

GOING DEEPER

Every effort has been made to properly credit titles and correctly acknowledge the copyright owners, original writers and experiencers referenced within this work. The information provided here is, to the best of the author's knowledge, correct and true at the time of publication. In the case of any omissions or errors, the copyright owner is requested to contact Anna Cusack immediately.

1 Theodore (Teddy) Roosevelt was the 26th President of the United States of America, and was in office from 1901 to 1909. Although the exact origins of this quote are unclear, Roosevelt is often credited as the speaker of this famous line. He is portrayed as being a pretty smiley guy, despite experiencing the death of his first wife Alice (at two days post-birth) and mother on the same day. An interesting insight into fathering and mothering roles of the time – his two-day-old daughter went into the care of her aunt, and Roosevelt didn't resume custody of her until she was three years old.

2 The “mother wound” is not a diagnosis in itself, but coming to understand the nature of the attachment and relationship (or lack of) with our own mothers through childhood can feel like finding a missing piece of the mental health puzzle. Exploration of our “mother wounds” can help in explaining why we may have troubles relating to people pleasing, perfectionism, protection-seeking or protectiveness, or codependent relationship patterns, and how these play out in our own parenting styles. A quick search for “mother wound” online or in your podcast feed will give you a whole host of resources and food for thought.

3 Bridget Wood is a thought leader on human behaviour with a focus on family, relationship and embodied living and loving. Wood and intimacy revolutionist Julie Tenner are the hosts of the “Nourishing The Mother” podcast, my go-to for mind-warping discussions on womanhood, the unseen ways of the world, and parenting as a pathway to consciousness. You can find out more about Bridget at www.bridgetwood.life and www.nourishingthemoth.com.au

See also reference number 87.

4 Motherhood Studies sociologist Dr. Sophie Brock is the bridge between the academic discipline of motherhood studies and those in the thick of it: mothers themselves and the support practitioners who work with them. She explains the concept

of the “perfect mother myth” in detail on her brilliant podcast, “The Good Enough Mother”, and expands upon it further in her online workshops and programs. Having completed Dr. Brock’s Motherhood Studies Practitioner Certification course, I can highly recommend this life-changing and society-shaping program to anyone working (or hoping to work) in any kind of mother-support role. You can find more about Dr. Brock’s work at www.drSophieBrock.com

5 Parents and health professionals can read more about the facts and myths of biologically normal infant sleep and how to support it at Dr. Tracy Cassels’ *Evolutionary Parenting* website (www.evolutionaryparenting.com) and on the *Evolutionary Parenting* Podcast.

6 Hirshkowitz, M., Whiton, K., Albert, S.M., Alessi, C., Bruni, O., DonCarlos, L., et. al. (2015). National Sleep Foundation’s sleep time duration recommendations: methodology and results summary. *Sleep Health*, 1(1), 40-43. doi: 10.1016/j.sleh.2014.12.010.

7 Ockwell-Smith, S. (2015). *The Gentle Sleep Book: A guide for calm babies, toddlers and pre-schoolers*. Great Britain: Piatkus.

Room-sharing and bed-sharing are discussed at length in Ockwell-Smith’s book. In terms of online resources, La Leche League International have fabulous resources on what they call the “Safe

Sleep Seven”, a checklist for breastfeeding babies to bedshare with their mother as safely as possible. A quick online search for this information and the work of Dr. James McKenna may provide you with additional information on evidence-based baby sleep safety not provided from standard pregnancy or postpartum support services.

8 This technique is a simplified version of the extremely powerful series of self-reflection questions developed by Dr. John Demartini. If you find this basic version useful, exploring The Demartini Method in greater depth could be a profound way forward for you.

9 There is a reason researcher and bestselling author Brené Brown has millions of views on her TED talk and a Netflix documentary: she is truly inspirational! If shame is a thing for you, watching her talks might give you some lightbulb moments.

10 While talk-based therapies work on our thought patterns, our bodies store information about the sensations we experience as well. Kiloby Inquiries Practitioners are trained to use the methods developed by Scott Kiloby to identify and dissolve our “deficiency stories” through techniques that clear trauma from its home in the body, as well as in the mind.

11 Hoekzema, E., Barba-Müller, E., Pozzobon, C., Picado, M., Lucco, F., García-García, D., et. al. (2017). Pregnancy leads to long-lasting changes in

human brain structure. *Nature Neuroscience*, 20(2), 287-196.

