and there are too many polarizing methods trying to pit moms against each other, but with deliberate mothers and Power of Moms, we are on the same team. We're raising the next generation together and as we strengthen our children, the world will move forward toward the more idealistic world peace. We can strengthen the world by strengthening mothers.

In the book *Deliberate Motherhood*, over 60 moms from all walks of life are represented in four specific topics: peace, purpose, order, joy.

Saren discusses how utilizing these topics in a learning groups or individually gives you a powerful resource to help you progress as a more deliberate mother. This book helps, unites, and inspires us.

April gives challenges:

- Go visit Power of Moms.
  - Register for free- podcasts, webinars, and other resources.
- Rate podcasts on iTunes.

Thanks for listening and being part of the community, hope you will find information, ideas, and support. And a great big THANK YOU for being the best mom you can be!

*Transcription by Rosie Liljenquist*