

# The IMPORTANCE of MOTHERHOOD

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Motherhood is one of the most important and precious roles a woman could embark upon during her lifetime. If you are already a mother you know only too well the enormity of this joyous, yet daunting task, and how unprepared you were the first time around. A mother's role is crucial to the development and well being of her offspring and each generation there after.

The late psychoanalyst Selma Fraiberg said that babies need mother most of the time until age three, and afterwards, can tolerate only a half day's absence.

Every parent or parent to be, should read the brilliant work by Dr. Peter S. Cook, MB, ChB, MRCPsych, FRANZCP, DCH, child and family psychiatrist 1927-2017. Some of his priceless work includes: **"Mothering Matters,"** [http://www.naturalchild.org/peter\\_cook/mothering\\_matters.html](http://www.naturalchild.org/peter_cook/mothering_matters.html), **"Early Child Care "** [https://books.google.com.au/books/about/Early\\_Child\\_Care.html?id=XZtRAAAACAAJ&redir\\_esc=y](https://books.google.com.au/books/about/Early_Child_Care.html?id=XZtRAAAACAAJ&redir_esc=y) and **"Mothering Denied"** *How our culture harms women, infants and society* <https://www.pc.gov.au/inquiries/completed/parental-support/submissions/subdr349-attachment.pdf>

'Mothering Denied,' Page 4 excerpt: Live brain-imaging techniques show that during mothering the same brain centers are active, deep in the 'mammalian brains' of each of both humans and other mammals.

5) In comparison with the long-term development and wellbeing of children reared mostly by their mothers during infancy, there is increasing evidence that the placement of infants in non-family daycare during their early years involves risks to their healthy emotional and behavioral development. The more hours spent in childcare, the greater the risk of adverse effects. These include increased aggressiveness, disobedience, and abnormal blood levels of the stress hormone cortisol. In vulnerable infants, rearing in non-family childcare disrupts many processes that depend on normal mothering. The quality of family life is the most significant influence on a child's development, and non-family childcare is only preferable if the alternative would be worse.

Dr. Cooks research also reveals that children deprived of parental care in early childhood are likely to be withdrawn, disruptive, insecure, or even intellectually stunted. Depression resulting from separation anxiety in early childhood can cause a permanent impairment of the immune system making these children prone to physical illness through their lives." This is already a very common occurrence in most western countries.

His life long work profoundly outlines the importance of providing maternal care during the early years. He also notes that the movement for women's "liberation", while advancing women in the workplace, devalued and undermined their role as mothers. It denied infants' needs for mothering, and mothers' needs to provide it.

The pressures today's high cost of the living and governments pressuring women back to work shortly after giving birth, to raise tax revenues and cut benefits, are doing immense costly, long-term damage to the next generation. This short sightedness will also damage their country's long-term economic future. In addition, fathers who don't support the mother staying home with their child/children during the early years, or if split up, demand equal time to evade paying child support are also doing a lot of long-term damage to the child/children. Undoubtedly, they will pay a high price later in life. Dr. Cook affirms that healthy mothering includes breastfeeding, holding, carrying, attachment bonds, and making infants feel loved. This is almost impossible to do if the mother is forced to go to work within the first three to four years after giving birth. These basic needs of infants are hardly met in institutional childcare, especially when profits must be maximised in private centres.

Dr. Cook affirms that it is necessary to work with Nature and not against her if we are to promote health and wellbeing in young children, their mothers, and society. A normal mother-child relationship is a love affair that needs the right conditions to flourish. Infancy cannot be re-run later.

Most child development professionals privately believe it's best for infants to be cared for mostly by their **mothers**. Like the NICHD studies, they don't support the view that parents are interchangeable, but that they complement each other. For additional information go to: **The Natural Child Project:** <http://www.naturalchild.org/articles/> And the Peter Cook Library: [http://www.naturalchild.org/peter\\_cook/](http://www.naturalchild.org/peter_cook/) [http://www.naturalchild.org/peter\\_cook/ecc\\_ch1.html](http://www.naturalchild.org/peter_cook/ecc_ch1.html)

A 1990 study found that a higher proportion of children in under age one in daycare develop 'anxious avoidance attachment to their mothers than do home-reared infants. Absence of maternal care in as little as 10 hrs. a week in day care for infants and young toddlers, developed problems. In fact, numerous studies have shown that maternal deprivation at an early age can affect the mother-child bonding process and impair a child's emotional, social, and psychological development. Also that maternal separation can profoundly affect the brain's biochemistry, with lifelong consequences for growth and mental ability. <https://billmuehlenberg.com/2009/05/05/the-importance-of-motherhood/>. Mary Carlson of the Harvard Medical School said, "Our findings support clinical research showing that infants cared for in institutions grow slowly and have behavioral retardation."

