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Intuitive Mothering Lyn McPherson

A practical, sensitive and sensible resource such as "Intuitive Mothering" is always welcome. The book offers ways to help the parent gain the confidence to really enjoy the early times with their new child. It is almost universal that new parents, trying to do whatever is best for their baby, rapidly discover that their world is filled with an abundance of well-meaning advice, from apparent experts on all sides. Lyn McPherson's work stands out as it sensitively keeps the baby at the centre of a warm responsive relationship, while acknowledging that there are as many ways to parent as there are families.

This book shares with parents a range of sensible guidelines, and reinforces that an attuned mother usually does know what her baby needs. Drawing on a framework of respect and love, she offers ways to strengthen the new parent's confidence in their own abilities and knowledge of their own child. Lyn assists by giving vibrant examples of how to do it. Confident and sensitive parents are better able to guide babies and children through the challenges and triumphs of growing and learning. Her non-judgmental approach gives readers the guilt-free freedom to slow down and take the lead from the pace and communication from their infant.

As the sensible strategies are set out in her approachable style, Lyn shares her personal journey as an experienced mother. The book is enriched by the extensive use of personal examples. The examples bring life and simplicity to the described concepts, showing some ways that the ideas can be put into practice. They also serve to remind the reader of the many roles of parenthood...carer, teacher, shaper and role model.

People who work with young families understand that all babies and children benefit by having a comfortable and confident mother. A happy mum is good mum. Armed with this book, mothers (and fathers) can look forward to more confident enjoyment of parenthood.

"Intuitive Mothering" is more than another baby care book. It is a warm and friendly tool for the new parent valiantly trying to form their own style of parenting while negotiating the maze of apparently conflicting, prescriptive advice about parenting styles and approaches.

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