

Rooted in Love:

The Journey of an Intentional Mother

"To the woman who planted seeds of love in every season of life"

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IN THIS SESSION, WE WILL EXPLORE:

Our Journey Together

01

The Meaning & Power of Intentional Motherhood

What it truly means to mother with purpose and presence

02

Nurturing Children with Love, Presence & Purpose

Practical pillars and daily habits that shape your child

03

Balancing Personal Wellbeing & Motherhood

How to thrive, not just survive, in the role

04

Breaking Unhealthy Cycles

Identifying patterns and building healthier family connections

05

The Emotional Journey & the Importance of Support

Your feelings are valid — and you were never meant to do this alone



What is Motherhood?

More Than Biology - A Sacred Calling



A covenant of unconditional love

Choosing your child - every day, in every season



A role of influence

Shaping hearts, minds and futures with intentionality



A place of sacrifice

Giving of yourself so another may flourish



A legacy in motion

What you pour in today echoes for generations

PART ONE

The Real Challenges of Motherhood

"Every mother carries the weight of a world she loves more than herself"



Challenges Every Mother Faces

You are not alone in what you feel



Exhaustion

Sleep deprivation, carrying emotional load 24/7, running on empty - yet still showing up.



Self-doubt

"Am I enough?" - the question that haunts many mothers. Comparison steals your peace.



Loneliness

You can be surrounded by people and still feel unseen, unheard, and deeply alone.



Identity Loss

Losing yourself in the role. Forgetting who you were before - and who you still are.



Guilt

"I should have done more." Guilt is the silent companion of almost every caring mother.



Pressure

Society's impossible standards: career, homemaking, parenting, fitness - all at once.

PART TWO

What Does It Mean to Be an Intentional Mother?

"Intentional mothering is not perfection - it is purposeful presence"



5 PILLARS OF INTENTIONAL MOTHERHOOD

1



Presence Over Perfection

Be fully there - phones down, eyes up, heart open.

2



Knowing Your Child

Study their love language, their fears, their dreams.

3



Building Safe Connection

Create a home where your child can be honest with you.

4



Growing as a Person

Your growth is their inheritance. Keep learning.

5



Spiritual Grounding

Anchor your family in values, faith, and purpose.

Practical Ways to Mother Intentionally

Small daily choices compound into a lifetime of love

Daily check-ins

Ask 'How did that make you feel?' - not just 'How was your day?'

Family rituals

Dinner conversations, bedtime prayers, weekly fun. Rituals create belonging.

Apology and repair

Model humility - say sorry when you're wrong. It teaches more than lectures.

Speak life

Your words are seeds. Say 'I believe in you' often and specifically.

Protect your peace

You cannot pour from empty. Rest is not selfish - it's strategy.

Write it down

Write letters to your children. They will treasure your words one day.

How to Be Intentional AND Still Be Fulfilled



Know Your WHY

Fulfillment comes from purpose. Write down why you mother the way you do. Return to it on hard days.



Guard Your Identity

You are a woman FIRST. Pursue a hobby, dream, or skill that is just yours - not mom-related.



Build Your Village

Stop doing it alone. Ask for help. Accept help. Real community is not weakness - it's wisdom.



Celebrate Small Wins

Did your child say "thank you" unprompted? That was you. Notice the fruit of your faithfulness.

Breaking Unhealthy Cycles & Building Healthy Family Connections

Cycles Worth Breaking

Silence & Shame

What you don't talk about, you pass on. Normalising struggle breaks the chain.

Conditional Love

Love that must be earned teaches children they are not enough as they are.

Emotional Unavailability

Being physically present but emotionally absent is its own kind of abandonment.

Perfectionism

Modelling that mistakes are catastrophic robs your children of resilience.

What to Build Instead

Open Communication

Make it safe to say hard things. Curiosity over judgment, always.

Secure Attachment

Children need to know: you are my safe place, no matter what.

Emotional Coaching

Name feelings out loud. Teach them emotions are information, not weakness.

Repair After Conflict

You don't have to be perfect. You have to be willing to come back.



The Emotional Journey of Mothers

Support & Self-Care

You Cannot Pour From an Empty Cup



Acknowledge your emotions

Grief, loneliness, anger, joy - you are allowed the full range. Suppression is not strength.



Build a support network

One trusted friend, a counsellor, a faith community. Isolation is a risk factor, not a virtue.



Practise active self-care

Sleep. Movement. Stillness. Something that is just yours - weekly, not occasionally.



Seek professional support

Therapy is not for the broken. It is for the brave. Knowing when to ask for help is wisdom.



Model wellness for your children

When they watch you care for yourself, they learn they are worth caring for too.

A Word to the Weary Mother

- You don't have to be a perfect mother - you just have to be a present one.
- The tears you cry over your children? They are a sign of how deeply you love.
- The fact that you're asking "Am I doing enough?" means you already care more than enough.
- Your children don't need a supermom. They need YOU - real, warm, and growing.
- *Grace is not just something you give your children. It is something you must give yourself.*

ONE THING TO TAKE HOME

"This week, I will..."

- Have one uninterrupted conversation with my child
- Write down three things I'm grateful for as a mother
- Do one thing today that is just for me - guilt-free
- Tell someone I trust that I need support

Happy Mother's Day - You Are Seen, You Are Celebrated, You Are Enough.



TAKE THESE WITH YOU

Reflection Questions to Sit With

Find a quiet moment. Be honest. There are no wrong answers.

01

What kind of mother do I want my children to remember — and is that who I am showing up as today?

02

What cycle from my own childhood am I still carrying, and am I ready to lay it down?

03

When did I last do something that filled me up — not as a mother, but as a woman?

04

Who in my life truly knows how I am doing, and have I let them in recently?

05

What is one thing I want to start, stop, or do differently in how I show up for my children this week?