Women better fulfil the role of mothering because it is part of the natural feminine/mother's instinct and energy as Nature intended and that a child needs. Dr. Cook says "We need to do whatever it takes to help women give their babies and young children the lifelong benefits of high quality mothering, and stop subsidising an ideology that promotes risky and inadequate substitutes."

The art of 'mothering' is immensely important and extends beyond raising a child/children. It can involve nurturing and nourishing a spouse, relationships, friends, parents, pets, your environment, and even yourself.

Few if any schools teach the importance of and basic skills of motherhood or mothering. These skills are either passed on from mother to daughter, other family members, such as grandmothers and aunts. Mothering skills are also learned through experience and reading.

Sadly, our profit driven society in much of the west doesn't value the role of motherhood. Nor, as every mother knows, is she ever rewarded for her lifetime work and many sacrifices. Worse, many mothers and grandmothers end up homeless and destitute, because they were not given the support needed to establish financial security, while they were busy raising their children. The US, where women are portrayed as sex symbols, rates as one of the worst when it comes to valuing mothers and supporting time off during motherhood.

Out of the world's 196 countries, the US is one of only four [that has no federally mandated policy](#) to give new parents **paid** time off. That burden is placed on individual states and employers. But, some countries really prioritize the well-being of new parents — both straight and same-sex — granting them more than a year of leave at full pay. Nordic countries lead the world. <https://www.weforum.org/agenda/2016/08/these-10-countries-have-the-best-parental-leave-policies-in-the-world>

Among the top is Finland. It is no wonder their students rate #1 in the world. Expecting mothers in Finland can start their maternity leave [seven weeks](#) before their estimated due date. After that the government covers 16 additional weeks of paid leave through a [maternity grant](#), regardless of whether the mother is a student, unemployed, or self-employed. The country also offers eight weeks of paid paternity leave. After a child turns three, parents can also take partial care leave, in which they split time between home and work. That lasts until the child starts second grade. Other countries that provide paid maternity leave are: Denmark, Sweden, Belgium, Iceland, Serbia, Norway, Hungary, Estonia, Lithuania

In addition to good psychological practices and paid maternity time-off, NUTRITION also plays a big role in raising healthy children.

Every mother desires a beautiful and healthy baby. But, only when the Laws of Nature are followed, will a child be blessed with physical beauty and a healthy mental, emotional, and spiritual outlook. Below are some useful tips:

- **Raise your consciousness.**
- **Keep meals and lifestyle simple, relaxed, and as close to Nature as possible.**
- **Educate yourself in good nutrition and the Laws of Nature.**
- **Involve your your children in the preparation of food, cooking, kitchen chores, and herb gardening.**
- **Make mealtime an enjoyable time to slow down and connect.**
- **Avoid being conned or exploited by the food giants, hype advertising, or the latest gimmick.**
- **Eliminate all junk food and pollutants from the food in your kitchen such as those mentioned below.**
- **Nourish your child/children with the basics of life, good, wholesome, organic food, and lots of TLC (tender loving care).**

How a mother nourishes her child/children will determine what each future generation of her off spring will be like. The role of motherhood encompasses a tremendous responsibility that needs to be taken seriously. Unfortunately, lack of support from fathers and the high cost of living means that the average busy, modern day, working mother has little time to properly nurture or nourish her child/children. That is why fast foods have become so popular. But, mothers beware! Take aways and processed, packaged products, under the guise of being labeled food, can be very destructive to the human body. Not only are they void of nourishment and fiber, but they can also contain harmful refined sugar, damaged fats and oils, endocrine disruptors, additives, MSG, preservatives, antibiotics, fluoride, plastics, GMOs, pesticides, and other chemicals. Plus, most junk food and processed products are addictive. Some are even highly acidic and do to the body what acid rain does to a lake or forest. Beware also of non-food pollutants. These pollutants (listed below) destroy gut flora, bone structures, teeth, and hinder nerve development in growing children. They also disrupt hormones and cause cancer. Thus, they should be avoided if you want to have beautiful, healthy children.

