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FOR IMMEDIATE RELEASE:

You Are Mom (or Dad/Caregiver) Enough

After the release of the controversial Time Magazine cover story *Are You Mom Enough?* late last week, the media has been buzzing over the growing trend of Attachment Parenting. Although the coverage has focused on moms who practice extended breastfeeding, Attachment Parenting at its core is much more than this one practice. In fact, upon deeper investigation, the values of this philosophy are those of nurturing, connection, and communication.

“At The Parenting Center, we share the values of nurturance, connection and communication to promote healthy family relationships. We believe that every mom, dad and caregiver can be enough, and we would love to help support any parent in that endeavor,” states Angie Walston, M.S., CFLE, Family Life Educator with The Parenting Center.

On its website, Attachment Parenting International lists its eight principles of parenting:

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| 1. Prepare yourself for pregnancy, birth, and parenting | 5. Ensure safe sleep - physically and emotionally |
| 2. Feed with love and respect | 6. Provide consistent, loving care |
| 3. Respond with sensitivity | 7. Practice positive discipline |
| 4. Use nurturing touch | 8. Strive for balance in your personal and family life |

Being "mom enough" has much less to do with how long to breastfeed and whether to work or stay at home, and much more to do with the love, respect and boundaries that parents consistently show children.

For Amanda Averbeck, a local mother who adopts the Attachment Parenting philosophy, the key is to not be consumed by the practice. “During the early months when my daughter was born,” states Averbeck “she was really fussy and I felt that I always had to hold her, nurse her and wear her. One day I was really tired and I realized that she was actually fussing because she wanted to be on the floor playing, alone. I realized that responding to her needs does not always mean that I have to do everything for her or hold her, but instead give her an environment where she has the freedom to explore when she wants and then be close and cuddle when she needs/wants to as well.”

Attachment Parenting is one philosophical approach to child rearing. The practices of any parenting philosophy are best determined by each parent through an ongoing discussion between parents and the pediatrician or counselor.

The Parenting Center is a 501(c)(3) nonprofit in Fort Worth, Texas with a mission of *providing families the tools to succeed*. For more information about The Parenting Center or this topic, please contact Holly Clinton at 817-632-5507; hclinton@theparentingcenter.org or visit www.theparentingcenter.org.

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