The concept of brain plasticity during pregnancy and early mothering is an exciting one. You can read more about it in a whole host of pregnancy and postpartum-oriented books. My favourite text for presenting this area of research in an easy to understand way is *Newborn Mothers: When a Baby is Born, so is a Mother* by Julia Jones, which draws upon the work of various researchers including the article mentioned above and pioneering neuroscientist and Professor Emeritus, Marian Diamond. A more thorough look at this topic can be found on Dr. Sarah McKay's website, www.drSarahMcKay.com

12 Baby massage can be a lovely way for mothers and their babies to connect, particularly if there has been a disconnect due to prematurity, birth trauma or breastfeeding difficulties. It is also a powerful place to start teaching consent and body autonomy, even from infancy, by respecting the baby's wishes if their body language says they do not want to start or continue with massage.

13 In Australia, portable cots are required to comply with Australian/New Zealand standard AS/NZS 2195:1999. As of March 2021, testing agency CHOICE reports commonly finding cots that fail these mandatory criteria. Additional criteria were added to AS/NZS 2195 in 2010 related to breathing zones around the edge of the cot to reduce risk of

suffocation should the infant roll and end up face first against the fabric edging. Complying to this newer, safer standard is voluntary for manufacturers, so they can still advertise their product as meeting Australian standards if they fail on the 2010 criteria. You can find out more information at www.choice.com.au in the “portable cots” section.

14 In 1981, the World Health Organisation introduced the The International Code of Marketing Breastmilk Substitutes, also known as the “WHO Code”. One of the main elements of the WHO Code relates to the prevention of advertising of infant formula, bottles or teats.

The WHO Code isn’t legally enforceable, so governments can pick and choose when and how many of the recommendations they apply. Rather than adopting the full code, Australia developed its own policy agreement. The “Marketing in Australia of Infant Formulas (MAIF) Agreement” only prevents *manufacturers* from promoting their formula for babies under 12 months old, but retailers can include these in their catalogues and TV ads. Manufacturers themselves are also allowed to advertise “toddler milk” and send information about their products (but not samples) to health professionals. Any retailer can advertise bottles and teats.

The MAIF is also a self-regulatory and voluntary agreement between companies involved in the manufacture, sales, and importing of formula,

overseen by a government department. It is little wonder parents are flooded with formula advertising (without presentation of its risks, or where to get proper support for breastfeeding success) despite supposedly being a “breastfeeding friendly” health system and broader society.

You can find further information and action steps at the following section of the Australian Breastfeeding Association website: www.breastfeeding.asn.au/who-code

15 National Health and Medical Research Council. (2012). *Literature Review: Infant Feeding Guidelines*. Canberra: National Health and Medical Research Council.

16 Healthdirect is a national, 24-hour health advice service funded by the Australian government. You can call them on 1800 022 222.

17 See reference numbers 5, 6, 7, 45, 63 and 84 for further information on biologically normal infant sleep.

18 Your best bet of finding an IBCLC is to head to Google and type in “find and IBCLC in [insert name of your country here]”, which should give you a result for the national IBCLC directory. To find an IBCLC within Australia and New Zealand, you can go straight to www.lcanz.org. If you’re in Britain, you can use the search tool at www.lcgb.org/find-an-ibcl/

19 The Australian Breastfeeding Association's National Breastfeeding Helpline number is 1800 686 268. It is staffed by trained breastfeeding counselors who volunteer their time and expertise to support breastfeeding people in their hour of need.

20 Prushinskaya, A. (2017). *A Woman Is a Woman Until She Is a Mother: Essays*. U.S.A.: MG Press.

21 Declercq, E. R., Sakala, C., Corry, M. P., Applebaum, S., & Herrlich, A. (2014). Major Survey Findings of Listening to Mothers(SM) III: Pregnancy and Birth: Report of the Third National U.S. Survey of Women's Childbearing Experiences. *The Journal of Perinatal Education*, 23(1), 9-16. doi: 10.1891/1058-1243.23.1.9

22 There is a thought-provoking discussion on why recumbent and semi-recumbent birth positions still dominate U.S. and western-world hospital births on the Evidence Based Birth website at <https://evidencebasedbirth.com/evidence-birthing-positions/>

23 Gupta, J.K., Sood, A., Hofmeyr, G.J., & Vogel, J.P. (2017). Position in the second stage of labour for women without epidural anaesthesia. *Cochrane Database of Systematic Reviews*. doi: 10.1002/14651858.CD002006.pub4.