- Additives, fillers, MSG & other flavor enhancers
- Alcohol
- Fluoride & fluoridated water
- Aluminum & heavy metals found in leaded pipes, seafood, dental fillings, & vaccines
- Carbonated drinks including soda & beer
- Coffee, tea, & other caffeinated products
- Damaged fats & refined oils (margarine, canola, corn, soy, peanut, etc.)
- EFS (electric magnetic frequencies in cell phones, TV, smart meters, phone towers, etc.)
- GMOs
- Distorted lighting & other forms of radiation
- Preservatives, plastics, BPA, bromine, chlorine, & other chemicals
- Refined sugar & refined carbohydrates
- RoundUp, glyphosate, & other pesticides & herbicides
- White flour, most breads, & baked goods

Labels can be very deceptive. Many products labeled 'Natural' are often full of refined sugar and damaged oils. Ignore all the hype, avoid packaged foods as much as possible, and READ the small ingredients section on everything you buy. If a product doesn't label its ingredients, then don't buy it. Plus, most processed foods have hidden refined sugar, damaged oils, GMOs, MSG, and other harmful chemicals. Also, keep in mind that pesticides, herbicides, and environmental toxins are not listed on a label. Thus, non-organic food and products present a much higher risk.

If a growing child is lacking in good nutrition or physical, mental, and/or spiritual nourishment or being contaminated, we see the consequences of this as they grow, and with each new generation. This is becoming more and more common and could explain why in Australia, for example, 4,835 (1,808/drugs & 3,027/suicide) young people died in 2016 from misuse of alcohol, drugs, and/or suicide?

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0~2016~Main%20Features~Drug%20Induced%20Deaths%20in%20Australia~6>

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0~2015~Main%20Features~Intentional%20self-harm:%20key%20characteristics~8>

<http://anglicaresa.com.au/6-startling-facts-about-suicide-in-australia/>

<https://www.and.org.au/pages/disability-statistics.html>

## **Disability Demographics in Australia**

- Over 4 million people in Australia have some form of disability. That's 1 in 5 people!
- 18.6% of females and 18.0% of males in Australia have disability.
- The likelihood of living with disability increases with age. 2 in 5 people with disability are 65 years or older.
- 1.8 million or 50.7 % of Australians aged 65 and over have disability, compared to 1 in 8 (12.5 %) aged under 65.
- 2.1 million Australians of working age (15–64 years) have disability.
- 35.9% of Australia's 8.9 million households include a person with disability.

Sadly, no one in government is addressing the causes of these disabilities, nor working on establishing nutrition programs to correct them. Is anyone in government asking why are so many people on disability or killing them self? Or, why are so many kids, from all walks of life, are killing each other? Mothers are losing control of their kids at an alarming rate. Government policies do not value a mother's instinct. Instead they treat mothers like idiots, mandate a 'one size fits all' system, push more drugs, and often deny mothers the right to properly raise their own children. 'Social engineering' in collaboration with the film, TV, music, media, medical care, and giant food industries have a lot to answer for.

Take a good look at the diet of every teen that went on a shooting rampage; who over indulged in drugs, committed suicide, or was involved in a crime. The two things they all had in common, which most 'experts' refuse to acknowledge, was consumption of a junk food diet (containing refined sugar, carbonated drinks, artificial sweeteners, fluoridated water, etc.) and anti-depressant or anti-psychotic drugs.

I believe a junk food diet is the stepping stone to emotional problems, ill health (diabetes and high blood pressure, etc.), drug addiction and increasing crime rates. But, because of the powerful influence giant corporations (PAC contributions) have in governments, the facts and harm being done are being covered up and people have little if any say. Common sense no longer exists. Main stream media rarely reports accurate findings and if they do, it is only briefly mentioned because they make a lot of money from industry advertising. This is especially true with the harm coming from the powerful pharmaceutical industry (2nd or 3rd leading cause of death), which strongly influences government medical care policies, they call health care.

High Pressure advertisements are very effective. Thus, corporate industries spend millions of dollars to advertise and buy influence. Plus, they glamourize the use of their products and add chemicals to make them addictive. If you are a sugar, coke, or coffee addict, try getting off them and you will see how difficult that is. Try eating just one chip! It is because of these addictions that Coca Cola is worth over \$72.5 billion.



