



# **Buddhism for Mothers of Schoolchildren: Finding Calm in the Chaos of the School Years**

*Sarah Napthali*

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Raising school children is a radically different experience from tending children under the age of five. With children at school, life is both easier and harder and there are very different challenges on the horizon—mothers are often thinking of going back to work, or juggling work–life balance issues. They are questioning what they want out of life, how they want to interact with the world, and creating new definitions for themselves. Children are more demanding too, asking questions, testing boundaries, and beginning to define themselves as separate from their parents. Sarah Naphali explores the distinct issues arising from this phase of motherhood and how Buddhism can play a role in providing answers and direction, in her usual warm, wise, inclusive, and accessible style.

## **Buddhism for Mothers of Schoolchildren: Finding Calm in the Chaos of the School Years Details**

Date : Published July 1st 2010 by Allen Unwin (first published 2009)

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Author : Sarah Naphali

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# **From Reader Review Buddhism for Mothers of Schoolchildren: Finding Calm in the Chaos of the School Years for online ebook**

## **Sierra says**

The book had many wonderful tips on how to live a more Buddhist life. I appreciated how it focused on mothers & what is in our control. A few items were a little vague but overall, beneficial.

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## **Ro says**

This book deals with two interests of mine - raising children and Buddhism. The Buddhist principles I am learning are being reinforced in this book. I like it, but it's not a knock out.

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## **Penni Russon says**

Really glad I read this. I found it immensely clarifying - many of the vague anxieties, doubts and experiences I have been grappling with were beautifully articulated. Probably most useful to me was the notion of being "with" my anger - observing it without judging myself, and being as compassionate and empathetic towards myself as I expect myself to be towards my children. Also, when she said something about adult life being quite lonely at times, I kind of cried a bit cause yeah. It sort of is.

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## **Jenny Richards says**

this book contains many pearls of wisdom that are easy to put into practice for a happier mother, children & family. Really lived it.

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## **Sylvie says**

Calming. Intimate. Practical.

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## **Elyse says**

Editing my review because I recently re-read. This book has been great, as my children recently started school. It gives practical and useful advice for school-related issues. When my kids started school, I was immediately overwhelmed with fundraising requests, meetings, gifts for teachers, donation requests, homework, field trips, resolving minor conflicts with teachers/other students, etc - and I know lots of parents who feel similarly. This book helped to put the stresses in perspective, and also offered a lot of pragmatic advice on how to keep this stress from affecting the parent/child relationship. Love.

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### **Rob Cantrall says**

Good advice here--be mindful, have compassion for self and others, etc. Not particularly well-written, but not so badly done that it gets in the way, either.

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### **NoBeatenPath says**

Sarah Napthali, who has previously authored books about how Buddhist ideas can help Mothers realise happier healthier lives and relationships, now turns to issues that are of interest to Mothers (and Fathers too I would guess) of school aged children. Drawing on both her own experience as a mother of two boys as well as the experiences and writings of both practicing Buddhists and famous writers, Napthali sets out a simple, non-guilt-inducing way of viewing being a Mother and how we relate not only to our children, but the outside world and, probably most importantly, ourselves. For unlike many other parenting books, Napthali focuses very much on how our own thoughts and how we treat ourselves is probably the most important part of being a Mother.

You don't need to be a Buddhist to benefit from reading this book - if you are a parent (or even if you are not a parent but deal with children in your daily life) you are sure to find inspiration and thought-provoking ideas when reading this book.

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### **Kirsten says**

Definitely worth reading, with food for thought. I wouldn't adopt all ideas here, but did find helpful and readable.

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### **Seawood says**

I whizzed through this and want to read it again straight away - it hit me right where I am in my life right now. I love Sarah's style of writing and the sheer kindness that come off the pages is wonderful when you're absolutely run down by the daily round of squabbles and school runs. One I'll come back to over and over, I think.

ETA: The section on "the need to be seen" is absolutely wonderful, by the way. Explains a whole lot of school-gate misery; I wish I'd had this when my eldest started preschool, let alone school! Also I was rather sceptical about loving-kindness meditation, but it does seem to make the world a nicer place. :)

One more thing - the "...and this" way of thinking is a real gem.

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### **Amy says**

Worth a read, didn't relate to a few sections but there are good life lessons and inspirations throughout

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