## I'm that Mom

A manifesto for mothering like it matters.

by Flo Gascon <u>http://flogascon.com</u>

#### Mothering matters.

Those of us who nurture know that there is no substitute for tender loving care. The daily acts of routine, rhythm, and response are what keeps the world spinning for our kids. Each day we're building the relationships that are the very center of our home, our lives. Every interaction is the basis for the attitude with which our kids will go forth. The choices we make, the words we use, the hands that hold, the love that we offer makes a difference that can be seen, felt and enjoyed. We literally hold the future in our hands.

Yet, our work as mothers is overlooked, diminished or unappreciated. Conventional wisdom often scoffs at us, mocks us or issues dire warnings and we may respond with our own defensive rejections. There's something missing from the conversation. Our voices are lost.

We can change that. Together in community and alone in our determination we can act mindfully. It's time to stop apologizing for the prioritization we give our mothering. The way we do it matters.

#### Mothers are powerful.

Whether we have jobs outside the home or not, the most work that provides the biggest opportunity for impact is in raising another human being. We can either make their lives full of wonder or lacking their own voice. Mothers carry a great responsibility and we seek information, solutions and alternatives to maximize happiness. We tend to not talk about all of the success we have in what we do; the millions of ways, large and small, that we enrich our children's lives by putting their best interests first. *Let's do that!* 

Mindful parents use their powers for good and we do it much more frequently than we err. We make our kids' lives better with every bowl of ice cream we serve, every mile we drive, every interest we embrace, every comfort we offer even if it goes against the grain of common advice or tradition. With that we are making the world a better place, today and tomorrow.

#### Mothers create lineage.

Pitting parents against each other isn't helpful. It's not about who's doing it better or right. But do you know that there's another way?

That your relationship with your child doesn't have to be a tug 'o war?

That you don't have to be the bad guy to ensure they play by the rules in the game of life?

That you can be the kind, supportive mom you vowed to be when you first held your child?

That you can be a confident leader and loving confidante?

That you can create a space for your child to become who she's meant to be?

That you don't have to always know the answer because kids have their own ideas, too?

That you can step back sometimes?

That what you give comes back a hundred fold (and more)?

That you can let go of the authority and still be respected and consulted?

That you can be the touchstone from which your baby, toddler, child, teen, adult child will always draw trust, strength, guidance, and understanding as they navigate their lives?

That the sweetness of the newborn days can continue to be yours?

Yes. I'd like to share my guiding principles that have developed through intuition, experimentation and experience. These ideas are at the forefront of my interactions, my decisions, my conversations with my kids. I'm that mom I always wanted to be.

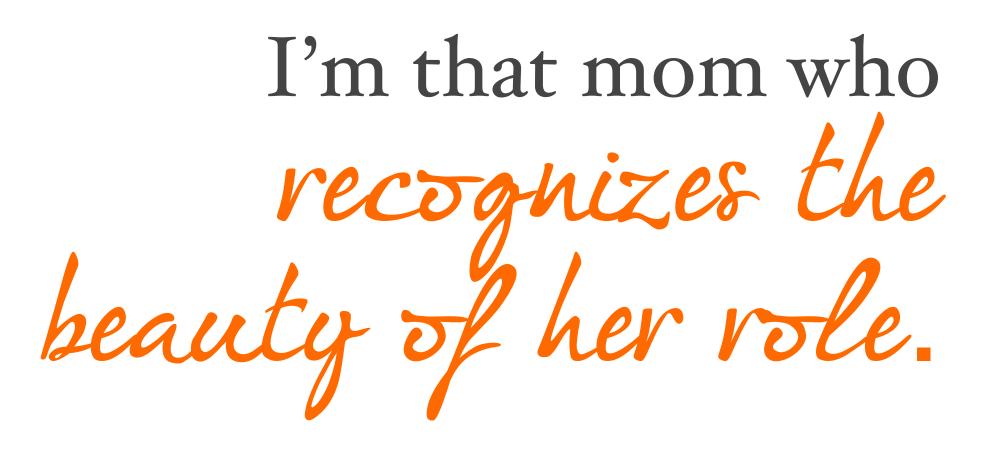
#### Do you know the kind of mom you want to be? I invite you to be that mom.

