



# MARK-MAKING:

to capture Connection BETWEEN Mother &



By Helen Sargeant

Helen Sargeant is an artist.  
[helensargeant.co.uk](http://helensargeant.co.uk)

## What is mark-making?

Mark-making can be different lines of varying weight, intensity and depth. Dashes, dots, splashes, scumblings, scribbles, scratches, patterns, grids, text, numbers, signs, symbols, motifs all build up together to create a drawing. Marks can be wild expressive gestures or neat and ordered. When artists use a combination of marks together these create a visual language equivalent to an alphabet which communicates meaning and emotion.



## Artists References

Paula Modersohn-Becker, Louise Bourgeois, Tracey Emin

## Materials:



## Exercises

- Think about the emotional and physical connection between your body and your baby.
- Consider the position, size and form of the baby in the mother's body. Baby's movements, the weight of carrying a baby, the size of her baby bump.
- Consider composition, central, left, right or edge of the page.
- Draw one or multiple pregnant bodies either freehand or with stencils.
- Fill the pregnant form with baby/babies and a range of marks.
- Babies and marks can be contained or spill out from the parameters of the body.
- Play with the size of mothers' and babies' bodies.
- Draw babies freehand or trace from family photographs, magazines or other found images. **30 mins**

## Sharing

If you're part of a group, come together to share your work for around **30-40 minutes**, with each person talking about one drawing.

Or share online using: **#maternaljournal**



maternaljournal



@maternaljrnl



@maternaljrnl