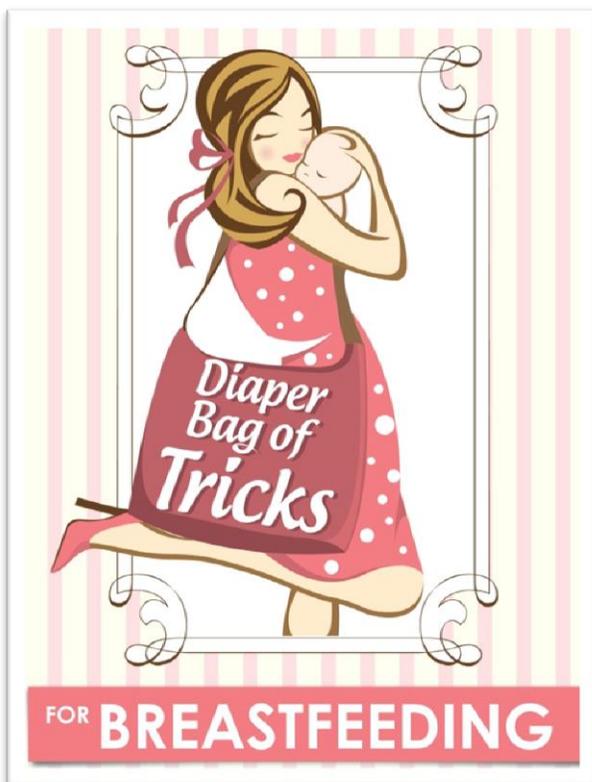




FREE Group Discussion Guide



No Purchase Necessary

This group discussion guide includes everything you need to start a Mom's group today!

Wherever necessary, quotes from the book are reprinted in the discussion guide.

This discussion guide includes enough material to support 10 group meetings.

Each discussion will help your group reflect, share, and celebrate your time as "Mommy."

Available at: 

Standard Edition

Motherhood lasts a lifetime
but you're only ...

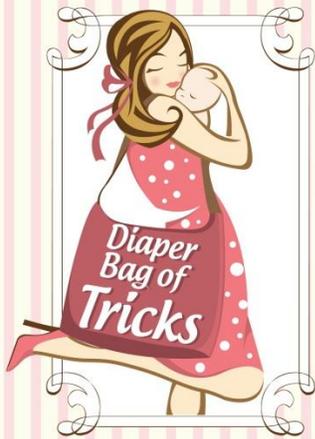
Mommy
for a Moment



Moment 1: Introduction

Preparing to breastfeed requires emotional fortitude, especially when everyone seems to have a strong opinion on the matter:

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FOR **BREASTFEEDING**

There's nothing worse than feeling judged, especially when it's your mothering skills that are being scrutinized. It's hard not to take other people's opinions about your decision to breastfeed to heart, especially when everyone seems to have more mothering experience than you do when you're first starting out.

My advice is to promise yourself and your baby that you will do your absolute best to make breastfeeding work for you.

Then ignore anyone else who tries to get you to break that promise.

Reflect

What was your own perception of breastfeeding before you had a baby?

Share

Share how your breastfeeding experience has gone thus far.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them by sharing your positive nursing experiences.

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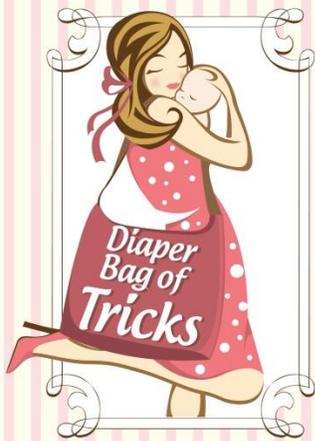
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Moment 2: Bond (Task #1)

Of all of the “50 Ways to Multitask While Nursing,” this is the #1 thing to accomplish:

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FOR **BREASTFEEDING**

Besides providing sustenance, breastfeeding enables you to form a unique bond with your baby. It bonds you to another human being in a way like nothing else does. Take time to marvel at this amazing--often symbiotic--relationship.

View your feedings as opportunities to bond with this new amazing creature that you have brought into the world.

