

# News

FOR IMMEDIATE RELEASE

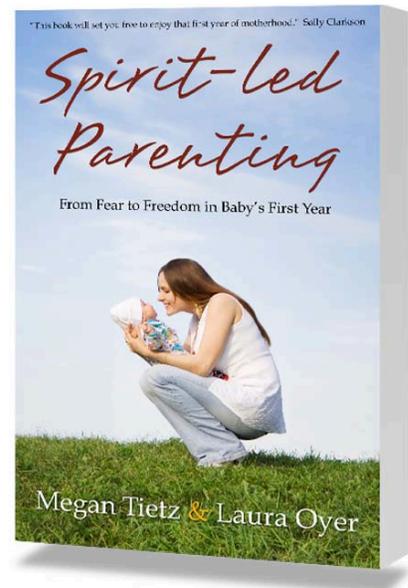
## TWO MOTHERS CRAFT A REDEMPTIVE APPROACH TO PARENTING A NEWBORN

**San Jose, CA, April 3, 2011** - Christian authors Megan Tietz and Laura Oyer have crafted a redemptive, freedom based approach to parenting a newborn, which they share in *Spirit-Led Parenting, From Fear To Freedom In Baby's First Year*.

After reading all the spiritual parenting manuals that offered specific ways of parenting a child, Tietz and Oyer found themselves failing miserably because their child just wouldn't fit inside the traditional box. Both needed and found the freedom to step outside of the traditional approach and following the leading of the Spirit.

This new approach, called Spirit-Led Parenting places an emphasis on stepping into faith with God in order to discover what works for each parent and child. It allows parents to find ways that work for their child in a powerful way.

Spirit-Led Parenting shares the long, and often troubling journey it took to get to freedom, one the authors call redemptive. Megan states, "Regret, disappointment, and frustration mark our earliest days of mothering. More than anything, we were terrified that we were failing – failing our children, our husbands, and our God. The more we resisted the movement of the Spirit within and chose instead to cling to the pages of the parenting books, the more miserable we became. God rescued us from our fear-induced misery and put our feet on the path to freedom. Our heart for new parents is that they may know the growth, peace, and joy that comes from parenting under the leadership of His Spirit."



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### **Title: *Spirit-Led Parenting, From Fear to Freedom in Baby's First Year***

Publisher: Civitas Press

ISBN: 978-0615619200

229 Pages

\$15.99 - Soft Cover

\$9.99 - Kindle

PUB DATE: April 2012

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Laura states, “Spirit-Led Parenting is, at its core, a redemption story. What began as two friends finding strength and solace in their similar parenting journeys became a God-driven passion to share with new parents and parents-to-be the real and unvarnished stories of where we began and how God turned it all around. We want to tell them what we wish someone had told us when we became mothers, and open the door to a perspective that has made all the difference in our lives as mothers and as followers of Christ. We wrote this book as an invitation to parents everywhere to let loose of fear and step into freedom.”

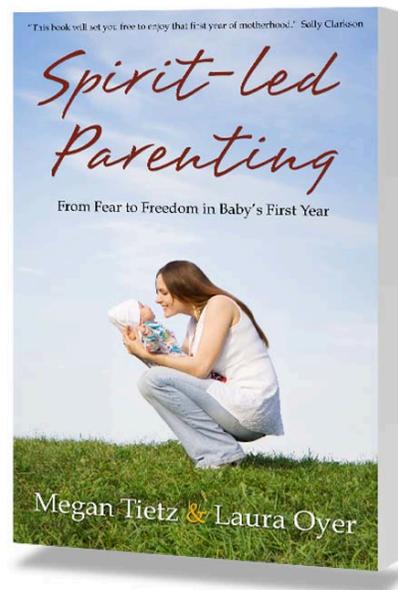
*Spirit-Led Parenting* is available online at Amazon.com, B&N.com and in bookstores.

### About the Authors

MEGAN TIETZ is the creator of [sortacrunchy.net](http://sortacrunchy.net), a blogging community devoted to discussion and dialogue at the crossroads of the Christian faith and the practice of natural family living. Over a decade ago, she married her college sweetheart and now they are raising two of the sweetest girls you’ve ever met. They make their home on the windy plains of western Oklahoma.