I'm that Mom

I'm that mom who didn't buy it.

Child-rearing is for following the inner truths of the child right in front of me

not the advice of educated strangers or even well-meaning family and friends.



I can preserve her every freedom by opening the door to her life not closing her off behind one of regulation, institution or belief, no matter how sacred or patriotic.

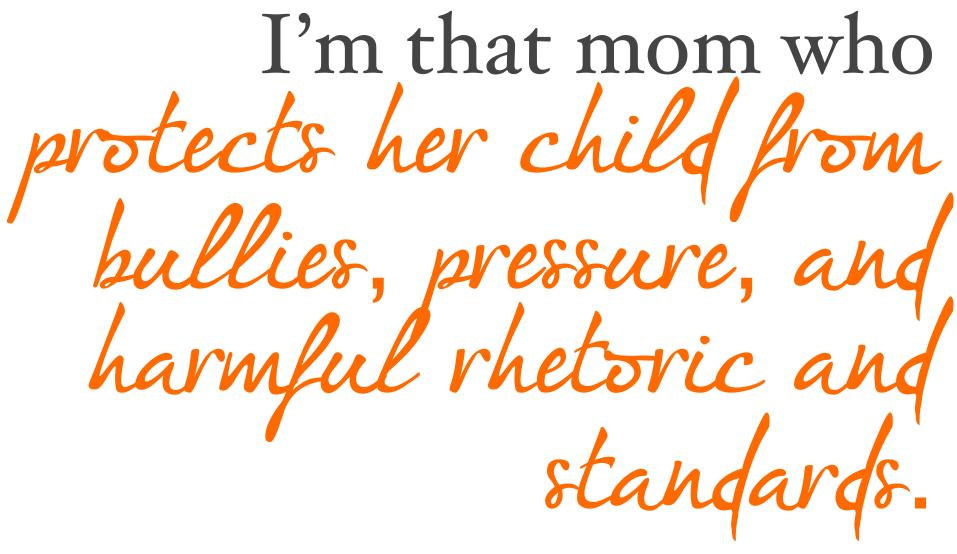
# I'm that mom who didn't become who my culture raised me

A life is for questioning, discovery, seeking, unfurling and turning away from ignorance, tradition, mores, and arbitrary rules that confine, restrict, mold and negate.

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I'm that mom who decided to trust and bund it led to deeper trust.

Living from the inside out means embracing possibility rather than wondering about failure.



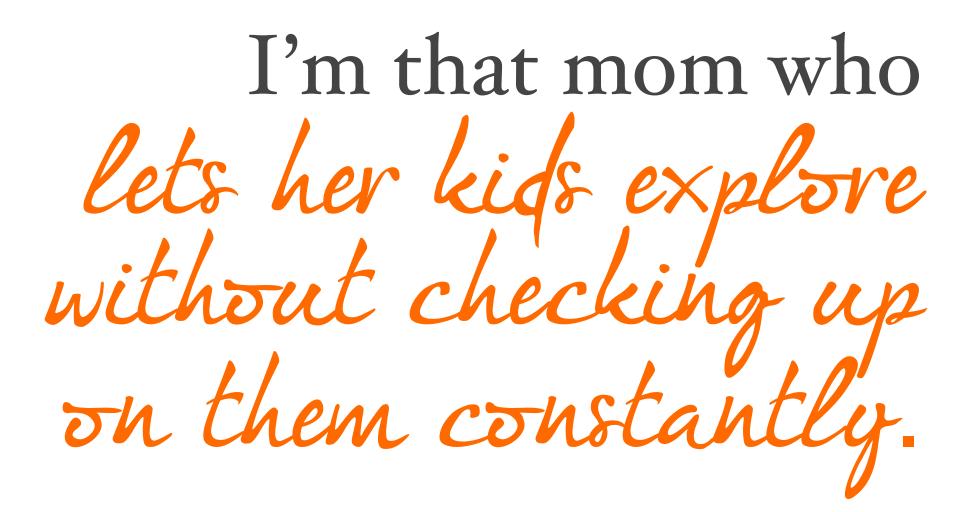
Life is meant for reveling in self not shaking in a shell.

