

## Raising A New Generation of Strong Women

Touch the Future – Katrina Zaslavsky

Pathways #44, page 54



### Talking Points

- ❖ Imagine if children were taught from an early age that birth was a beautiful, natural, transforming experience rather than the horror show children imagine birth as today?
- ❖ The fearful outlook the majority of the population has of birth is why so many women depend on technology to give birth which makes it a highly medical event.
- ❖ Katrina Zaslavsky asks, “How do we build a new generation of strong, empowered women?” She answers, “We need to start when our beliefs around our bodies, motherhood and birth are being formed.” (54)
- ❖ Our daughters need to know that birth isn’t something to be feared. They need to understand how amazing and capable their bodies are.
- ❖ She wants us to remember that “As parents, it’s up to us to provide them with the tools and support for them to discover their own power and, ultimately, their own sense of self-worth and confidence.” (54)

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

About Katrina: <http://www.wholisticnutrition.com.au/katrina-zaslavsky/>

About her book: <http://www.inspiringbirthstories.com.au/>