

REVOLUTIONARY MOTHERING

By Barby Asante

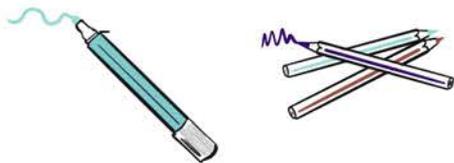
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Revolutionary Mothering: Love on the Frontlines edited by Alexis Pauline Gumbs, China Martens and Mai'a Williams is a book of collated stories, poems, essays and testimonies. Thinking through what it means to be a mother on the margins; a mother of colour, a queer mother, a poor mother, an immigrant or refugee mother, a disabled mother, a single or teenage mother, their proposal being that mothering is a verb - a doing word rather than just a name. Through acknowledging individual and collective experiences of mothering from the margins, the book makes visible the challenges, triumphs and joys of everyday revolution.

The times we live in are hard. Becoming a mother, bringing a child into this world can be daunting, but each new life on this planet is potential for transformation/revolution.

Materials:



Exercises

Take a breath and reflect on your **dreams, hopes and fears** for becoming a mother- *spend 5 minutes* writing these on a page.

- Next reflect *for 5 minutes* on the **small revolutionary acts** of your mother, grandmothers or other mothers that inspire you. Our mothers are not always blood related.
- Spend the last *20 minutes* of your journal time bringing these thoughts together as a **poem or dedication** for you and your child.
- If working in a group or with a friend, spend 30 minutes **sharing** your poems with each other by looking into another's eyes and reading to them.. Or share online using: #maternaljournal



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