Reflect

How have you witnessed breastfeeding enabling you to bond with your baby?

Share

Share your memories from the very first time you nursed your baby.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them to view nursing as a way to bond with their babies.

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Moment 3: Prioritize (Task #9) & “Redefine Accomplishment” (Task #12)

Breastfeeding also affords you the time to think about your life priorities:

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In those quiet moments, you can wrestle with those big questions every new mother faces:

Should I go back to work? How can I carve out some time for myself? What kind of disciplinarian do I want to be? What kind of spiritual upbringing do I want for my child?

We live in a society that places a great deal of emphasis on accomplishing multiple things in order to appear successful. In her book *Then I Became a Mother*, Robin Kramer urges new moms to “redefine accomplishment.”

Congratulate yourself during your final breastfeeding session of the evening; you kept a baby alive for a whole day! This in and of itself is the only “accomplishment” you need to concern yourself with right now.

NOTE: There is a FREE discussion guide available for *Then I Became a Mother* at www.mommyforamoment.com

Reflect

What are your top priorities now that you are a mother?

Share

Share your ideas for how to “redefine accomplishment” as a new mom.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mummies

Encourage them to “redefine accomplishment” as they prioritize their life.

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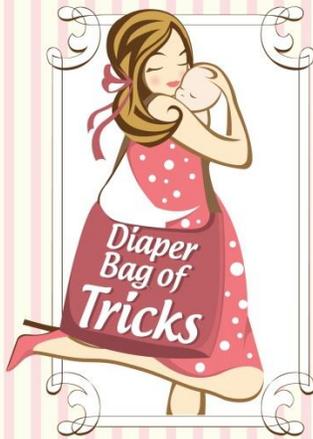
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Moment 4: Dream (Task #36)

Indulge in some daydreaming during your nursing sessions:

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After your daydreams have taken you to that pristine sandy beach/sparkling waterfall/flowery meadow, you may want to continue dreaming some real-life dreams for you and your little one.

Dream big dreams for your lives. Visualize both you and your children reaching your full potential. Imagine making the most of each day that you are blessed to be together. Expect great things for you and your baby as you step out in faith and believe for an amazing future.

And then watch those dreams come true.

Reflect

What's your favorite daydream?

Share

Share the "big dreams" you have for you and your baby.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them by asking about their dreams.

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Moment 5: Ponder (Task #37)

Breastfeeding is a great time to let your mind wander and ponder the mysteries of your new “mommy” universe:

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Here are some things I've pondered while breastfeeding my babies:

- What if men were the ones who had to breastfeed?
- Why can't the parking spaces beside the cart returns be reserved exclusively for new moms?
- Why can't everything be purchased from a drive-thru?
- How on earth did pioneer women manage?
- How do babies know that you've moved from a standing to a sitting position, and why does this infuriate them so?
- Why do babies wait to dirty their diapers until precisely the moment that you are ready to head out the door?
- How many days can I go without giving my children a bath before it's considered an act of neglect?

Reflect

Which “pondering” in this chapter did you find most interesting?

Share

Share your own “ponderings.”

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them by listening to their ponderings.

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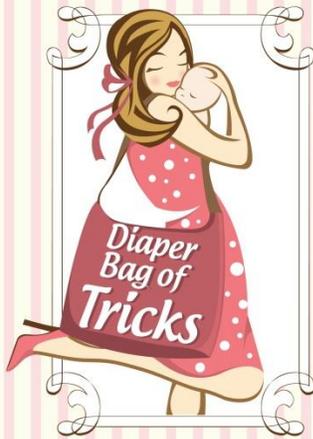
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Moment 6: Pray (Task #45)

There's nothing like have a baby to make you to seek help from a Higher Power:

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FOR **BREASTFEEDING**

As you breastfeed your baby, stewing in the sea of emotions that comes with new motherhood, take advantage of the quiet moment and pray. Perhaps the only prayer you can muster will be a cry for help, repeated with the rhythmic back and forth motion of the rocking chair.

In your more lucid moments, you can pray over your baby, offering up prayers for protection and blessings, reaching out in faith as you seek the best for this new little life.

