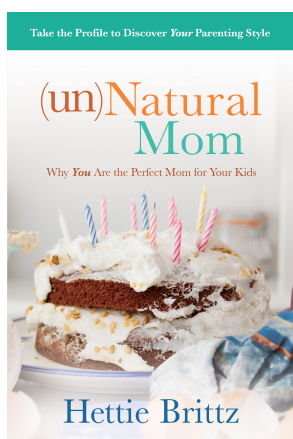


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PRESS RELEASE

There is no such thing as a natural mom

Hettie Brittz helps moms understand they are the moms they were meant to be



Seattle: While motherhood seems to come naturally to some, many women struggle with feelings of failure and inadequacy, believing if they could only be like *that* mom over there, their lives and families would be much better off. Rather than wallow in guilt and “shoulds,” renowned South African speaker, TV presenter and author **Hettie Brittz** wants moms to find hope and encouragement in **(un)Natural Mom: Why You Are the Perfect Mom for Your Kids** (David C Cook/August 1, 2016/ISBN: 978-0434710284/\$16.99). “Every mom wants to be able to admit some aspect of motherhood does not come naturally and not all motherhood duties bring her fulfillment,” Brittz recognizes. “The *(un)Natural Mom* book gives you permission to admit this and to find what you are natural at!”

Countless women get bogged down in the Pinterest-perfect image of what a mother should be. They feel guilt for failing at cloth diapers, dreading school plays and missing the days of going to the bathroom by themselves, and as a result feel they aren’t a “natural mom.” Brittz, however, shows readers the idea of a “natural mother” is a myth and explores four primary parenting styles, guiding them to discover the strengths they already possess. In fact, Brittz believes each mother’s “imperfections” are exactly what makes her the perfect mother for her children.

Drawing from her years of experience working with children as a speech pathologist and adapting homeschooling to fit her own children, Brittz developed the Tall Trees Parenting Profile. Readers can take the [free online test](#) to discover their own unique Tree Types and begin to understand that they already are the mothers they were meant to be. Each type of mother is compared to a type of tree — a palm tree, rose bush, pine tree or boxwood — based on qualities the mother and tree have in common. By taking the assessment, readers can discover what chapters of the book to focus on. In the stories taken from Brittz’s own experiences and the in-depth looks at “a day in the life” of four real-world Tree Types, moms have the opportunity to see themselves honestly and clearly and to find hope and grace.

Rather than being a list of must-do’s that will weigh worn-out moms even heavier with guilt, *(un)Natural Mom* is a unique resource for parents that will help readers:

- Recognize how unrealistic our culture’s standards of mothering are
- Move beyond the myths of “supermom”
- Understand and forgive the mothers who hurt them
- Embrace their capabilities as well as their challenges
- Help fathers better grasp how to understand and support their wives

“It is my hope that this book will help all moms to embrace an important truth: From crib to college send-off, even the mom who feels ill-equipped for this important job is more than enough for her family,” Brittz shares.

Hettie Brittz will be in the United States from July to October and will be available for interviews.

Advance Praise

"Our culture puts so much pressure on moms to be perfect. Hettie Brittz reminds us that the 'supermom' is a myth and encourages mothers to embrace their unique temperaments and gifts as they raise their kids."

~ Jim Daly, President, Focus on the Family

About the Author



Hettie Brittz is a wife, mother, speaker and author. During her travels with her husband Louis' band, Brittz became fascinated by the various approaches to parenting they encountered around the world. It enlarged her perspective and became the foundation for her first three parenting books: *Growing Kids with Character*, *Growing Kids Through Healthy Authority*, and *Cultivating Compassionate Discipline*. *(un)Natural Mom* is her first book to be released in the United States.

A former speech, hearing and language pathologist, Brittz co-developed the Tall Trees Profiles and the Evergreen Parenting Course and now leads trainings on the Tall Trees Profiles in the areas of parenting, leadership and more. She is an annual speaker with Focus on the Family Africa.

Between homeschooling her three kids and joining her husband on his ministry outreaches, Brittz tours internationally, speaking to audiences around the globe, as well as appearing in weekly parenting spots on South African television. Her key convictions are that there is hope for every individual and any relationship and that there is no place or circumstance so dark that God can't turn it around for good. The Brittz family resides in Pretoria, South Africa.

Keep up with Hettie Brittz by visiting www.hettiebrittz.com or following her on [Facebook \(HettieBritzAuthor\)](#) or [Twitter \(@hettiebrittz\)](#).

Suggested interview questions

- In your new book, you describe yourself as an (un)Natural mom. What is an (un)Natural mom, and doesn't every mom feel that way at some time or another?
- Having lived in different locations around the world, have you found expectations of a "natural" mother to be the same everywhere?
- What are some of the natural mothering myths you talk about in the book that are universal to moms all over the world?
- You categorize (un)Natural moms in four categories, comparing each to a tree. Why did you use a tree analogy?
- What are the four kinds of trees? Is it possible to be a hybrid of more than one tree?
- At the beginning of *(un)Natural Mom*, you encourage mothers to take the Tall Trees Parenting Profile you created. What will readers learn about themselves by taking the assessment?
- Society places certain expectations on women regarding what a good mother should do in raising her children. Have you found that the church has an even higher standard of those expectations?
- What are some of the stereotypes by which Christian mothers are judged, and how does that make it more difficult for her to embrace her God-given temperament?
- You write that you believe each (un)Natural Mom is exactly the right kind of natural for her child. Can you give an example of what you mean?
- You talk about unlearning ingrained habits through bypassing the obvious confrontations. Tell us more about what that means and why it can offer hope to a frazzled parent?
- Conflicts often arise among moms with differing parenting styles. How can knowing their mothering style help women with opposite temperaments get beyond the differences and be sources of encouragement for one another?
- What about the mom who is the perfectly pruned and punctual Boxwood Tree, but longs to be the playful and positive Palm Tree? Is it possible to embrace one's own temperament while learning from the strengths of the others?
- What is the call to (super)Natural Motherhood? How does it relieve the pressure of perfection?

- Explain what you mean when you wrote, "Every (un)Natural Mom needs to crack in order to become a (super)Natural Mom."
- There may be some mothers who, despite the understanding that God has given their children the exact mother they need, struggle with how to let go and trust God to work through them. What encouragement can you offer those moms?
- What is your hope for the readers of *(un)Natural Mom*?

Hettie Brittz is available for interviews to promote the release of *(un)Natural Mom* while she is in the United States July through October. To request a review copy, to schedule an interview or for more information, please contact Audra Jennings, audra@liffusegroup.com.