LAURA OYER met her husband, Mark, in preschool, married him sixteen years later, and now spends her days caring for their two children and pretending to keep the house clean. Mark and Laura serve in leadership at their church in northern Indiana, and she has served as part of her city’s Community Relations Commission. Laura blogs at [InTheBackyard.net](http://InTheBackyard.net).

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# Endorsements

## SPIRIT-LED PARENTING, FROM FEAR TO FREEDOM IN BABY'S FIRST YEAR

“Buy this for the new moms in your life, so that on the longest, most sleepless, most desperate nights of baby life, they’ll feel like they have two helpful, wise friends in Megan and Laura. What better gift than that?”

**Shauna Niequist, author of *Cold Tangerines & Bittersweet***

“Becoming a mom or dad is scary. One way to address those fears is by consuming parenting books full of rules, tips, and techniques. But the truth is, your child isn’t reading those books and doesn’t care what those authorities say. A better, saner idea is to parent with the grace, sensitivity, and individuality each kid needs. That’s the powerful message of *Spirit-Led Parenting*, and it’s one every mom or dad needs to hear.”

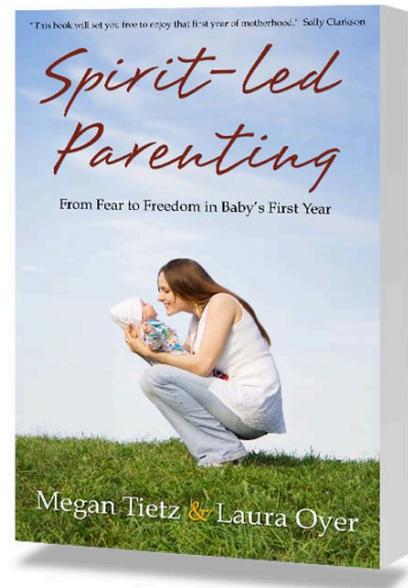
**Jason Boyett, author of *O Me of Little Faith: True Confessions of a Spiritual Weakling***

“*Spirit-Led Parenting* should be on every expectant mother’s nightstand, regardless of how many children she already has. It is a treasure of wisdom that is sure to make the first year of a child’s life much more enjoyable for mom, dad, and baby.”

**Alison Strobel/Ali Morrow, author of novels for women and storybooks for children**

“Ever had that nagging fear that you’re gonna screw your kids up for life? Thank Jesus for Megan and Laura and their sweet, comforting, Scripture-inspired words of freedom. *Spirit-Led Parenting* is like a great big ol’ sigh of peace for your soul.”

**Marla Taviano, author of *From Blushing Bride to Wedded Wife, Changing Your World One Diaper at a Time, and Expecting: Praying for Your Child’s Development – Body and Soul***



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# Endorsements

## SPIRIT-LED PARENTING, FROM FEAR TO FREEDOM IN BABY'S FIRST YEAR

“As a recovering perfectionist who held herself to unattainable standards with her firstborn, I can shout from the rooftops with affirmation that Megan and Laura have given moms a GIFT. The words in this book are seasoned with friendship, grace, and freedom; reading it was like drinking coffee with girlfriends who get me.”

**Tsh Oxenreider, founder of SimpleMom.net and author of *Organized Simplicity* and *One Bite at a Time***

“*Spirit-Led Parenting* speaks to the new moms of a new generation who in all other areas are open to thinking outside the box and pushing the boundaries of life, but might have gotten tripped up by claims that there is only one right way to parent.”

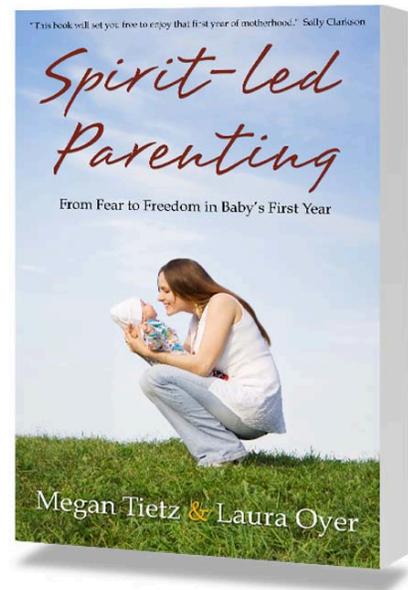
**Crystal Lutton, author of *Biblical Parenting***

“*Spirit-Led Parenting: From Fear to Freedom in Baby's First Year* is a beautiful, honest book rooted in the idea that living well with children calls for faith above facts or rules.”