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I'm that mom who lives in a home that is not spotless

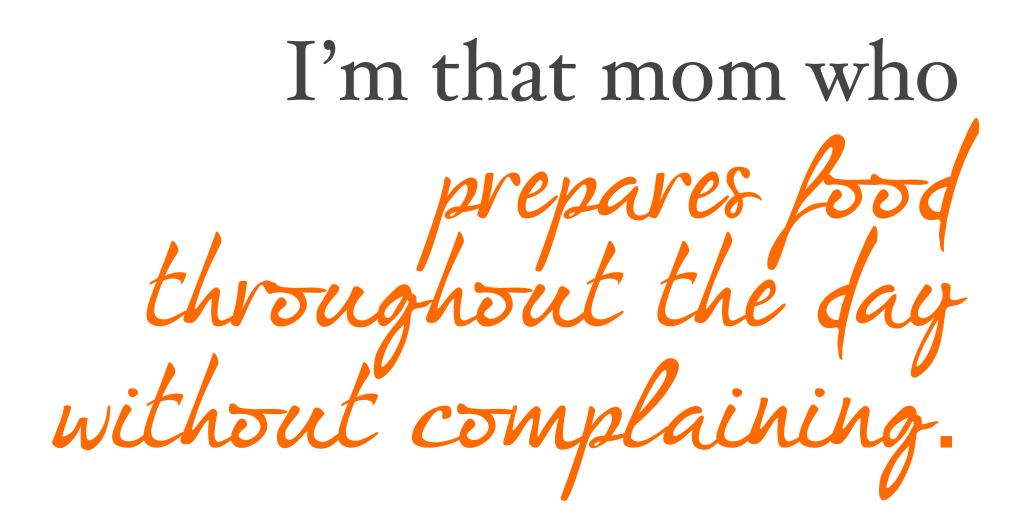
and is proud when the builders say how glad they are to see someone living in the house they built.

A home is for playing in not for staging an illusion.

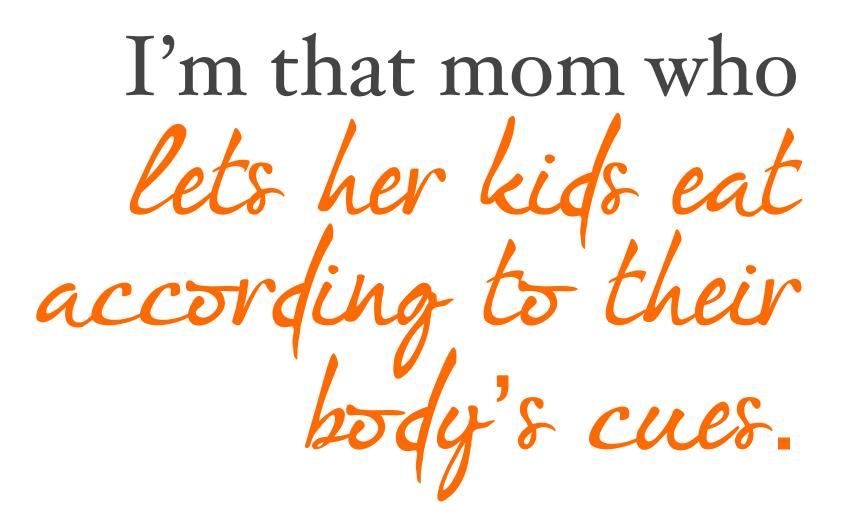


The world is a place to be lived in not for cowering in fear and peering around every corner.

