

# API of Stark Co.

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## Mothering Ourselves

By Dedra Keoshian

The other day, I was in the midst of scrambling around the kitchen, preparing everyone's breakfast according to their unique requests. James, nearly 4, wanted pancakes. Neil was pointing to the bananas. I was making a fried egg sandwich on Ezekiel Muffins for myself. I was urging James to get dressed while I made the meals. My husband, Ed, had left for work hours ago. I had yet to drink in any fuel, a.k.a. coffee, and was feeling the lava mount in my stomach.

By the time James had eaten his pancakes and Neil had scarfed his banana, my sandwich was finally being assembled. Then came the screams for "More! More!" and "You forgot my water!". Now, I will unashamedly admit that I am a grumpy monster in the morning, but I was about to lose it. But something in me said, "Take some breaths, you are the adult here."

As the oxygen flowed to my brain, I turned to James and

said, "How many mommoms (mommom being his word for me) are here?". He said, "One." And I said, "How many people are in this room and need to be taken care of right now?" He said, "Two." I replied, "No, there are three people in this room. There is you, Baby Neil, and me. Someone has to take care of me, too. So, I have to take care of all three of us. You have gotten to eat breakfast and Neil has gotten to eat, but I have had nothing. Mommoms need food, too."

As mothers, we sacrifice everything for our children. As wives, we must sacrifice for our marriages. We nurture these relationships and tend carefully to them, as constant gardeners. But, as women, we often forget to nurture ourselves. We, too, need mothers. We must learn to mother ourselves, meaning that we must treat ourselves as persons who have needs that must be met in order to be physically and emotionally healthy.

## Mothering Con't.

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*"But just as we are advocates for our children, we should be advocates for ourselves."*

And this is the best gift that we can give our children. They need to see that even mommoms are persons of value, with unique needs, concerns, and qualities. Everyone is important--equally. By showing children how we care for ourselves, they will learn to care for themselves. They will grow to be mothers who nurture themselves so that they can nurture their children and partners. They will grow to be fathers who love themselves, their children, and who support their partners.

I think that, too often, we look to others to step in if

they see we need something. We are slow to ask. But just as we are advocates for our children, we should be advocates for ourselves. Taking just a small amount of time each day to clear our minds, evaluate our hearts, or just veg out can nourish us to continue to give daily, hourly. This will look different for each mother. Look honestly at what your needs are and set a plan for meeting those needs. Maybe it's half an hour in the bath, uninterrupted; perhaps an hour at a coffee shop, with a friend or a good book. Whatever is right for you, demand it. You deserve it, your children deserve it!

## "Connections" Pendant



Support peaceful parenting through the purchase of the stunning "Connections" pendant. Attachment Parenting International has partnered with Barb Lattin, owner of Little Things, to produce this original, hand-crafted sterling silver pendant, available exclusively from API.

Representing the connections evident in the lives of all women, the pendant is especially beautiful as a symbol of motherhood. The inner nest and its connections to the outer frame invoke powerful images of family bonds, interpersonal relationships, friendship networks, emotional support structures, and even spirituality. The stunning design embodies the name "Connections".

Each pendant, made entirely of sterling silver, measures 1" across and 1.5" in length. It is of substantial weight, yet light enough to wear daily. "Connections" will complement a t-shirt as well as a little black dress. Each pendant is individually hand-crafted, making it unique, and arrives strung on an adjustable black satin cord in a lovely purple gift box. An anti-tarnish strip is tucked under the cotton in the box.

"Connections" is an exclusive design created for Attachment Parenting International using the same care and artistic flair that Little Things customers have come to expect. Little Things will donate 50% of the proceeds to API, contributing to programs which offer support for families around the world.

## Volunteering

I have always believed that volunteering was important. It connects us to other humans, increases our compassion, and allows us to give back to our communities. I have volunteered in various ways throughout my life and I've always wanted to set a good example of volunteering for my children.

However, I have found that it's not so easy to volunteer and practice attachment parenting at the same time. My children would probably not be so welcome in a nursing home. They would make it very difficult to help out in a soup kitchen. I just have not found too many opportunities in which my children could participate.

Becoming involved with Attachment Parenting International has provided a solution. It flows naturally

from my parenting style because my children can be by my side.

There are so many opportunities at API. They need copy editors, book reviewers, foreign language consultants, website contributors, and much, much more.

You can contribute at your own level of comfort. If you can give a lot of time, wonderful. If not, that is appreciated, too. And if you have a family issue and need to step back for a while, who better to understand than API? Maintain Family Balance is one of their principles!

So, if you would like to volunteer for a great charitable organization, please speak with Traci, who just so happens to be the Volunteer Coordinator for API.

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## New API Resources Approved

The API Bibliography Review Committee has just approved many new titles of both books and articles. It now includes topics such as Nutrition, Divorce and Sharing. You can view the updated list at:

[www.attachmentparenting.org/booksarticles.shtml](http://www.attachmentparenting.org/booksarticles.shtml)

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## API Headquarters:

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## We're on the Web!

See us at:

[www.orgsites.com/oh/apicantoncircle/index.html](http://www.orgsites.com/oh/apicantoncircle/index.html)

Discussion Group:

<http://groups.yahoo.com/group/APIofStarkCounty>

## Our Mission

API's mission is to promote parenting methods that create strong, healthy emotional bonds between children and their parents. These methods nurture and fulfill a child's need for trust, empathy, and affection, providing a lifelong foundation for healthy, enduring relationships. Through education,

support, advocacy, and research, API seeks to strengthen families and increase awareness of the importance of secure attachment, ultimately helping to reduce or prevent child abuse, behavioral disorders, criminal acts, and other serious social problems.

## Support API Through Membership

By becoming a member of API, you help reach other parents and professionals through education, support, advocacy, and research. Our efforts touch the lives of parents worldwide through local support groups, our quarterly publication, *Attachment Parenting: The Journal of API*, the newsletter, and national advocacy efforts. In addition, your membership donation contributes to innovative projects such as the creation of a comprehensive Attachment Parenting curriculum, the formation of strategic alliances with like-minded organizations, the expansion of our network of AP-Friendly Professionals, and the upgrade of our Web site to become the premier Attachment Parenting

online community.

Benefits of Individual / Family Membership, which is \$35 per year, include:

- Four issues of *Attachment Parenting: The Journal of API*
- Membership in local parent support (mention your local group when you join and \$15 of your membership is retained for use in your local community)
- Discounts and early registration for API conferences and select other events
- Share your passion; opportunity to become an API Leader, start a new support group, or donate your skills to the API Headquarters Team upcoming events or a special offer that promotes a new product.

Please see a leader if interested!



[www.attachmentparenting.org](http://www.attachmentparenting.org)



Peaceful Parenting for  
a Peaceful World!