24 *Birth Time: the documentary* is a groundbreaking film written, directed and produced by Jerusha Sutton, Zoe Naylor and Jo Hunter. To find more information on how to view the film or become

involved in the campaign for continuity of midwifery care, go to www.birthtime.world

25 The information in this paragraph is sourced from the Australasian Birth Trauma Association (www.birthtrauma.org.au), the Centre of Perinatal Excellence (<https://www.cope.org.au/preparing-for-birth/>) and Perinatal Anxiety and Depression Australia (www.panda.org.au). These organisations offer tremendous resources and support for parents and professionals before and after birth.

For those outside Australia, similar organisations are likely to exist in your country. Try searching key terms online or speak with a perinatal psychologist, midwife or doula who may be able to connect you with local services.

26 HealthDirect. (2019, May). *Prolapsed uterus*. <https://www.healthdirect.gov.au/prolapsed-uterus>

27 You can read the original post on the Australasian Birth Trauma Association Facebook page here: <https://www.facebook.com/birthtrauma.org.au/posts/1213154622373053>

28 Bennett Daylight, T. (2020). *The Details: On Love, Death and Reading*. Simon & Schuster Australia.

29 Continence Foundation of Australia. (2020, October 30). *Pregnancy and Childbirth*. <https://www.continence.org.au/who-it-affects/women/pregnancy-and-childbirth>

30 Harvey, G. (2016, November 2). *French mothers don't suffer from bladder incontinence. Nor should you.* The Guardian. <https://www.theguardian.com/commentisfree/2016/nov/02/french-mothers-bladder-incontinence-nadia-sawalha>

31 The concept of the public and private realms of mothering being “profoundly political” is explored by writer and academic Helen Charman: Charman, H. (2021, March 13). *The politics of everyday life: motherhood.* New Statesman. <https://www.newstatesman.com/politics/feminism/2021/03/politics-everyday-life-motherhood>

32 Constable, C. (2019, August 5). *The National Breastfeeding Strategy is a start, but if we really valued breastmilk we'd put it in the GDP.* The Conversation. <https://theconversation.com/the-national-breastfeeding-strategy-is-a-start-but-if-we-really-valued-breast-milk-wed-put-it-in-the-gdp-121302>

33 1NEWS. (2018, Sept 18). *Watch: Jacinda Ardern says she didn't miss a beat during UN speech despite baby Neve crying.* <https://www.tvnz.co.nz/one-news/new-zealand/watch-jacinda-ardern-says-she-didnt-miss-beat-during-un-speech-despite-baby-neve-crying-in-audience>

34 Jones, E. E. (2018, September 27). *It's great to see Jacinda's baby at the UN – but don't you go to work to get away from your children?* Evening Standard. <https://www.standard.co.uk/comment/comment/it-s-great-to-see-jacinda-s-baby-at-the-un-but-don-t-you-go-to-work-to-get-away-from-your-children-a3947321.html>

- 35 Stephenson, L. (2017, June 23). *Larissa Waters breastfeeds daughter while putting forward black lung motion in Parliament*. ABC News. <https://www.abc.net.au/news/2017-06-23/larissa-waters-breastfeeds-while-putting-forward-motion-senate/8645100>
- 36 Crabb, A. (2018, September 19). *Google 'Scott Morrison' and 'children' and 'juggle'. The result may surprise you*. ABC News. <http://www.abc.net.au/news/2018-09-19/google-scott-morrison-children-dads-parliament-josh-frydenberg/10254550>
- 37 Oakley, A. (2019). *From Here To Maternity: Becoming A Mother*. Bristol, UK: Policy Press. (Original work published 1979).
- 38 Williamson, M. (1996). *A Return to Love: Reflections on the Principles of "A Course in Miracles"*. HarperOne. (Original work published 1992).
- 39 Australian Institute of Health and Welfare. (2020). *Australia's children*. (Cat. No. CWS 69). Canberra: AIHW. <https://www.aihw.gov.au/reports/children-youth/australias-children/contents/social-support/parental-health-and-disability>
- 40 impact. (2020). *Australia's death count: 2020*. Impact for Women. <https://www.impactforwomen.org.au/australias-death-toll-2020.html>
- 41 Centre for Epidemiology and Evidence. (2018). *Aboriginal kids—A healthy start to life: Report of the Chief Health Officer 2018*. Sydney: NSW Ministry

of Health. <https://www.health.nsw.gov.au/hsnsw/Publications/chief-health-officers-report-2018.pdf>

