

## What Every Mother Knows

Written by Anna Jahns

Saturday, 01 September 2007 00:00 - Last Updated Thursday, 26 February 2015 09:31

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And while it's true that babies don't come with instructions, what we do have is unlimited access to the wisdom of millions of years of nurturing encoded into our very experience of mothering, especially for the crucial early years of our babies' lives. All it takes is for us to trust Nature's plan, for there is an inherent feeling of rightness, which every mother knows, guiding and affirming this process of developing a new human life. When baby feels well, mother feels well, and she is deeply motivated to ensure this is so. We all have this knowing; it is part of our hardware, so to speak. This knowing is already informing our mothering all the time, and with a little attention, it can be an unquestionable ally.

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