Unfortunately, it is usually a parent, with bad eating habits and poor parenting skills, who introduces these addictive pollutants to a child as a treat. Thus, the helpless child becomes addicted at an early age. In addition, teens are the most exploited age group by junk food companies. Sadly, some schools are even selling these addictive pollutants to their students in an effort to raise money. To addict children with these pollutants is nothing less than child abuse, because the innocent growing child doesn't know better. Parents, schools, and businesses targeting our youth are responsible for the serious problems plaguing our youth, and should be held accountable. People who sell these addictive products selfishly focus on the short-term gain with no regard for the long-term loss. Eventually, they will become the victims of the consequences of this type of child abuse. Time has a way of revealing the truth!

So Mother, all the more reason to take charge and use your economic power! Support organic farmers/growers and their sustainable way of agriculture! From now on whenever you put something into your child's mouth, ask yourself, "does this build up or break down the body, mind, and spirit of my child/children?" Provide the basics of Mother Nature, which include:

- **Clean fresh air, natural daylight, & sunshine on a daily basis**
- **Prue, structured drinking water**
- **Quality protein**
- **Unrefined essential fatty acids (EFAs) in balance (omega 3 in particular)**
- **Complex carbohydrates (fresh, organic colorful fruits & vegetables)**
- **Vitamin, mineral, enzyme & fiber rich foods**
- **Value time together & Lots of hugs, love, & affection.**

Remember that 'food is a substance that nourishes and promotes growth.' Thus, if a product doesn't do that, it is not a food, but rather a pollutant.

Take a good look at the shape of your child's face and body, their bone structure, teeth, dental arch, hair, skin, nails, tongue, and alertness. The outer self is a reflection of the inner self. Diet is the simplest, single most important factor affecting a child's behavior, mental development, health, and physical body.



We are what our parents and grandparents ate and did. We are no different from anything else in Nature. Thus, if you pollute the soil, you produce diseased and sickly crops, unable to nourish or reproduce. Polluted foods contain harmful chemicals and little nutrition. If you pollute a child, the same thing happens.

Nourish your child or children with what Mother Nature has blessed us with. For every junk food, there is usually a healthy alternative. Strong healthy people make strong, healthy, happy families. Strong healthy happy families make strong, healthy happy, productive nations.

Last but not least, remember that mothers and motherhood should always be highly valued and treated with respect 24/7, every day of the year. Mothers are very special and important because the next generation is in their care and depend on their ability to nourish and nurture them. In essence, motherhood plays a big part in the survival and well being of future generations. If you choose to become a mother, take the responsibility of motherhood seriously and nourish your child/children in a way that would make Mother Nature proud.

A Jewish adage says, "God could not be everywhere, and therefore He made mothers."

An Arabic proverb puts it this way, "The mother is a school; if she is well reared, you are sure to build a nation."

A few Italian quotes: A mother's love has no limits!

A good mother is worth a hundred teachers!

An Italian Mother is a blessing from God!

Russian Sayings: Beauty may open the door, but only virtue enters.

Repeating is the mother of learning.

Haste makes waste

Truth prevails

Below are a dozen reasons why mothers are important:

1. Mothers give life and commit their life to their offspring; tirelessly from the heart.
2. Mothers are totally devoted to nurturing and nourishing their offspring to properly grow and develop.
3. Mothers protect their offspring and help keep them safe.
4. Mothers teach their offspring survival methods.
5. Mothers discipline and guide their off spring in the right direction
6. Mothers make many sacrifices and work hard (with no pay) for the health, wellbeing,  
and betterment of their offspring.
7. Mothers are the emotional backbones of their offspring and families.
8. Mother's lift the spirit of and encourage their offspring when they are down and make  
the best of friends.
9. Mothers spend a lifetime educating, worrying, and caring about their offspring.
10. Mothers inspire and support their off spring to fulfil their dreams.
11. Mothers are role models for their off spring.
12. Mothers love their offspring unconditionally.

The 'Importance of Motherhood' has been under-estimated and under-valued for far too long. From this Mother's Day forward let us all recognize that 'Motherhood,' with its mothering feminine energy, is a vital and necessary part of every aspect of life, including reproduction. And, that future generations, a better world, and the survival of our species depend on how well we value and respect it. HAPPY MOTHER'S DAY!