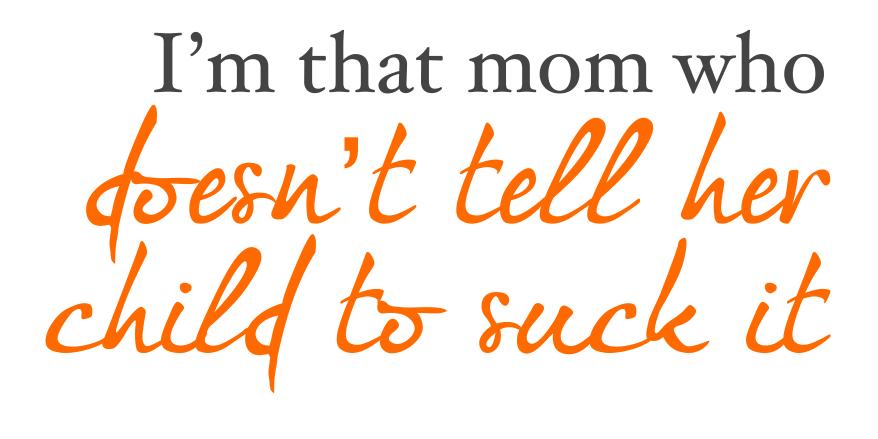




Meals are for savoring not for shaming.



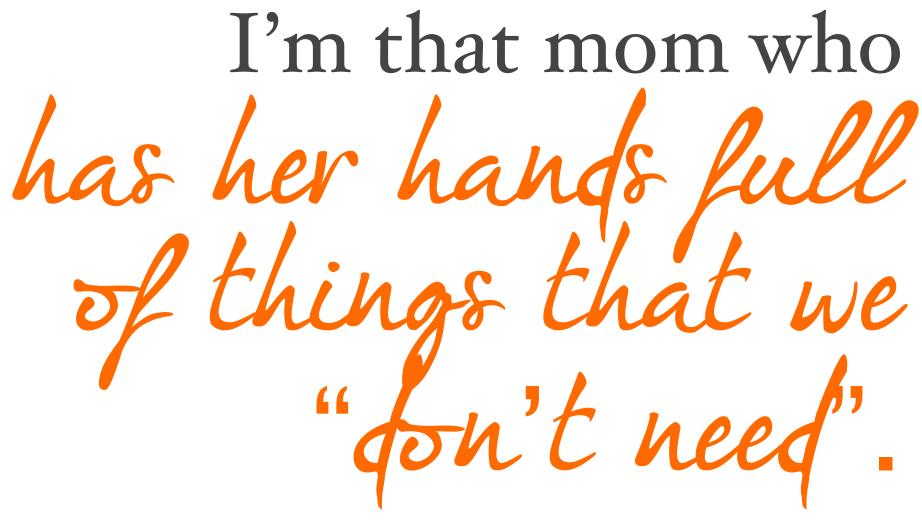
Food is for exploration, experimentation, and enjoyment not for guilt.



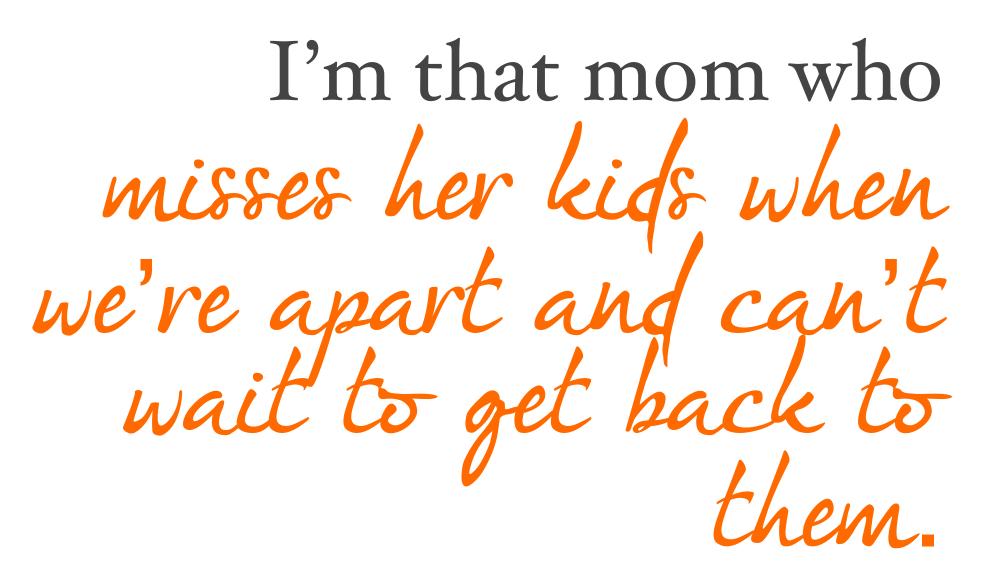
Emotions are for expressing and understanding not for stuffing down.

