

Becoming a *Deliberate Mom*

A REFLECTIVE PARENTING WORKBOOK



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Becoming a *deliberate mom*

REFLECTIVE WORKBOOK

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The Deliberate Mom | thedeliberatemom.com



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Introduction | WHY should I do this workbook?

Welcome to the Becoming a Deliberate Mom workbook!

I'm delighted you've decided to join me on this journey. During the next while, you will define your role as a mom, learn how to become the mom you want to be, and embrace your calling as the mother to your children.

I want to take a moment to encourage you. Whether you have a newborn baby sleeping next to you, a toddler who's getting into everything, or a preteen forging their way in the world, there is one common thread that unites us: We are moms. We may struggle in our roles and we may question everything we do, but we are on this motherhood journey and this is our opportunity to do it together.

What does being a deliberate mom mean?

I'm surprised by how often people ask me what I meant when I named my blog, The Deliberate Mom. To me, the name seemed rather straight-forward. So I added the tagline: "Living and parenting with deliberate intention."

Yet I still had people say that they loved the name but weren't sure of its context. Some people thought that perhaps I chose this name because I planned on being a parent.

While my husband and I did not accidentally fall into parenting and planned on having children, the name goes far beyond this meaning. It involves making intentional choices when parenting.

When we become parents, we come into the role with our own personal experiences and education. We're influenced by the society and culture in



which we live. We're guided by our moral values and we're influenced by how our parents raised us.

By choosing to be a deliberate mom, you recognize these influences but you don't necessarily embrace all of them. You make decisions based upon what's right for you and your child. This may also mean that your role as a parent varies from child to child because if you're parenting with deliberate intention, you're trying to meet each child's individual needs.

I also feel that being a deliberate mom means being reflective. It involves assessing your parenting on a regular basis and making adjustments according to what feels right for you and your children.

This workbook is not about discipline.

I want to emphasize that this workbook is not about discipline but rather it's about relationship. There are plenty of books on how to handle challenging behaviours but many behaviours can be understood and dealt with if you have a solid relationship with your child.

There is no right or wrong.

Parenting is as individual as the parents and children themselves. This book isn't here for the purpose of showing a right or wrong way to do things, but rather as an inspiration for you to begin a deliberate journey of connecting and building a deep, meaningful relationships with your children.

No parent is a perfect parent.

I am not a perfect parent. In fact, when I started my blog, The Deliberate Mom, I didn't name it that because I think I'm a deliberate and intentional mom but I named it that because I was on the journey to become the deliberate mom I long to be.



You will NEED to commit to this journey.

You purchased this workbook for a reason. It's important that you keep that reason in your mind as you work on each section and carry out your assigned tasks. I promise you that you will reap what you sow into this. If you miss a day, that's okay! This booklet is available for you to complete at your own pace. Jump back into it whenever you can and continue working on it.

The amount of time it takes for you to complete this workbook depends on you.

This workbook has 7 sections. How long it takes you to complete those sections is completely up to you. Here are some suggested formats to schedule your workbook tasks:

- Daily for 7 days.
- Every 2nd day for 14 days.
- Weekly for 7 weeks.

The format is completely up to you. However, the best success comes from having a regular scheduled time to do your work.

I'm a very reflective person. Doing this workbook daily felt a bit rushed for me. Every second day allows some time to process and implement the material. A weekly schedule allows time for extra work, research, and practice of strategies.

Regardless of your schedule, this is for you. You're making an investment into your parenting and I hope that this workbook helps and inspires you to become the deliberate mom YOU long to be!



Introduction | **TASKS**

☐ **Make a schedule.**

Take some time to assemble a schedule for when you plan to work on this workbook. Mark your lesson days on the calendar.

☐ **Tell someone about your schedule.**

Contact a friend, your spouse, or a relative and tell them that you're completing this workbook and when you've scheduled to complete your tasks.

WANT TO DIG DEEPER?

- You are on this journey with other women who are striving to become the deliberate mom they yearn to be. If you haven't joined the Deliberate Mom's Facebook community yet, please do! I regularly share articles to inspire and encourage other moms who are embarking on this journey to become a deliberate mom as well. Here's where you can find The Deliberate Mom Facebook page: <https://www.facebook.com/TheDeliberateMom>
- Tweet about your journey on Twitter or share photos on Instagram with our unique hashtag: #becomingadeliberatemom
- You can also tag me on the Twitter and Instagram platforms with my handle: @deliberatemom -- I look forward to connecting with you.



Section 1 | What kind of mom do you want to be?

It seems like a lifetime ago... that moment when a tiny human being was placed in my arms for the first time. I looked down at her face and couldn't believe the expression reflected back at me.

Confusion. Curiosity. Sadness. Wonder.

Perhaps she was simply mirroring what she saw in her mom's face.

Regardless, as I stared at her in awe, I had three distinct thoughts:

1. She was the most amazing thing I had ever laid my eyes on.
2. I'm in love.
3. I have no idea what I'm doing.

As the weeks unfolded after her birth, I knew that my mission in life had shifted greatly. I have been called to be a mom and not just any mom but a deliberate and intentional mom.

I realized that I wanted to give my daughter the very best of me. I didn't know what this would look like but I knew that this would be the biggest job of my life. To start this job, I needed a vision for what kind of mom I longed to be.



Section 1 | TASKS

☐ **Read this.**

Read about how to create a well thought-out [parenting vision](#).

☐ **Think about your parenting vision.**

Think about what kind of parent YOU want to be. What do you envision? What, to you, would be success?

☐ **Write your parenting vision statement.**

Document a 1-3 sentence parenting vision statement.

WANT TO DIG DEEPER?

- Download the [parenting vision planner](#) and complete the entire document.

***** sample ends here *****

WANT TO DIG EVEN DEEPER?!

I would love for you to realize how awesome and amazing you are as a mom. I want you to become the mom you long to be! Would you consider completing this journey? If you purchase the complete workbook, there are still six other detailed sections to work through!

You can purchase the FULL copy of this workbook [HERE](#).



If you enjoy my downloadable products and would like to earn a commission for promoting them, then I invite you to apply for my affiliate program. You can apply to become an affiliate [HERE](#).

Let's stay connected! I would love to chat with you on social media. You can find me here:

