



On Mothering

RAISING SONS

Mothering is actually a masculine energy endeavor. Giving birth is the most ferocious, incredible, and remarkable feat of the human experience. (This is why men pass out or have a reaction to birth that humbles them beyond belief.) Mothering through the younger years requires a skill set that is full of linear, protective, and secure masculine energy. This disrupts the marriage without spiritual support. If a young mother applies the masculine skill set of mothering to relating with her husband, she will compete with him, and risk the intimacy in the marriage. To her great relief, her masculine energy endeavor of motherhood softens after a decade. She can restore her familiar pre-birth personality and let down her guard. With sons, this is CRUCIAL. Nowadays, the darkest corners of the culture want to end healthy masculine competition. Mothers now enjoy socially acceptable and disempowering babying of their male children, that was once embarrassingly frowned upon. Late stage closeness between Mom and son in teen years is a new high for selfish mothers who can't let go, and are wearing the buddy energy like a fashionable trend. A son wanting to please is then emasculated. Be victorious and extinguish this from your life. You may not be accepted by other Moms. That's ok. Other mothers may not be at your Thanksgiving table in 20 years, but your children and grandkids will be at the table. Healthy mothering of males, age 10 and up, is detailed in this pamphlet. It means shifting to respectful empowerment and signaling. This sends secure male children to seek their fathers and other masculine leaders for crucial, structural guidance. They will embody leadership and be attracted to young girls who respect them, beginning slowly and at a stabilizing pace.

1. Make it a HABIT to ask your son what he WANTS and what he THINKS.

“I feel like” is a common norm that is eroding masculine initiative in the culture. Don’t say it, and if they do, reframe it and ask a want/think question.

2. Share EMPOWERING STATEMENTS with him, about his choices and endeavors.

Tell him to listen for and identify EMPOWERING MESSAGES, and to shred and dismiss DISempowering statements, without a big emotional process. Help him to think, and pivot. This will be easier for him if he is regularly hearing fortifying positive statements about himself **from YOU**. “You got this” “You’re strong, you’ll know what to do” “Practice may go long, but I will have a good dinner waiting for you” “I’m proud of your commitment”. This kind of thing. Support what he is doing. If he is stepping up to a high-level activity, more than what you perceive as possible for him, cringe in the bathroom. Show him an encouraging brave face. Mothers who sob about their sons in front of them and express fear of them getting hurt have absolutely no idea how much damage they are doing to the future relationship with their son- if they did, they wouldn’t do it.

3. Real Men Stand Up to Discouragement with courage.

Teach him to stand up to disempowering statements by saying “that doesn’t help, I’ll pass.” This should **include** encouragement to pass on *your* statements about him. Ask him who he is, don’t tell him.

4. Be Consistent

Do everything you can to deliberately remove “I feel like’ from dialogue with your son. You will begin to see a secure young man, speaking directly and THINKING about his own care, needs, and future. Get your own standards in order. Be a light in the dark on a daily basis, to the best of your ability. Practice and model self care. Do not cave to control and games. If you are a single Mom, do not **ever** share your dating history and boyfriend experiences. **Do not force your son to see you outside of the context of motherhood before he is ready. Unless you are in an established committed relationship, preferably marriage, keep your personal life to yourself.** If you are introducing him to casual boyfriends without a commitment, you’re creating memories for him. Under any circumstance, no matter how well you explain it, are memories of many men coming in and out of a mother’s life **good**? Not ever. You may not keep count, but he will. Or worse, he will pretend they weren’t there, which teaches him to lie to himself. Whether you’re married or divorced, do not share about his father in a disrespectful way to your son. All that you said will only land in the child’s heart. Everything you share with your children in childhood and adolescence is either fortifying or risking your future with them. Single or married, if you are finding things in this pamphlet that you have done or are doing, **do not bring it up with your son.** Amend your behavior on a daily basis. Seek emotional support from peers, and in counseling. Reform your own life to the best of your ability and wait on the will of God to restore what has been broken. There may come a time to admit wrongs. You may find that simple errors are easier to own in daily life, and that is encouraged. Some say the three most powerful words are not “I love you” but “I was wrong”.

5. Face Yourself, and Your Loneliness

Loneliness is a part of motherhood. The departure of a child from mother happens in stages, and if you are bypassing conscious awareness of crucial stages, you may not be doing your job as a mother. **Your job is to not do things for them after age 10.** It's hard. It is to prepare them for secure departure. That means letting them do things or not, and incorrectly. Letting them learn for themselves. It is not ok for a mother to fulfill emotional needs with her kid. (Doing for a teen what he can do for himself often fills an emotional need for the mother) If you are not constructively accepting and preparing for when he moves on from needing you, you are very likely unconsciously leaning on him to fill your own emotional needs. That is not love. Worse, it is emotionally incestuous and disempowering for a young man. He may struggle long after he lives with you, *because* of you. Individuation should begin in the home, with boundaries and empowerment like training wheels. You are both to detach, slowly. If that doesn't happen at a reasonable pace, drugs, empty relationship pursuits and geographical extremes could end up being required-just for the poor guy to get some relief. Protect your son from unwanted outcomes with your conscious effort today.

YOU GOT THIS, MAMA

Many women may read this and think, well duh! But you'd be surprised how far we have drifted from consciously caring for and empowering our young men. We risk witnessing a society of male children in adult bodies. This was written by a stepmom who would have done anything to give birth to her own son, and was blessed to be the custodial stepparent of two incredible young men from early childhood. Let's encourage each other to respect our husbands and respectfully guide our young men and our sons!! Please show your enthusiasm for this pamphlet by sharing it.

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