### I'm that mom who will make five trips between the car an the second fl turning the house upside down in search of the stuffed animal even though I am in a hurry. Requests are for honoring not for minimizing and dismissal.

I'm that Mom

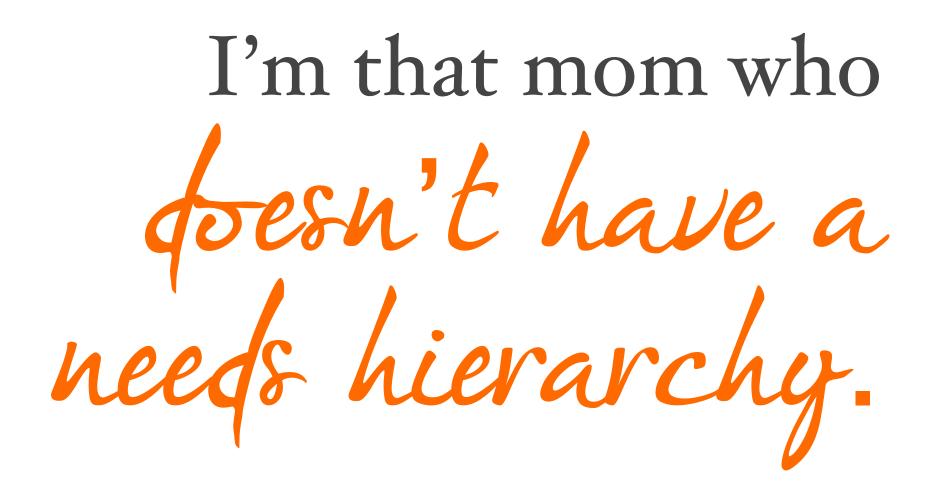


Those things are for security and comfort; it is not indulgence.



Attachment and connection are the reasons to be alive.

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Being taken care of is a right not a privilege.

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I'm that mom who sleeps with her child because connection foesn't sink into the sea with the sun.

Intimacy is created not endowed.

I'm that Mom

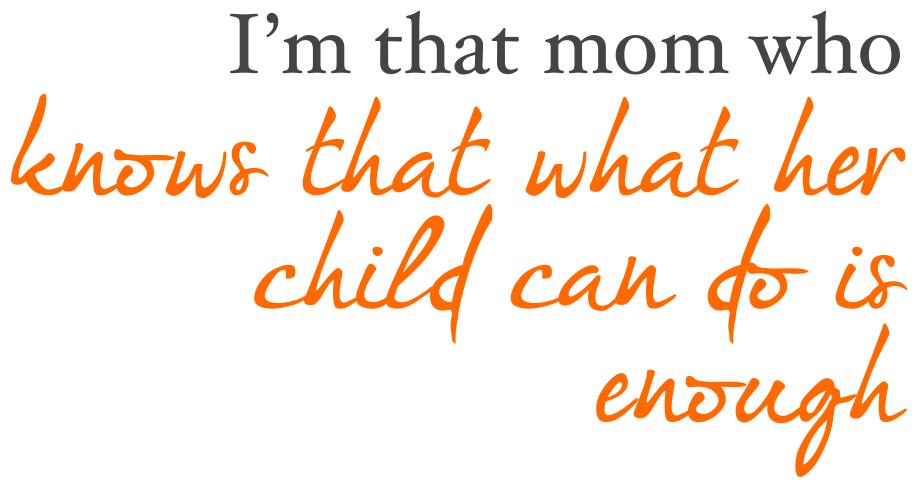
I'm that mom who watches every step of every fance voutine

even though she knows them by heart because what she is really

witnessing is jog. Passion is for doing not for practicing or

working towards.

