

## Turn It Up: Parenting from the Heart

Written by Janaiah von Hassel

Tuesday, 01 December 2015 00:00 - Last Updated Friday, 15 September 2017 07:54

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My first son was born in February of 2010, just before my 30th birthday. I had dreamed of having a child since I was one myself, and I was blessed to be in a situation where I could leave my career to become a stay-at-home mom. The days leading up to childbirth were full of anticipation, yet with each day that my perfect little boy grew inside of me, my anxieties of how to perfectly care for him, and my own how



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shared devastating research about circumcision with me. They explained the reasons I needed

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It became indisputable to me that the same was true of motherhood. From the moment of conception, our bodies know exactly what to do to grow and nurture our babies. Our body supplies oxygen and nutrients to our baby in the womb, while removing deoxygenated blood and waste products. During this time, our body slowly creates the space necessary for this growing baby, and our entire structure changes to allow a safe passage at birth. None of this happens by our command or understanding. We do not direct our bodies on what to do, how to

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intact to guide them.

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