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PARENTS/ PARENTING/ NICU

## **The Tapestry that Reflects Your Emotional Journey**

Throughout your life, you are weaving a tapestry that reflects your emotional journey—where you've been, how you've changed, and what you've learned, lost, and acquired all along the way. The threads you are weaving are the threads of feelings, the threads of your identity, and the threads of your relationships.

In your tapestry, different parts of your life are represented by woven sections of varying textures, colors, and patterns. Some parts are smooth, others are coarse. Some parts hold vibrant colors, others hold muted tones. Some parts are crisp or solid, and in other parts there is a blending of colors or textures. Some blendings are messy or clashing, and others are more harmonious.

When your baby is born prematurely, the tapestry that you've been weaving abruptly changes. The threads become rough and unwieldy, and you're not sure what to do with them. They are still the threads of feelings, the threads of your identity, the threads of your relationships, but they have become more complex, more intense, more painful, and more challenging to work with. You feel unprepared. You cannot weave the pattern you'd planned. Your tapestry is not what you thought it would be. Instead you must improvise.

Tentatively, you begin to weave with those unfamiliar strands, and you learn how to work with them. At first your weaving seems messy and discordant. But as you become more adept and at ease, you begin to appreciate the surprising and creative aspects of your weaving. What you thought was messy, ugly, or clashing is actually quite exciting. You've adjusted in ways you

never dreamed of. When you step back, you can see how this weaving fits into the bigger tapestry you have been creating your whole life. In fact, your tapestry has become richer, more interesting, and more beautiful.

Along with an orientation, a map, and a compass, this book also offers you a weaving guide of sorts. It is a guide that informs, supports, and empowers you to improvise. It describes and affirms the changes in your tapestry and shows you how to value them. It encourages you to see this transformation as a reflection of your healing.

*[www.ParentingYourPrematureBaby.com](http://www.ParentingYourPrematureBaby.com)*

