



CHAPTER 8: WHEN A MOTHER LETS GO

As we come to the close of this book our hope is that through these sessions you have felt encouraged, hopeful, less guilty and perhaps kinder towards yourself. Maybe you've been able to recognise that you are in fact doing your best as a mother and that there are often no right or wrong answers when it comes to the way we parent. Loving and doing your best for your children, is the essence of motherhood.


1. Letting go


For many of you 'letting go' of your children might seem a long way ahead and not relevant now, but the time will come all too quickly. For others of you, maybe you have had to 'let go' sooner than anticipated. Hopefully something in this chapter will encourage you.


 Read the story of the butterfly on page 109 to 110. How did the story make you feel?

 Spend a little time reflecting on the story and then look at the next paragraph. Have you ever tried to 'fix' things for your children so they wouldn't have to struggle (like doing their homework for them)?


"You must let them go – they have to learn themselves, even if it hurts a little."


 How is this 'butterfly principle' helpful for you as a mother?

 Now read the poem that begins on page 110. Reflect on your own experience of 'being let go'. How has your relationship with your own mother been?

 In what ways would you like to be a similar mum to your children, and in what ways would you like to be different to your own mum?

2. Further reflection

 What is the most important thing that you have learnt through reading *The Sixty Minute Mother* book and reflecting on it?

 What one thing do you want to change as a result of doing these sessions?

 How and when will you put this into action?

The most important piece of wisdom to take from all of these sessions is what Rob says about his own mother in the final paragraph at the conclusion of the book:

"She was not a perfect mother. But she loved, and did her best."