I'm that Mom



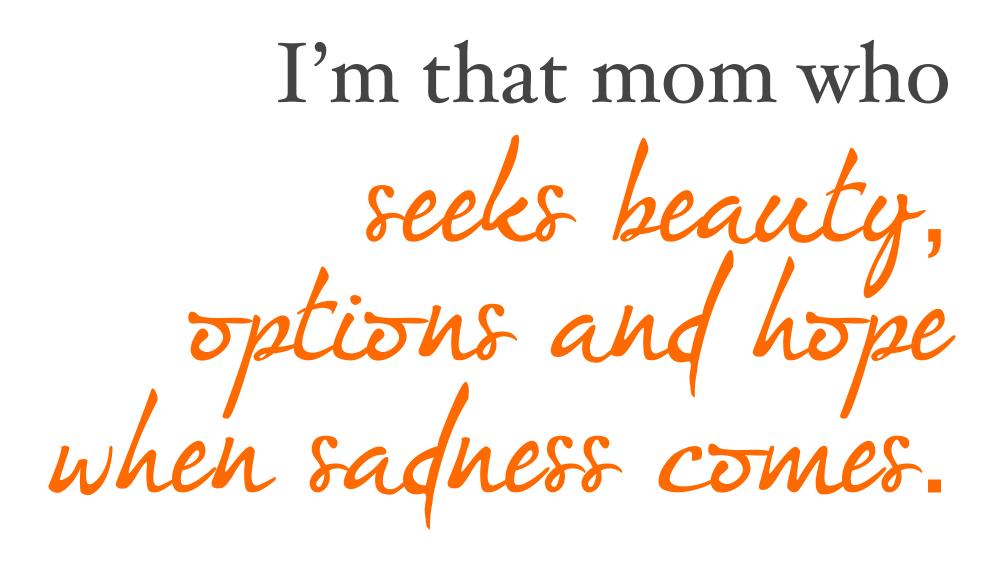
and there is no need to critique and take over each step.

Skills are for owning not for mimicking.

I'm that mom who foesn't force her kids to share or make nice when they don't want to do it.

Compassion, empathy and friendship are best applied and developed when they are heart-felt not coerced.

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Lifting up is better than giving up.

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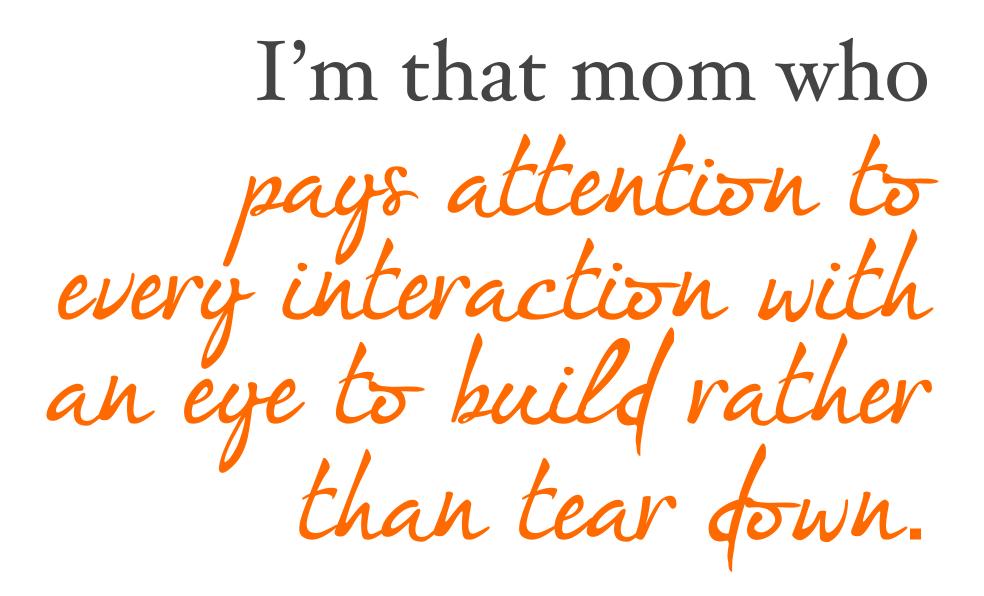


Humility is stronger than pride and power.

