

Some motherly advice

New book empowers mothers to trust their instincts

AS the childcare debate rages on, women are still not given advice on how to juggle their roles and make individual choices for themselves and their child.

Lyn McPherson's book, *Intuitive Mothering - trusting our own child-rearing instincts* (\$24.95), aims to offer solutions rather than create questions.

"My hope is to help mothers release themselves of the shackles of society and their own expectations, to be happier, more connected mothers, which will in turn create happy, connected, nurtured children," Ms McPherson said.

"I feel that in some ways, when it comes to raising children, we have a lot of things back to front and inside out in modern society."

Some of the issues facing the modern mother, which the book tackles, include guilt, sending children to day care, breastfeeding, allowing children to watch television or play computer games, relying on drugs to solve problems associated with ADD, advertising pressures and teaching children relevant social skills. With so much recent debate about the importance of early nurturing in children, Ms McPherson offers the opportunity to look beyond textbook teachings and social expectations. She empowers mothers to build confidence, reject guilt and find calm by 'tuning in' to their own instincts and teaching them to 'tune out' to pressures and expectations. The



Mothers face an ever increasing number of challenges in contemporary society. A new book aims to offer mothers solutions rather than create questions.

book is a guide to help mothers reconnect with themselves and their child through better under-

standing and use of instinctive love, connection and attachment with their child. It shows mothers

how to recognise the warning signs in our children, how to listen to what they are saying not only ver-

bally, but behaviourally, and how to follow our gut feelings in balance with outside opinion.



WIN A COPY OF THE BOOK

The Daily Examiner has four copies of *Intuitive Mothering* to give away to UNWIND readers.

To enter simply fill out the coupon and name the author of the book.

Drop your entry into *The Daily Examiner* by next Monday. Four winners will be announced in next week's UNWIND.

INTUITIVE MOTHERING BOOK GIVEAWAY

Name: _____

Address: _____

Phone: _____

Answer: _____

Riverside Brasserie

OPEN SUNDAYS
Breaky, Brunch and Lunch
7.30 am-2.30 pm
Overlooking the
Clarence River.



Breakfast
Mon-Fri 7-9am
Sat Closed
Sun 7.30-midday

Lunch
12-2 Everyday

Dinner
6.00-8.00 pm - Mon.-Sat.
Later Fri & Sat as needed

Enjoy great food in a great atmosphere.

Cocktails on the Terrace and Happy Hour
Friday 5.30 pm

Friday Family Buffet
from 6.00 pm
Children welcome

Cappuccino's & Tea available all day



Riverside Brasserie & Cafe

River End of Prince Street, Grafton. 6642 4000

ljhooker.com



SEIZE THE CHANCE

This is city centre living at its best. A very spacious brand new two bedroom villa home with ducted air-conditioning throughout, your own private courtyard, state of the art kitchen and remote control roll-a-doors. Less than one block walk from Coles and the Grafton Mall. Life WAS meant to be easy - come and see how!

57 Queen Street, Grafton

Price: \$259,000

Inspect: By Appointment

Details: Matt Dougherty

L.J.Hooker Grafton, 14 Prince St, 6641 4000

nobody does it better®

L.J. HOOKER