

Redefining Motherhood with Clarity and Confidence with Zoe Blaskey

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QZS4JIIX10W](https://www.youtube.com/watch?v=QZS4JIIX10W)

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SUMMARY

The discussion revolves around the challenges of motherhood, particularly the emotional struggles that arise when dealing with a child's pain and tantrums. The speaker reflects on their own experiences of feeling overwhelmed and the importance of self-kindness in parenting, emphasizing the need to acknowledge the transformative journey of becoming a mother.

- The speaker shares personal experiences of feeling overwhelmed during their child's meltdowns.*
- They express concern about their child inheriting their own struggles with friendships.*
- The term "retresence" is introduced, highlighting the realization that parenting is about being rather than just doing.*
- The speaker emphasizes the need for self-kindness and the negative impact of societal pressure to "bounce back" after childbirth.*
- There is a critique of the focus on gender at birth rather than the transformation of the mother.*
- The conversation touches on the instinct to fix problems rather than simply listen and support.*
- The importance of acknowledging and validating the emotional journey of motherhood is highlighted.*

Talk to us about your psychotic lunatic moments. >> I've had loads. My nine-year-old, her having just had meltdowns and tantrums and me [music] stood there looking over her almost like I wasn't there anymore. >> A deer in the headlights because you're in panic. >> I just couldn't bear it. And I burst into tears and she was like, I struggle with friendships at that same age. And it is like so difficult for me panicking like, oh my god, she's inherited this from me. It's almost impossible to sit with your own child's [music] pain, >> especially when they're telling you it's something you did. There just wasn't enough focus on that early motherhood experience. And I discovered this word called retresence, which changed so much for me because I realized that actually wasn't failing or doing it wrong. And you helped me so much of this. We think parenting is a doing, but parenting is a being. I realized quite quickly into my becoming of a mother that the thing that I needed most was my own kindness because I was so hard on myself.

>> Everyone just focusing on it's a boy or it's a girl. But what about the birth of the mother? >> We tell women don't worry, [music] bounce back. You'll get your old self back. That is gaslighting because you can't go back. Want to jump in and fix it or I've been through this. Let me help. I'm just zipping it. >> What? how you train yourself to not enter into that projection because I'm struggling with this. >> I think it's just >> type the word follow to get a link to my podcast.