

# Using Our Voices, Episode 45



## Power of Moms A Gathering Place for Deliberate Mothers

Straight from the sound studio of April's van, this wonderful discussion talks about how we use our voices as mothers to do great things in the world.

**Sarah's story:** All Sarah wanted to be was a mother, and soon after getting married Sarah became pregnant. During a routine ultrasound at 20 weeks, Sarah and her husband were told they were having a little girl, but there was a feeling of uncertainty. After some tests, Sarah found out that her beautiful daughter Katie had Spina Bifida.

In a land without blogs or social media, Sarah struggled to find information and community. Now she writes her own blog, and uses her voice to strengthen other mothers by showing them what can be accomplished with kids with extras.

Initially, Sarah relied on what the doctors were telling her about her daughter, but soon she realized that despite all their education, the one who knew her daughter best was her. After numerous visits where she was told her daughter was fine, she visited a specialist who informed her that Katie needed more care. This confirmed what Sarah had been thinking all along. This instance taught her that she had a voice.

Sarah uses her voice to help other mothers. She shows new/young mothers of children with Spina Bifida that they can still do stuff, even with a wheelchair involved. Every day is usually a normal day. But there are also those days where they ski, surf, and zip line, as a family. Sarah provides hope to those who are raising kids. That is the power of a mother's voice: changing the world by showing love and giving hope.

Why would you want to use your voice? Use your voice because you have one. Children don't really have a voice, at least not when it comes to PTA's or superintendents, so they rely on us to give them a voice. Mothers collectively give children a voice. Show your children that you have a voice and that they have a voice too, and can and will be heard. We can do *something* to make things right. Sarah shares examples of "Warrior Women" who battle for their children every day.

Why we don't use our voice?

- We question whether our voice will make a difference.

- Surrounded by big-wigs with education who know better, we feel we have little to contribute.
- Risk. Putting your family out there always has risks and sometimes our voice isn't received well.
- Comparison: "That person says it so much better than me."
- Redundancy: "That person is already saying it so I don't need to."

But if it's important to you, most likely it's important to someone else.

Don't get intimidated. Find where you are comfortable. Find your passion. Share your voice. April shares the notion of the hedgehog concept which says (paraphrased): simplify and identify what you can be best at in the world. Don't be all things to all people; find what you can be the best in. Do what you're excited about. Your voice is connected to passion. If you're not sure what your passion is, speak up anyway; sometimes using your voice will help you discover your passion.

Once we have found our voice it isn't always easy-breezy. What helps on the days where you want to give up? Think:

- Who today needs to hear this? Someone somewhere will benefit from what you have to say.
- Who could gain strength from this information?
- Our children get excited about the things we share (especially when they are directly involved)

If you want to feel more confident and empowered and purposeful, start small. Stay where you feel comfortable at first and where your voice needs to be heard. Write a letter. Have a one-on-one meeting. It's daring (and kinda scary) but learn what works and what doesn't. It's ok to make mistakes. Don't get discouraged by setbacks.

Everyone has a voice that is their own and doors will be opened that you didn't even know existed. Go out there moms and use your voice!

*Transcription by Rosie Liljenquist*