



ILLUMINATED

a quarterly newsletter

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Photographer Kristin Martz wrote, “**You lose yourself in the things you love. You find yourself there, too.**” I have most certainly lost and found myself in motherhood. **Matrescence** and **patrescence**, the process of becoming a mother or a father, incites **profound changes** in identity, lifestyle, relationships, priorities, and bodies. With these shifts, parenthood is both **enormously challenging** and **extraordinarily magical**. This issue of *ILLUMINATED* presents three resources that explore the transformations that arise in motherhood and fatherhood and the concept of the “good enough mother.” Enjoy.



Warmly,
Dr. Jenna Schleien
Clinical Psychologist & Founder, Lumina Psychology



The motherhood identity shift -

When a child is born, so is a parent. Most of us prepare as best we can for our baby’s arrival but are oblivious to the ways in which *we* will change as a result. As Life and Leadership Coach Jess Feldt explains, the things that used to make us feel fulfilled, valued, and like ourselves no longer do after our baby is born, which can create internal conflict and distress. What a beautiful opportunity to acknowledge conflict and explore and embrace a new you.

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A “good enough mother” is not what you think it is-

All parents want to be a *great* parents, not just good enough, right? This is a worthwhile striving, but it misses the point of the “good enough mother” concept described by psychoanalyst Donald Winnicott. According to Winnicott, babies and children actually benefit when their mothers fail them in manageable ways. As Clinical Social Worker Dr. Carla Naumburg illustrates, when we fail our children, we are preparing them to function in a world that will repeatedly frustrate and disappoint them. In this sense, being a “good enough mother” is not only unavoidable, but a gift.

read

The fatherhood transformation -

Bountiful research demonstrates the many positive impacts of fathers on children. What about the other way around—does having children benefit fathers? How do men change when they enter fatherhood? Writer Micah Toub reviews recent research demonstrating changes in physiology, health outcomes, and identity when men become fathers. Sneak preview—these shifts even occur on a hormonal level.

read



A bonus, just for fun - [Indigenous cultural abundance](#) - an intriguing concept illustrated by beautiful photographs.

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