42 Davis, M. (2019). *Family is Culture: Independent Review into Aboriginal and Torres Strait Islander Children and Young People in Out-of Home-Care in New South Wales*. Department of Communities and Justice (NSW). Available open access at https://www.familyisculture.nsw.gov.au/__data/assets/pdf_file/0011/726329/Family-Is-Culture-Review-Report.pdf

43 Brandeis, L. D. (1913, December 20). *What Publicity Can Do*. Harper's Weekly, pp.10-13.

44 See reference 11.

45 Dr. Greer Kirshenbaum is the world's first Neuroscientist Doula and leader of the "nurture revolution". Dr. Kirshenbaum bridges the gap between neuroscience research (which is groaning under the weight of evidence for nurturing caregiving practices, particularly during the first three years of life for lifelong mental wellbeing) and parents (the people who are best placed to create brain-healthy environments for their children). You can find out more about her work at www.nurtureneuro.com

46 If healing sounds like something you want to plan for your postpartum period or need retrospectively, you may find the following book useful:

Johnson, K. A. (2017). *The Fourth Trimester: A postpartum guide to healing your body, balancing your emotions and restoring your vitality*. Shambhala Publications.

47 Boyd, C. (n.d.). *What are baby-related harm thoughts?* <https://drcarolineboyd.com/what-are-harm-thoughts>

48 *ibid.*

49 Mental health checklists for expecting and new parents can be accessed on the Perinatal Anxiety and Depression Australia (PANDA) website: www.panda.org.au. The PANDA National Helpline phone number is 1300 726 306.

50 The exact length of time (now former) Police Officer Derek Chauvin knelt on Mr. Floyd's neck for is disputed, however 8 minute 46 seconds was used symbolically in many demonstrations, protests and memorials in the weeks and months following Mr. Floyd's death. More information here:

Hennessy, K., & LeBlanc, S. (2020, June 4). How 8:46 became the silent symbol of the George Floyd protests. *Sydney Morning Herald*. <https://www.smh.com.au/world/north-america/how-8-46-became-the-silent-symbol-of-the-george-floyd-protests-20200604-p54zox.html>

51 Technically Gandhi didn't actually deliver this line at all, but he is often credited as the source. What he actually said was that we "mirror" our world. He was speaking in reference to, of all things, snake bites! You can read the original paragraph here:

Gandhi, M. (1913). General Knowledge About Health: 12. Accidents: Snake Bite. In *The Collected Works of*

Mahatma Ghandi (Vol. 13, pp. 239-244). (Original work published in *Indian Opinion*, 1913). <http://www.gandhiashramsevagram.org/gandhi-literature/mahatma-gandhi-collected-works-volume-13.pdf>

52 Morissette, A. (2019, October 6). *Untitled blog*. <https://alanis.com/news/i-love-you-i-am-here-with-you/>

53 Grose, J. (2021, February 4). *America's Mothers are in Crisis: Is anyone listening to them?* The New York Times.

This article is part of a special series called *The Primal Scream* which can be accessed at <https://www.nytimes.com/interactive/2021/02/04/parenting/working-moms-coronavirus.html>

54 You can follow along with Kaitlyn on instagram as @the_rehab_mama, and find her alongside Emma Gray as co-hosts of “The Nurtured Village Podcast”.

55 For more information on the Chinese tradition of *zuo yuezi* (“sitting the month”), traditional postpartum care in general and a host of nourishing Chinese-American postpartum recipes, see:

Ou, H. (2016). *The First Forty Days: The Essential Art of Nourishing the New Mother*. Abrams.

If you are vegetarian, you may prefer this postpartum-specific recipe collection:

Jones, J. (2018). *Nourishing Newborn Mothers: Ayurvedic recipes to heal your mind, body and soul after childbirth*. Julia Jones.

56 Serrallach, O. (2018). *The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health & Reclaiming Your Energy*. Hachette Australia.

57 If learning about the hormones of love and connection spikes your interest, you might like to read some of the papers or books written by oxytocin researcher Professor Kerstin Uvnäs Moberg. Julia Jones interviewed Professor Moberg for episode 20 of the “Newborn Mothers” podcast if you prefer auditory learning.

