



### CHAPTER 6: WHEN A MOTHER IS SICK


This is the shortest chapter in the book. However, as Rob suggests, it may well contain the deepest lessons.


 Read the chapter through and underline or write down anything that resonates with you.


#### 1. Plan B


"It is as if 'normal motherhood', if there is such a thing, is Plan A, but I now have to find Plan B."

 Consider the following points as you relate this chapter to your own situation:


 What was the age of your child when you were sentenced?

 How old will he/she be when you are released?

 What changes will be going on in the development of your child during this time apart?


 How can you be involved now and help them through those developments?


#### 2. Fears and concerns

 Write down the fears and concerns you have for your children whilst you are away from them.

### 3. Mothering *anyway*

Wendy says, “*We are called to mother whatever the circumstances.*” And in the last paragraph, page 82 she concludes with: “*Mothering is all about facing the pain and mothering anyway.*”

 Think about these statements in the light of your current circumstances. In what ways do you think this is true in your own life?

 What arrangements do you have in place to enable you to still fulfil the role of motherhood to the best of your ability during this time?

Do you have ideas of what else you could put in place? Instead of focusing on what you can't do and things you have no control over, try to focus on what you can do.

A top tip from the book, *Daddy's Working Away* (Written by offenders and families at HMP Wolds with Sandy Watson and Sheron Rice). Page 108.

*“The real issue for us here is not how much time you spend with your kids, but the quality of love you give them. And it's not just about when we're with them during visits, it's about all our contact – including phone-calls and letters.*

*Of course we can't pretend that your kids won't be disappointed that you can't be there for things like the school play or the football match. But if you ask them to send you things about the event (such as photos, or the programme with their name in), then you'll be showing them that you care and would have been there if you could.”*

#### **Next time ...**

We'll look Chapter 7 and see that feeling guilty as a mother is actually perfectly normal.

