

Map of Motherhood

A quick overview of the book

There are dozens of theories and hundreds of books explaining what kind of a parent you should become. However not only every parent, but also every child and every culture is unique. Be the one to determine the right way for yourself through the Map of Motherhood.

Chapter 1: PERSPECTIVES OF MOTHERHOOD FROM EAST AND WEST

The variations of attitudes in raising children are about how we internalize the social patterns we grow up in without even realizing it. As a result, today's parent may think and decide to send his/her children to the nearby school or not to send them to school at all! And between the extremes, there are other possibilities that still promise long-term health and peace. You are invited to discover your own vibrant colors as parents. Our thoughts, philosophies, and practices are the 'colors' that make who we are but they may also create obstacles while raising our children.

Chapter 2: DISCOVERING THE BUMPY ROADS

Social media is a great tool for discovering today's parenting problems. In the Turkish culture where mothering is almost a sacred term, expectations and the pressure created on mothers are rising as much as the power of the virtual village. As parents present daily pictures and reveal details of their lives openly, the major issues among the literate segment of the society become visible. The most common topics seen as problems are: Getting a C-section, not being able to breastfeed or to breastfeed enough, inability to sleep train, mothers working, raising children with grandmothers, virtual pressure, parents' abuse of the child in the social media, parents' use of children as symbol of success, the sovereignty of sensational information, self-centeredness directing towards narcissism, losing the shame and the direction.

Chapter 3: SEARCHING FOR DIRECTIONS

"Mothers know best," is an empowering, worshipping statement that feeds mothers' egos; however, the third eye that shows us what we cannot see is usually a close friend or an expert consultant. Parents also find refuge in "the natural choice is the right choice," or "all good deeds come from the old times." However, in the old times motherhood was not as overrated. Yet it is possible to see many modern approaches of today in older times. So who can really say what is right for our child? Is my healing also my child's healing?

Chapter 4: OUR TEST WITH THE COMPASS

Parents' faith in experts and science can be challenged by wrong treatments, unnecessary interventions and bad news spreading over the internet. As a result some decide to act as doctors, others opt for some religious or pseudo-scientific processes. Where do positivist thinking and the parallel medicine take us? Isn't science really what it is or is it the parents' expectations that are unrealistic?

Chapter 5: THE MAP OF MOTHERHOOD

The map of motherhood is a game that helps you find answers by yourself to all listed questions. Even if there are no issues present, the map is a consciousness activity that allows us to test our perspective in three different dimensions and allows us to discover connections among certain concepts we would have never guessed before. We will find the opportunity to assess ourselves without being criticized or judged by others. While it is very hard to change our thoughts in our daily lives, for a person who has created his own map, changing the thought is as easy as crossing a word and drawing an arrow pointing in the new direction.

Chapter 6: SUSTAINABLE GOOD PARENTING

There are many good parenting advices that are not sustainable to many of us. We should seek what we can sustain by considering our personality, environment, our child's needs, the period we live in, and our beliefs, with the help of our Map of Motherhood. Sustainable Good Parenting aims at increasing the ability to live together without harming each other and improving familial quality of life as much as possible. 13 principles are opened to discussion in this section of the book.

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