

## Winter 2005

Of all the things I've accomplished in my life, I would say my biggest success to date is getting my two year old to nap without a battle. Of any of the challenges I have faced in my life, the ones I've faced since becoming a parent have made the others pale in comparison.

This issue of The Birth Vine is dedicated to the almighty labour of love called parenting. In it we have included behaviour and loving guidance (commonly known as discipline), nutrition, and the reality of parenting. I have recently read different articles on family nutrition that made it seem simple – as parents, we are responsible for the what, the when and the where of family nutrition – and our children are responsible for the how much.

As for the reality of parenting and loving guidance – I could probably fill these 20 pages with my own misconceptions, illusions and fairy tale dreams of what I thought my life as a mother would be like. I imagined a lot of things, and throwing crayons at the wall (me, not my toddler) was not one of them. However, I also never imagined loving someone with such primal ferocity, and truly understanding the quote “having children is like having your heart walk around outside your body”.

Many thanks to all of the wonderful volunteers who have made these pages come alive with your stories, your wisdom and your energy. A special thank-you to the Sexuality Education Resource Centre (SERC) for your kind financial support of this issue – your generosity has truly kept The Birth Vine alive.

The Spring 2005 issue will feature  
**A Celebration of Motherhood**  
We hope to hear from you!

**Enjoy the snow!**  
**Lori - for The Birth Vine Team**