

## MARIA GOLDING

### Intuitive Motherhood

Maria describes intuitive motherhood, but also describe what intuitive motherhood means to you?

What is the difference between setting boundaries with children and for children?

Write down a motherhood mantra you can use:

What three things we can learn from mothers living in remote villages?

What are some simple things that we can do to take small steps to doing this?

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How are children's emotional needs met?

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What are some ways we can practice some kindness to ourselves - how can we move ourselves out of that?

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Every mother/child relationship is different. Reflect on the individual relationships with your child/children.

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What are three small steps we can take to improve our experience of motherhood?

1.	
2.	
3.	