58 Gaskin, Ina May. (2009). *Ina May's Guide to Breastfeeding*. Pinter & Martin.

59 The transition from “couple” to “couple with kids” is a big one. This book may assist you to consolidate your relationship wherever you are at along your parenting journey together:

Taylor, E. (2019). *Becoming Us: The Couple's Guide to Surviving Parenthood and Growing a Family That Thrives. (The Journey Edition)*. Three Turtles Press

60 Stadlen, N. (2004). *What Mothers Do*. Piatkus.

61 Taylor-Kabbaz, A. (2019). *Mama Rising*. Hay House.

62 Taylor-Kabbaz, A. (2019). *Mama Rising*. Hay House, page 110.

63 This figure is based on the notion of 8 hours of sleep per night as the ideal adult sleep duration, and is calculated in reference to data from the 2013 wave of the Household, Income and Labour Dynamics in Australia Survey:

Summerfield, M., Freidin, S., Hahn, M., Li, N., Macalalad, N., Mundy, L., et al. (2014). *HILDA user manual: Release 13*. Melbourne: Melbourne Institute of Applied Economic and Social Research, University of Melbourne.

This paper unpacks the lopsided nature of overnight care further:

Plage, S., Perales, F., & Baxter, J. (2016). Doing Gender Overnight? Parenthood, gender and sleep quantity and quality in Australia. *Family Matters*, 97, 73-81.

64 Davidson, P., Bradbury, B., and Wong, M. (2020), *Poverty in Australia 2020: Part 2, Who is affected?* ACOSS/UNSW Poverty and Inequality Partnership Report No. 4, Sydney: ACOSS.

65 Hays, S. (1996). *The Cultural Contradictions of Motherhood*. Yale University Press.

66 Wilkins, R., Laß, I., Butterworth, P. and Vera-Toscano, E. (2019). *The Household, Income and Labour Dynamics in Australia Survey: Selected Findings from Waves*

1 to 17. Melbourne Institute: Applied Economic & Social Research, University of Melbourne.

67 ibid.

68 Australian Bureau of Statistics. (2009, March 25). *Australian Social Trends, 4102.0: Trends in Household Work*. Canberra: ABS.

[https://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/LookupAttach/4102.0Publication25.03.095/\\$File/41020_Householdwork.pdf](https://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/LookupAttach/4102.0Publication25.03.095/$File/41020_Householdwork.pdf)

69 Craig, L. (2006) DOES FATHER CARE MEAN FATHERS SHARE? A Comparison of How Mothers and Fathers in Intact Families Spend Time with Children. *Sociologists for Women in Society*, 20(6), 259-281.

70 Craig, L., & Churchill, B. (2021). Dual-earner parent couples' work and care during COVID-19. *Gender, Work & Organization*, 28(Suppl. 1), 514-527. <https://doi.org/10.1111/gwao.12497>

71 Fraser, N. (1997). After the Family Wage: A Postindustrial Thought Experiment. In *Justice Interruptus: Critical Reflections on the "Postsocialist" Condition*. Routledge, pp. 41-66.

If the topic of economic remodelling is of interest to you, you might enjoy the works of economist Professor Marilyn Waring, scholar and psychoanalyst Dr. Petra Bueskens and philosopher Anne Manne.

72 See reference 32.

- 73 The Department of Health. (2019, August 2). Breastfeeding. *Department of Health*. <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-brfeed-index.htm>
- 74 Hislop, M. (2020, February 5). *Finland to offer 7 months paid parental leave to all parents under female-led government*. Women's Agenda. <https://womensagenda.com.au/latest/finland-to-offer-7-months-paid-parental-leave-to-all-parents-under-female-led-government/>
- 75 Perrson, P., & Rossin-Slater, M. (2019). When Dad Can Stay Home: Fathers' Workplace Flexibility and Maternal Health. *National Bureau of Economic Research*. DOI:10.3386/w25902
- 76 Australian Bureau of Statistics. (2018, May 10). *Happy Mother's Day from the ABS!* [https://www.abs.gov.au/ausstats/abs@.nsf/mediareleasesbyReleaseDate/168BFDA0C45F98A8CA258288001A58C5?](https://www.abs.gov.au/ausstats/abs@.nsf/mediareleasesbyReleaseDate/168BFDA0C45F98A8CA258288001A58C5?OpenDocument)
OpenDocument
- 77 Blaffer Hrdy, S. (2011). *Mothers and Others: The Evolutionary Origins of Mutual Understanding*. Harvard University Press.
- 78 Van der Gaag, N., Heilman, B., Gupta, T., Nemghard, C., & Barker, G. (2019). *State of the World's Fathers: Unlocking the Power of Men's Care*. Washington D.C.: Promundo-U.S.
- 79 Weaver, L. (2011). *Rushing Woman's Syndrome: The impact of a never ending to-do list on your health*. Little Green Frog Publishing.

80 See reference 56.

81 See references 46 and 79.

82 If you're intrigued by feminine energies and how this translates to relationship, you will love this book:

Tenner, J. (2020). *Flowers and Honey: The art of relationship, love and desire*. Change Empire Books.

83 Lamott, A. (1998, October 30). *Mother rage: theory and practice*. Salon. https://www.salon.com/1998/10/29/29lamo_2/

84 Pinky McKay is an Australian IBCLC, TedX speaker and best-selling author of four books, including *Parenting by Heart* and *Sleeping Like a Baby*. You can find out more about Pinky and her work at www.pinkymckay.com

85 Boyce, W. T. (2019). *The Orchid and the Dandelion: Why some people struggle and how all can thrive*. Pan Macmillan UK.

86 Aletha Solter, Ph.D., is the founder of the Aware Parenting Institute. She has written multiple books on babyhood, tantrums, attachment play and more. If you prefer podcast-based learning, the "Aware Parenting Podcast" with Lael Stone and Marion Rose, Ph.D., is a great listen.

87 Tenner, J., and Wood, B. (Hosts). (2020, March 17). What if the parts you find hard in your child, are the parts you reject in you (No. 247).

[Audio podcast episode]. In *Nourishing The Mother*.
<https://thewellnesscouch.com/ntm/ntm-247-what-if-the-parts-you-find-hard-in-your-child-are-the-parts-you-reject-in-you>

88 Siegel, D. J., & Payne Bryson, T. (2011). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam Books.

89 Smith, B. L. (2012). The case against spanking. *Monitor on Psychology*, 43(4), 60. Retrieved from <https://www.apa.org/monitor/2012/04/spanking>

90 Caroline Ellen is a leading authority in physical, emotional and online child safety, body autonomy and creating family environments that support thriving children through positive parenting practices. See www.saferstrongerkids.com for more information, or listen in via “Safer Stronger Kids – The Podcast”.

91 Cassels, T. (2012, September 27). *Apology Not Accepted*. Evolutionary Parenting. <https://evolutionaryparenting.com/apology-not-accepted/>

92 Jones, J. (2015, March 24). *The (Urban) Legend of Ernest Hemingway's Six-Word Story: "For sale, Baby shoes, Never worn."* Open Culture. <https://www.openculture.com/2015/03/the-urban-legend-of-ernest-hemingways-six-word-story.html>

93 Wright, E., as quoted in Brewer, K. (2018, September 8). My baby died. Please ask me his name. *BBC News*. <https://www.bbc.com/news/stories-45398894>

Elle Wright is the creator of www.featheringtheemptynest.co.uk, and writer of two books, *Ask Me His Name: Learning to Live and Laugh Again After the Loss of My Baby* and *A Bump in the Road: A Story of Fertility, Hope and Trying Again*.

94 Kübler-Ross, E. (2011). *On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and their own Families*. Scribner. (Original work published 1969).

95 Tommy's. (2020). *Pregnancy loss statistics*. <https://www.tommys.org/baby-loss-support/pregnancy-loss-statistics>

96 Pope, R. (2019). *Gifts From Grief: A Journey Back Home*. Rachel Pope.

97 Doyle, G. (2020). *Untamed: Stop pleasing, start living*. Penguin Random House.

98 Luscombe, B. (2018, November 26). The Divorce Rate is Dropping. That May Not Actually Be Good News. *TIME*. <https://time.com/5434949/divorce-rate-children-marriage-benefits/>