**Kate Wicker, Author of *Weightless: Making Peace With Your Body***

“I was completely drawn in by Megan and Laura's words in *Spirit-Led Parenting*. I cried my way through the first chapter, recalling the regret and guilt I experienced through my first days and weeks as a mama. I wish I would have had this book to lean on then. Thrilled to know that new moms will have this guide enabling them to enter motherhood along a path of freedom instead of fear and frustration. “

Jamie Martin, founder of SteadyMom.com and author of *Steady Days* and *Mindset for Moms*



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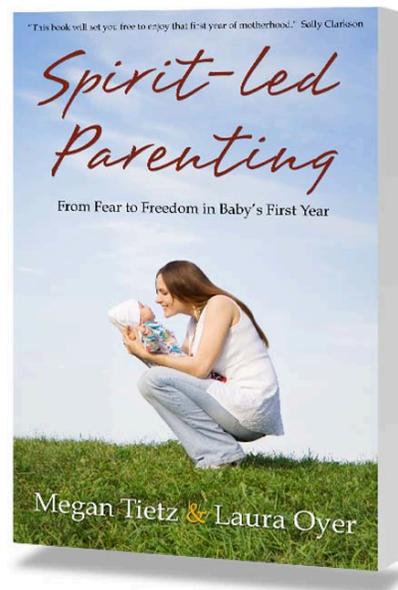
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# Possible Interview Questions

FOR LAURA OYER AND MEGAN TIETZ, AUTHORS

1. How did the idea for this book come about? How did the two of you meet, and what was the process that led you to share your message in this way?
2. With so many books available on baby care and child-rearing, what do you feel makes Spirit-Led Parenting stand apart from the other guides on the parenting shelf?
3. Your personal stories are a central element of Spirit-Led Parenting, and you share openly about your struggles in the early months of parenting. Was it difficult to be this vulnerable about what was such an emotional time in your life?
4. The subtitle of your book is, “From Fear to Freedom in Baby’s First Year”. Talk a little bit about the fears you have found to be prevalent among new parents, and the ones you experienced yourself as you entered motherhood.
5. Why do you think parenting manuals which outline specific recommended methods for baby-care are so popular among new parents? What – from your perspective– is the problem with seeking guidance from those sources?
6. In Chapter Three, you invite parents to embrace a way of parenting that embraces freedom over fear. Explain what you mean by this, and talk about how a new mother can find this freedom as she cares for her baby?
7. Another mindset you encourage mothers to take is to view the first year of parenting with a goal not so much of training their babies, but of allowing God to shape and transform their own lives, causing them to become more deeply surrendered to Him. What



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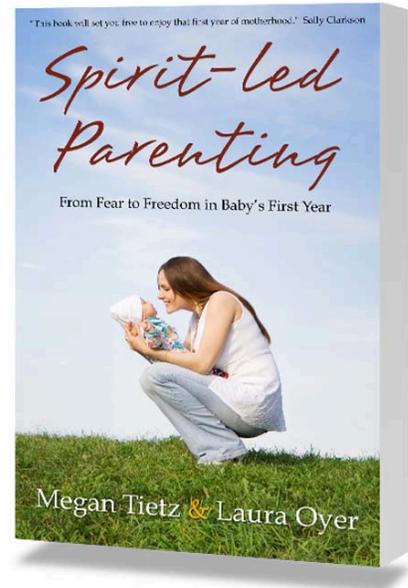
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# Possible Interview Questions

FOR LAURA OYER AND MEGAN TIETZ, AUTHORS

are some ways that caring for an infant can bring about spiritual growth in the lives of the parents, and how has this happened in your own life?

