

Mothering Magazine Submission Guidelines

The magazine that helps career moms balance their personal and professional lives.

A family therapist and her daughter share tips and advice on creating and maintaining a healthy relationship during the teenage years. The special and loving bond between mothers and daughters doesn't have to vanish with the onset of the teenage years. Listen to Judy Ford and her teenage daughter, Amanda, as they discuss issues that often lead to conflict. Learn how you can solve problems and grow closer to each other as a result. Praise for *Between Mother and Daughter* "Written with honesty, insight, and love. Judy and Amanda Ford take turns giving inspiring advice and practical tips on how other mothers and daughters can quit fighting and start cherishing each other." —Carol Weston, author of *Girltalk* and *For Girls Only* "This sweet-hearted book creates a wonderful healing bridge between mothers and their teenage daughters."

—Daphne Rose Kingma, author of *True Love* and *Finding True Love* "This uniquely written book is an excellent resource for those seeking to enhance the lines of communication and understanding between mothers and daughters."

—Sean Covey, author of *7 Habits of Highly Effective Teens* "The book is jointly written, and the authors explore such issues as trust and freedom, talking about difficult subjects, and avoiding guilt trips, with a major emphasis on finding ways to stay connected even . . . when disagreements arise . . . Good reading for both mothers and daughters." —Library Journal "There are also exercises for mothers and daughters to do together and suggestions on how to start difficult discussions. A valuable tool, it should be on the bookshelf of every girl and every mother as they navigate the complex and touchy teen years." —Booklist

Everything a nursing mother needs to know about weaning by breastfeeding expert, Kathleen Huggins.

Punk, politics, and parenting: a guide for moms (and dads) who want it all.

In this groundbreaking book, Ken Parille seeks to do for nineteenth-century boys what the past three decades of scholarship have done for girls: show how the complexities of the fiction and educational materials written about them reflect the lives they lived. While most studies of nineteenth-century boyhood have focused on post-Civil War male novelists, Parille explores a broader archive of writings by male and female authors, extending from 1830-1885. *Boys at Home* offers a series of arguments about five pedagogical modes: play-adventure, corporal punishment, sympathy, shame, and reading. The first chapter demonstrates that, rather than encouraging boys to escape the bonds of domesticity, scenes of play in boys' novels reproduce values associated with the home. Chapter 2 argues that debates about corporal punishment are crucial sources for the culture's ideas about gender difference and pedagogical practice. In chapter 3, "The Medicine of Sympathy," Parille examines the affective nature of mother-daughter and mother-son bonds, emphasizing the special difficulties that "boy-nature"

posed for women. The fourth chapter uses boys' conduct literature and Louisa May Alcott's *Little Women* – the preeminent chronicle of girlhood in the century – to investigate not only Alcott's fictional representations of shame-centered discipline but also pervasive cultural narratives about what it means to “be a man.” Focusing on works by Lydia Sigourney and Francis Forrester, the final chapter considers arguments about the effects that fictional, historical, and biographical narratives had on a boy's sense of himself and his masculinity. *Boys at Home* is an important contribution to the emerging field of masculinity studies. In addition, this provocative volume brings new insight to the study of childhood, women's writing, and American culture. Ken Parille is assistant professor of English at East Carolina University. His articles have appeared in *Children's Literature*, *Tulsa Studies in Women's Literature*, *Papers on Language and Literature*, and *Children's Literature Association Quarterly*.

"In *Mothering by Degrees*, I show how single mothers who pursue college degrees in early 21st century America must navigate a difficult course as they attempt to reconcile their identities as single mothers, college students, and, in many cases, employees. As they combine these multiple and often competing roles and responsibilities, they must also negotiate a balance between cultural ideals of motherhood and their own definitions of what it means to be a "good" mother, particularly as those ideals and definitions are shaped within context of post-welfare reform America and the post-secondary institutions they attend. By comparing the experiences of nearly 100 single mother college students attending three postsecondary education institutions in the United States, I illustrate how these women navigate the various obstacles they encounter, especially obstacles related to financial concerns, child care, time constraints, and the "chilly" climate of higher education. In addition, I demonstrate that the women regard postsecondary education not only as a means of escaping poverty but also as an extension of their mothering work, something they do to help ensure the long-term health and well-being of their children. Thus, this project provides a situated, comparative account of the experiences of single mothers who are college students in order to foster a better understanding of the complex ideologies and social structures that influence the life choices and education experiences of members of this important but understudied student population. Finally, the project discusses policies and programs that can help provide better support to single mother and may diminish the challenges they face as they endeavor to complete their education"--

Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. *Counseling the Nursing Mother: A Lactation Consultant's Guide*, Fifth Edition thoroughly covers how counseling styles and approaches can enhance interactions with mothers and stresses the importance of appropriate, effective communication techniques. The text presents topics within a counseling framework and includes practical suggestions for working with mothers. The reader will gain insight into applying knowledge and research

into everyday practice, and how to meet counseling challenges. The Fifth Edition has been thoroughly revised and covers a variety of topics in the lactation consultation field, beginning with breastfeeding promotion in the modern world, and examining the professional role of the lactation consultant, as well as basic anatomy, physiology, nutritional needs, high-risk babies, and breastfeeding techniques

This book is a deconstruction of the myths that clouds emotive debates about working mothers. Taking concrete examples of companies and industries, Buxton presents a blueprint for a future where family-friendly policies are implemented. Mother Jones is an award-winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues.

