

How To Notice The Difference Between Motherhood Vs Mothering

A gentle guide to support you in noticing the difference between motherhood and mothering - and the signs that you might need further support.

Hi! Perhaps you've landed here because you're **struggling with carrying the mental and emotional weight** of motherhood?

Perhaps this is when that **really annoying** self-doubt voice creeps in, whispering (or shouting) that you're doing a bad job at being a mother!

I'm Sarah, a mother and therapist
here to help!



So, What Is Motherhood?

Motherhood (**the institution**) and societal role. The emphasis on duty and sacrifice (the **never ending** 'list of things to do'!)

The cultural framework which places **unrealistic expectations** on mothers! The tasks which make you feel unbalanced, wondering **"how can I do it all?"**



And What Is Mothering?

Mothering (**the practice**) of lived and personal experience of **caring for your child**.

The **connection and caregiving activities** associated with nurturing and looking after your child. The safety and emotional support offered.



Why Is It Important That I Notice The Difference?

The more you can be aware of Motherhood as 'the institution' and Mothering as 'the practice' the more you'll be able to recognise **how they impact each other**.

That niggling yet heavy voice in your head could be **heavily influenced by 'the institution'** rather than your capability of being a mother 'the practice'.

- You're able to offer yourself **more self-compassion** when things feel overwhelming
- You're able to lean into 'expectations vs reality' and gently **challenge negative thoughts**
- You're able to find **more acceptance** in letting go of external pressures and find **peace and comfort** in what works for you and your family.



You Are Not A Bad Mother!

I can hear that voice inside your mind, I get it! **I see the heavy load you're carrying of motherhood** and I can hear how it's impacting **how you want to show up for your child.**

Common signs 'the institution' is impacting you:

- You feel like a **failure** no matter what you decide
- You feel **guilty** for wanting time to yourself
- You're **struggling to juggle** work and childcare
- You don't feel '**worthy**' of being a mother
- You have **low self-confidence** and **low self-esteem**
- You feel **burnt out** from the heavy load
- You feel **resentment** towards your partner or others
- You **believe you should be able to cope** but you can't



Further Support

This guide is not just about chores and everything you 'should' be doing. **It's something much deeper.**

- It's about **emotional support**
- It's about **finding a balance**
- It's about **noticing feelings and emotions**

These conversations can bring up deeper patterns around **communication within relationships**, **difficulty expressing needs** and what **anxiety looks like** for you.

I can support you to find you again, to voice the parts of your life which are important to you. We can begin with a free introductory call together, to see if we're a good fit.

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