- 99 Australian Bureau of Statistics. (2020, November 27). Marriages and Divorce, Australia. *Australian Bureau of Statistics*. <https://www.abs.gov.au/statistics/people/people-and-communities/marriages-and-divorces-australia/latest-release>
- 100 Woolhouse, H., Gartland, D., Mensah, F., and Brown, S. J. (2015). Maternal depression from early pregnancy to 4 years postpartum in a prospective pregnancy cohort study: implications for primary health care. *British Journal of Obstetrics and Gynaecology*, 122(3), 312- 321.
- 101 Ostaseski, F. (2017). *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*. Pan Macmillan Australia.
- 102 Freedman, M. (2019, November 24). Mia Freedman: “Your son growing up will feel like the slowest breakup you’ve ever known”. *Mama Mia*. <https://www.mamamia.com.au/mia-freedman-family/>
- 103 Robertson, R., & Fernandes, C. (2018). ‘You Have No Fucking Idea’. In Nelson, C., & Robertson, R. (Eds.) *Dangerous Ideas About Mothers*, (pp. 85-98). UWA Press.
- 104 Domestic Violence Resource Centre Victoria. (n.d.). Pregnancy to Parenting: For survivors of child sexual abuse. *DVRCV*. <https://www.dvrcv.org.au/help-advice/mothers/pregnancy-parenting>

105 Wolynn, M. (2016). *It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*. Penguin Life.

106 McGuire, M. (2018, August 30). *Black Breastfeeding after a History of Trauma*. HealthConnect One. <https://www.healthconnectone.org/black-breastfeeding-after-a-history-of-trauma/>

107 Huggins, J. (1995). White Aprons, Black Hands: Aboriginal Women Domestic Servants in Queensland. *Labour History*, 69, 188-195.
doi:10.2307/27516398

108 In Australia you can phone Lifeline on 13 11 14 for 24/7 crisis support. PANDA has a parent-specific helpline service as well (phone 1300 726 306). The opening hours of this support service may vary by state. See the www.panda.org.au website for more information.

109 Dr. Shefali Tsarbury is author of the 2015 book *The Conscious Parent: Transforming Ourselves, Empowering Our Children*. With a preface by the Dalai Lama and praise from everyone from Eckhart Tolle to Oprah Winfrey, you know it's the real deal.

110 Carlie Maree is the master of motivational intelligence. She is a sought after author, speaker and coach. Her book *Soul Modes* has provided the missing piece for me to best harness my cyclical moods and energy levels as a woman and mother. You can find out more about her work at www.carliemaree.com

111 Lewis, D. (2014, May 6). Why do we daydream? *ABC News*. <https://www.abc.net.au/health/features/stories/2014/05/06/3998712.htm>

112 O'Reilly, A. (2014). *Ain't I a Feminist?: Matricentric Feminism, Feminist Mamas, and Why Mothers Need a Feminist Movement/Theory of Their Own*. Museum of Motherhood. <https://mommuseum.org/aint-i-a-feminist-matricentric-feminism-feminist-mamas-and-why-mothers-need-a-feminist-movementtheory-of-their-own/> (Original work published 2014).

113 Rich, A. (1986). *Of Woman Born: Motherhood as Experience and Institution*. Norton (pp. 195). (Original work published 1976).

114 This is another key learning I have taken from Dr. Brock (see reference 4). Two of the most prominent writers in the area of maternal ambivalence are psychotherapist and psychoanalyst Rozsika Parker (author of *Mother Love/Mother Hate: The Power of Paternal Ambivalence* and *Torn in Two: Maternal Ambivalence*), and psychiatrist and psychoanalyst Barbara Almond (author of *The Monster Within: The Hidden Side of Motherhood*).

115 Mihaly Csikszentmihalyi is the researcher who recognised this phenomenon and coined the term “flow” to describe it. Csikszentmihalyi has written multiple books (the most famous being 1990's *Flow: The Psychology of Optimal Experience*) and recorded a TED Talk named *Flow: The Secret to Happiness* in 2004.

ABOUT THE AUTHOR

Anna Cusack is a Motherhood Revolutionist. As an author, podcaster, blogger and speaker, Anna reaches thousands of women every year with evidence-based information and inspirational, actionable content.

Anna combines her knowledge across areas such as traditional postpartum care, breastfeeding support and exercise physiology to guide women through their transition to parenthood and early years of mothering.

Her services include postbirth planning, in-home and online postbirth support, and mentoring for mothers and the professionals who work with them.

You can find her on the “Motherhood Made Magic” podcast, at www.annacusack.com.au, on her social media channels as @annacusackpostpartum and with her family around the shores of beautiful Lake Macquarie, NSW.