Different from a baby shower, where gifts are lavished upon the soon-to-be-born child, a blessingway ceremony honors the mother-to-be and creates a circle of support that will cradle her as she prepares to give birth. Surrounded by the most important women in her life, she can explore the challenges and joys that lie before her, gaining a sense of power and confidence that will help her rise to motherhood. MOTHER RISING shows women how to organize and personalize a blessingway for the expecting friends and family—an experience that will give the mother-to-be the best possible gifts of deep happiness, serenity, and abundance of love. A resource for planning and hosting a blessingway ceremony—a woman-centered celebration of the journey into motherhood. Ideal gift for or from an expectant mother who wants a more meaningful and transformational experience than the traditional, gift-focused baby shower. Outlines the five stages of the blessingway ritual, from establishing a safe and sacred space to honoring and pampering the mother-to-be. Finalist in both the 2004 Independent Publisher Book Awards and Foreword magazine's Book of the Year Awards. Features sidebars, inspirational quotations, resources, and checklists.

New directions in thinking about mothering.

In *Mothering through Precarity* Julie A. Wilson and Emily Chivers Yochim explore how working- and middle-class mothers negotiate the difficulties of twenty-first-century mothering through their everyday engagement with digital media. From Facebook and Pinterest to couponing, health, and parenting websites, the women Wilson and Yochim study rely upon online resources and communities for material and emotional support. Feeling responsible for their family's economic security, these women often become "mamapreneurs," running side businesses out of their homes. They also feel the need to provide for their family's happiness, making successful mothering dependent upon economic and emotional labor. Questioning these standards of motherhood, Wilson and Yochim demonstrate that mothers' work is inseparable from digital media as it provides them the means for sustaining their families through such difficulties as health scares, underfunded schools, a weakening social safety net, and job losses.

The Power of Mother Love highlights the incredible—although sometimes

unrealized--influence that a mother has on her children and her society. Decades of scientific and psychological study provide overwhelming evidence for the idea that "mother love" has an enormous, permanent impact in shaping the character and life of a child. In her compelling new work, psychologist Brenda Hunter presents a convincing argument that indicates this love is even more powerful, even more far-reaching than our culture has yet realized, not only for the child, but for the mother and society as a whole. Affirming the immeasurable value of the mothering role while realistically addressing women's greatest questions and concerns, Hunter clearly reveals how mother love positively affects the way a woman defines herself. All mothers, and all those who care about the lives of women, children, and the future of our society will be dramatically impacted by this not-to-be-missed book, skillfully written to empower women to mother from the heart.

Nobody Ever Told Me (Or My Mother) That! : Everything from Bottles and Breathing to Healthy Speech Development fills a missing niche in the child rearing world. It explains everything from the basics of nursing, to SIDS, to facial massage; finishing with the secrets to good speech development and your child's best natural appearance. Written by an SLP with over 30 years experience, this book is a wealth of necessary information for any new parent.

A blend of personal stories, theological reflection, and practical wisdom, this book will help struggling mothers find comfort, courage, and an imaginative vision for the future.

A handbook for women who have chosen single motherhood offers an analysis of available options, from artificial insemination to adoption, and examines the special problems, questions, and rewards of single motherhood

The Mom Egg, an annual literary journal, publishes sharp, inventive fiction, creative prose, and poetry by mothers about everything and by everyone about mothers and motherhood. In this issue *The Mom Egg* explores the nuances of *Mother Tongue*. Mothers are emissaries and guardians of language. A mother murmurs to her infant son. Mother's words hold power to hurt or heal. A new immigrant struggles to learn English; later generations, to cling to remnants of language and culture. *Mother Tongue* speaks out. *Mother Tongue* has been silenced-and freed. *Mother Tongue* names. *Mother Tongue* tastes and plays. A must-read for mothers and lovers of language, this collection will challenge, delight and inspire. "The Mom Egg is all about motherhood. It's about the bodies and minds of the women who do this gorgeous, messy thing, and I loved reading every page of it." Renee Beauregard Lute, *The Review Review* "...fine creative work like this belongs in the larger conversations about private life and women's issues..." Tanya Angell Allen, *New Pages*

Why was motherhood barely mentioned as a discrete role in eighteenth-century sermons? And why, beginning in the 1830s, did it become the focus of attention in domestic manuals and other forms of popular literature addressed to middle-class women? Maxine L. Margolis examines these and other questions about the

changing roles of middle-class women. Her conclusion is that "we have come to think of as inevitable and biologically necessary is in great measure a consequence of our society's particularly social and economic system." She cites the influence of such variables as household versus industrial production, a manufacturing versus a service-oriented economy, the demand or lack of demand for women's labor, the economy's need for "high quality" employees, and the changing costs and benefits of rearing the middle-class children who would become those employees. This convincing analysis asserts that there are well-defined material causes for contemporary attitudes toward women and work, for new ideas about child rearing, for the changing nature of housework, and for the revival of feminism.

A GOOD MORNING AMERICA BOOK CLUB PICK "An intense psychological drama that will be embraced by serious book clubs and fans of Lionel Shriver's *We Need to Talk about Kevin*." —Kristin Hannah, #1 New York Times bestselling author "A poetic, propulsive read that set my nerves jangling." —Lisa Jewell, #1 New York Times bestselling author of *Then She Was Gone* A tense, page-turning psychological drama about the making and breaking of a family—and a woman whose experience of motherhood is nothing at all what she hoped for—and everything she feared Blythe Connor is determined that she will be the warm, comforting mother to her new baby Violet that she herself never had. But in the thick of motherhood's exhausting early days, Blythe becomes convinced that something is wrong with her daughter—she doesn't behave like most children do. Or is it all in Blythe's head? Her husband, Fox, says she's imagining things. The more Fox dismisses her fears, the more Blythe begins to question her own sanity, and the more we begin to question what Blythe is telling us about her life as well. Then their son Sam is born—and with him, Blythe has the blissful connection she'd always imagined with her child. Even Violet seems to love her little brother. But when life as they know it is changed in an instant, the devastating fall-out forces Blythe to face the truth. *The Push* is a tour de force you will read in a sitting, an utterly immersive novel that will challenge everything you think you know about motherhood, about what we owe our children, and what it feels like when women are not believed.

What does motherhood mean today? Drawing on interviews with new mothers and intergenerational chains of women in the same family, this exciting and timely book documents the transition to motherhood over generations and time. Exploring, amongst other things, the trend to later motherhood and the experience of teenage pregnancy, a compelling picture emerges. Becoming a mother is not only a profound moment of identity change but also a site of socio-economic difference that shapes women's lives.

Mother's Pearls is an inspirational guide for the natural family. It was written as an ode to children with the belief that parenting is a journey of self and an exploration of the wonders of childhood. However, generally speaking, we have overlooked this very important aspect of raising children in our fast paced lives.

When we take the time to search for truth, and make decisions from our hearts rather than with our heads, we can make a positive and lasting difference in our children's well being. Dagan's book covers many diverse topics dealing with health, psychology, the natural home, alternative education and more. She explains how illness can be avoided, hyperactivity alleviated and how we as adults can change the destiny of future generations by redefining our priorities based on our children's needs. Mother's Pearls was handed down through generations of intuitive women for the betterment of mankind.

This collection considers how embodiment, mothering, and curriculum theory are related to practices in education that silence, conceal, and limit gendered, raced, and sexual maternal bodies. Advancing a new understanding of the maternal body, it argues for a 'bodied curriculum' – a practice that attends to the relational, social, and ethical implications of 'being-with' other bodies differently, and to the different knowledges such bodily encounters produce. Contributors argue that the prevailing silence about the maternal body in educational scholarship reinforces the binary split between domestic and public spaces, family life and work, one's own children and others' children, and women's roles as 'mothers' or 'others.' Providing an interdisciplinary perspective in which postmodern ideas about the body interact with those of learning and teaching, *Mothering a Bodied Curriculum* brings theory and practice together into an ever-evolving conversation.

Perhaps the best-kept secret in the publishing industry is that many publishers—both periodical publishers and book publishers—make available writer's guidelines to assist would-be contributors. Written by the staff at each publishing house, these guidelines help writers target their submissions to the exact needs of the individual publisher. The *American Directory of Writer's Guidelines* is a compilation of the actual writer's guidelines for more than 1,700 publishers. A one-of-a-kind source to browse for article, short story, poetry and book ideas.

For more than twenty-five years, *Mothering* magazine has captured an audience of educated women who appreciate its "we'll inform, you choose" approach to parenting. *Having a Baby, Naturally* reflects this spirit with straightforward, uncensored information about pregnancy and childbirth, addressing common concerns and questions in a compassionate, nonjudgmental style. Written by Peggy O'Mara, the longtime publisher, editor, and owner of *Mothering* magazine, it synthesizes the best theories and safest practices used in natural childbirth, including recommendations from the World Health Organization, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists. Throughout, O'Mara reinforces her belief that each woman's pregnancy and birth experience is a one-of-a-kind event. She covers such topics as: Nutrition, diet, and exercise Emotional self-awareness during and after pregnancy A trimester-by-trimester guide to what is happening in your body and your child's Birth choices -- offering suggestions, not "rules" Pain medication alternatives Birth locations, from hospitals to home birth Relieving morning sickness with natural remedies Prenatal testing Breastfeeding Prematurity and multiple births Balancing work and family The father's role during pregnancy and beyond Difficult subjects, such as birth defects, miscarriages, and postpartum depression, are also treated with sensitivity and candor. Finally, a book for the thinking woman who believes in her own inherent

capacity to make smart, informed decisions about her pregnancy and birth, just as she makes in other areas of her life. *Having a Baby, Naturally* is a celebration of childbirth and an accurate and objective guide to helping women fortify their spirits, develop trust in their bodies, and make the best possible choices to protect their new baby's health. A practical, expansive guide to natural parenting features plentiful advice and instruction on how to raise intelligent, well-adjusted children the natural way. Original. A collection of daily meditations designed to refresh, reassure, and entertain new mothers covers a wide variety of pertinent subjects, including postpartum depression, priorities, time management, and much more. Original.

Like the corset, the women's magazines which emerged in the nineteenth century produced a 'natural' idea of femininity: the domestic wife; the fashionable woman; the romancing and desirable girl. Their legacy, from agony aunts to fashion plates, are easily traced in their modern counterparts. But do these magazines and their promises empower or disempower their readers? *A Magazine of Her Own?* is a lively and revealing exploration of this immensely popular form from its beginnings. In fascinating detail Margaret Beetham investigates the desires, images and interpretations of femininity posed by a medium whose readership was and still is almost exclusively female. *A Magazine of Her Own* is at once a chronological tracing of the history, a collection of intriguing case studies and an intervention into recent debates about gender and sexuality in popular reading. It is a book which anyone who is interested in the unique, influential world of the woman's magazine - students, scholars and general readers alike - will want to read

Maternal metaphors : articulating gender, race, and nation at the turn of the century --
Reconstructing motherhood : Pauline Hopkins's *Contending forces and the rhetoric of racial uplift* --
The romance "plot" : reproducing silence, reinscribing race in *The awakening* and *Summer* --
Hard labor : Edith Summers Kelley's *Weeds* and the language of eugenics --
Fatal contractions : Nella Larsen's *Quicksand* and the new Negro mother --
Epilogue: representing motherhood at century's end.

Like Huck's raft, the experience of American childhood has been both adventurous and terrifying. For more than three centuries, adults have agonized over raising children while children have followed their own paths to development and expression. Now, Steven Mintz gives us the first comprehensive history of American childhood encompassing both the child's and the adult's tumultuous early years of life. Underscoring diversity through time and across regions, Mintz traces the transformation of children from the sinful creatures perceived by Puritans to the productive workers of nineteenth-century farms and factories, from the cosseted cherubs of the Victorian era to the confident consumers of our own. He explores their role in revolutionary upheaval, westward expansion, industrial growth, wartime mobilization, and the modern welfare state. Revealing the harsh realities of children's lives through history—the rigors of physical labor, the fear of chronic ailments, the heartbreak of premature death—he also acknowledges the freedom children once possessed to discover their world as well as themselves. Whether at work or play, at home or school, the transition from childhood to adulthood has required generations of Americans to tackle tremendously difficult challenges. Today, adults impose ever-increasing demands

on the young for self-discipline, cognitive development, and academic achievement, even as the influence of the mass media and consumer culture has grown. With a nod to the past, Mintz revisits an alternative to the goal-driven realities of contemporary childhood. An odyssey of psychological self-discovery and growth, this book suggests a vision of childhood that embraces risk and freedom—like the daring adventure on Huck's raft.

Single or married, working mothers are, if not the norm, no longer exceptional. These days, women who stay at home to raise their children seem to be making a radical lifestyle choice. Indeed, the women at the center of *The Paradox of Natural Mothering* have renounced consumerism and careerism in order to reclaim home and family. These natural mothers favor parenting practices that set them apart from the mainstream: home birth, extended breast feeding, home schooling and natural health care. Regarding themselves as part of a movement, natural mothers believe they are changing society one child, one family at a time. Author Chris Bobel profiles some thirty natural mothers, probing into their choices and asking whether they are reforming or conforming to women's traditional role. Bobel's subjects say that they have chosen to follow their nature rather than social imperatives. Embracing such lifestyle alternatives as voluntary simplicity and attachment parenting, they place family above status and personal achievement. Bobel illuminates the paradoxes of natural mothering, the ways in which these women resist the trappings of upward mobility but acquiesce to a kind of biological determinism and conventional gender scripts.

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthing her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

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