

Editorial

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Issue focus' on abuse in relationships

Welcome. I hope this newsletter finds you safe and well. This issue I have decided to focus on issues of anger management in relation to being a partner, a parent, a child and a human being. Choosing to HomeBirth is, for most of us, the first break in a wave of alternative experiences in parenting. It is however, a journey filled with all the challenges and opportunities that any parent might face.

We become pregnant - often by choice, and sometimes, like myself, unexpectedly - only to find ourselves on the verge of a life changing experience. However deeply we delve into pregnancy, however much we trust the process of our bodies or our partners' bodies, we may in varying degrees be unaware of the 'baggage' we carry into parenthood. Unresolved personal issues affect our lives whether we are aware of them or not. It's easy to reflect upon our parent's inadequacies - and of course their loveliness as well - and how their behaviors, particularly their unhealthy behaviors have contributed to who we are. It is however somewhat harder to be aware of our own shortcomings especially if we never thought we had issues to address.

Something magic happens when we have children. No matter how much we love them we are still our same old selves and if our same old selves are hurting or angry or afraid or sad or even happy then we cannot help but share that with our kids - no matter how much we try to hide it. I say this is magic because our shortcomings are actually not that at all. They are opportunities for growth. They are doorways and corridors and closets and canyons filled with stories. Our stories, our parent's stories, our culture's stories. And they are often stories filled with memory and meaning which, inform us in our experiences and actions. And all of this information is a challenge. Just like any other experience you make choices, whether consciously or not. You chose to plan a HomeBirth or you ended up at home or you didn't but share similar philosophies. In any case you ended up here. If you had chosen another path you would have also ended up somewhere and it may or may not have been where you wanted to go. Magic makes life experiences happen regardless of what we chose. So why not chose the path you want or would like to be on. Now many of you may not have experienced difficulty in your relationship with your partner but particularly as your child grows you may find challenges that sometimes push your buttons. That's because your child is massaging a wound in you. And it may be little or it may be very big. Either way we all have the choice to attend to our wounds so that we are more consciously able to attend to our children, with love. And with that said I hope there is something for all of you in this issue. Till next time.

Reb.