Reflect

What have your prayers been like as a new mom?

Share

Share your favorite prayers with each other.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them by praying for them.

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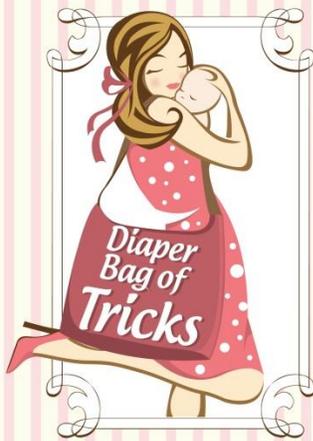
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Moment 7: Count your blessings (Task #46)

A brand new baby in your lap makes it easy to be thankful...most of the time:

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On days when motherhood is particularly challenging, it's a good idea to "count your blessings." As you feed your little one, bring to mind all the things you are grateful for, and suddenly, you'll realize that your struggles are miniscule in light of all that you are blessed with.

For instance, did you know that giving birth is still one of the most dangerous things for a woman to do in many parts of the world? Simply having a healthy baby and living to hold and care for it beyond its infancy makes you an exception to the rule for many moms on this planet.

Reflect

When do you feel most thankful?

Share

Share the ways in which you've been blessed.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them to count their blessings.

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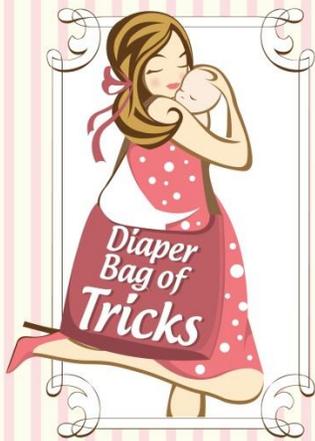
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Moment 8: Meditate (Task #47)

Enjoy the quiet times during nursing as a chance to meditate:

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Meditation requires stillness and concentration, both which can easily be achieved while breastfeeding (once you've become accustomed to it).

As you nurse your baby, focus your mind and your heart on a few words--perhaps a saying or scripture, for example--and repeat them to yourself as you "chew" on them and contemplate their meaning for your life.

Reflect

Have you practiced any type of meditation in the past?

Share

Share your favorite sayings or scripture verses that you like to meditate on.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them to enjoy the stillness involved in nursing.

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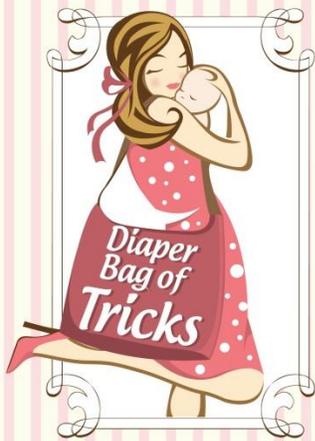
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Moment 9: Weigh the “pros” and “cons” (Task #50)

Before you wish away your baby’s childhood, consider this piece of parenting advice:

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You will quickly see that each stage of parenting features its own set of “pros” and “cons.” The best thing you can do to enjoy motherhood is to savor the good parts each step of the way, and realize the drawbacks of each stage are only momentary.

In short, enjoy the good stuff and choose not to dwell on the bad stuff, remembering that other age-old piece of wisdom: “This too shall pass” (and probably more quickly than we’d like it to in hindsight).

Reflect

What are the “cons” of your current stage of mothering?

Share

Share the “pros” of your current stage of mothering.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them to appreciate the “pros” during each mothering stage.

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Moment 10: Weaning

Weaning is a tricky business; enjoy the nursing stage while you can:

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FOR **BREASTFEEDING**

Savor breastfeeding your baby, Mama. Nursing will give way to childhood cuddles, teenage hugs, and eventually to heartfelt conversations as our children go off to live on their own.

The breastfeeding stage is merely the beginning of the life-long love relationship we will have with our children; it will be over in the blink of an eye.

Cherish it.

Reflect

Is there another chapter or “task” from this book you would like to discuss?

Share

Share your weaning plan and concerns.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Support other mommies

Encourage them when they decide it's time to wean their babies.



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www.DiaperBagOfTricks.com