I'm that mom who keeps booking insid er\_ even tho

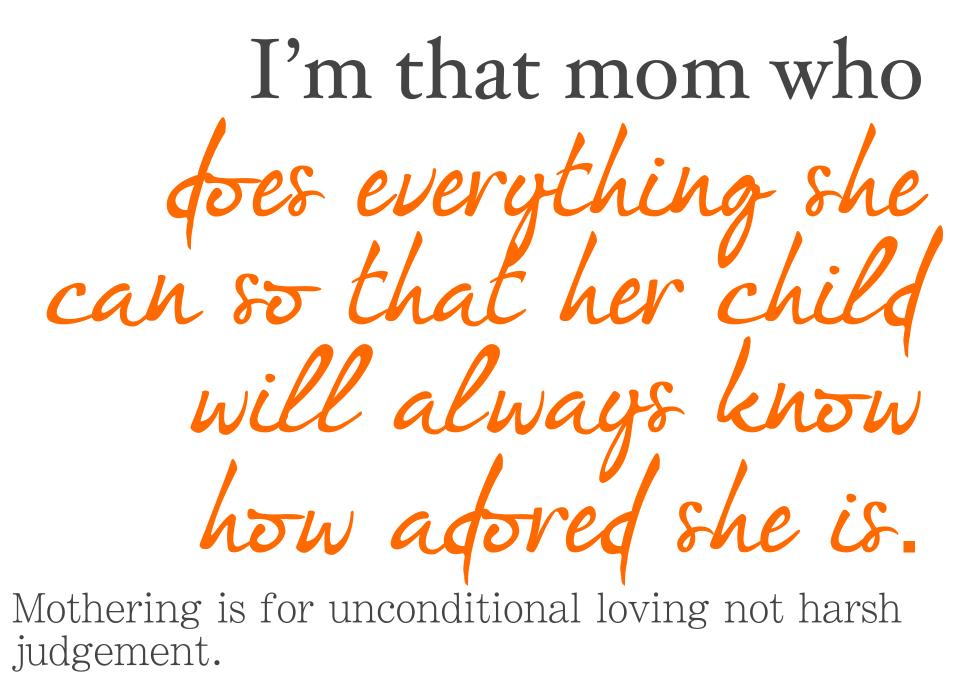
because my child deserves freedom from broken ideas, methods and history.

Growing up is for making your own memories not re-living the hardships of your parents.



Childhood is for growing not for healing.

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I'm that mom who sometimes loses her way but keeps trying to do better.

Experience is the mother of wisdom and it is the most certain path to peaceful homes and vibrant lives.

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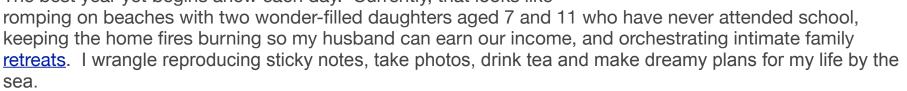
#### About Flo Gascon

I am a writer and mentor for moms who feel stuck and in need of a fresh approach to their days. I provide tools and ideas to create a peaceful home and a vibrant life by breaking out of the have-tos and embracing the want-tos.

I share ways to be the mom you want to be while also paying attention to your own needs. I know how hard that can be in the hustle and the bustle of dishes and soccer practice so I am a truth-teller of way it is. An advocate for the way it can be.

I believe the most direct way to figure something out is to figure yourself in. I provide mentorship through my blog, e-books and ecourses. There are retreats in our future, friends.

The best year yet begins anew each day. Currently, that looks like



If this manifesto speaks to you in some way, I hope you'll stay in touch. Send your friends to join the conversation as we bring out the best in our kids and ourselves. This is just the beginning!

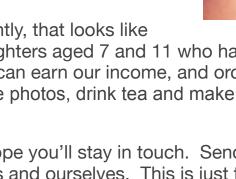
With so much love and light,

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