8. The second section of your book covers more specific topics related to infant parenting. How did you choose which subjects to cover?
9. You include many brief stories from mothers besides yourselves throughout *Spirit-Led Parenting*. Why was it important to you to include these?
10. Redemption is a theme woven throughout the pages of *Spirit-Led Parenting*. Why is this such a central part of your message, and how did God bring redemption to your life in your parenting journey?
11. What is your main message to new mothers and mothers-to-be? What do you most want to convey?



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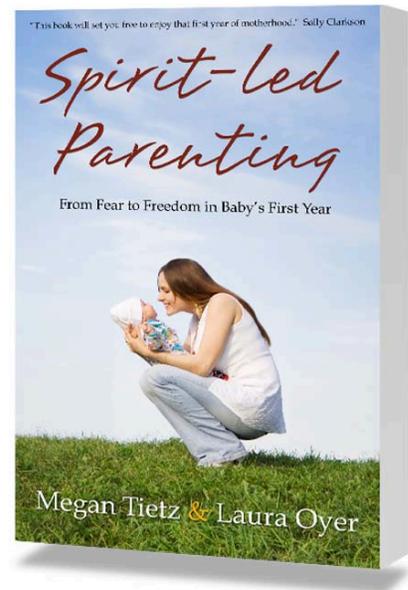
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# Talking Points

WITH LAURA OYER AND MEGAN TIETZ, AUTHORS

1. *Spirit-Led Parenting* is not a prescribed set of practices that govern the care of a new baby, nor is it a series of mandates loosely based on Scripture. Instead, it is a mind-set, a way of living, and an attitude of the soul that seeks the heart of God rather than the wisdom of man.
2. In the Christian parenting culture, there is a high premium placed on raising children in a way that is pleasing to God. In addition to the typical stress parents often encounter in making parenting decisions, Christian parents often face the added burden of striving to make the parenting choice that is deemed the godliest.
3. When the prescribed practices and formulas offered by parenting materials popular in our culture don't work for individual babies or families, a sense of fear creeps in causing parents to question whether they should follow the path of the mainstream or choose to leave that path and follow, instead, the way that works best for them. Making choices that are different from the approach taken by friends and family can be alienating, but ultimately there is great reward in finding the freedom to parent according to the direction of the Spirit.
4. Jesus could have chosen any form to make his presence known during his earthly ministry, yet he chose the form of a servant. In choosing to follow after Christ, we also choose to surrender our lives to serving others in love, that we might be the hands and feet of Christ to those around us. In caring for a baby during the first year of life, opportunities abound to model a heart of servanthood towards these tiny ones so dependent on us. And it is in the midst of Christ-inspired servanthood that we find that we are the ones who grow the most as God shapes, molds, and fills us daily to



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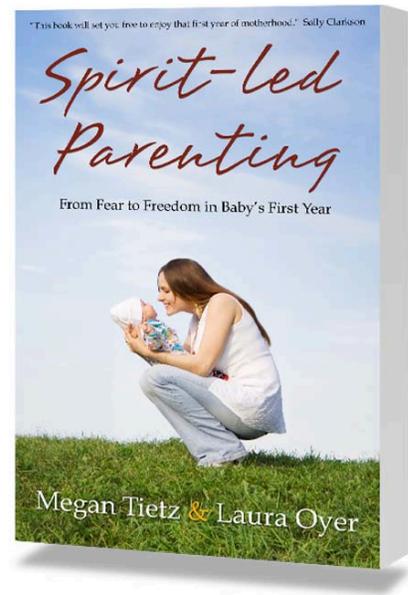
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# Talking Points

WITH LAURA OYER AND MEGAN TIETZ, AUTHORS

become more like him.

5. It is in the trenches of day-to-day parenting that our philosophy must meet reality. There are seven areas most often discussed amongst parents navigating the first year of parenthood, and through stories from our own lives and the lives of others, we share some ideas on what *Spirit-Led Parenting* may look like in approaches to feeding, infant sleep, co-sleeping, scheduling, connection, marriage, and sex. No formulas are offered nor are mandates set forth, instead, there is ample encouragement to pursue the path illuminated by the Spirit as the right one for your family.



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# Possible Story Ideas

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## **Freedom from Fear**

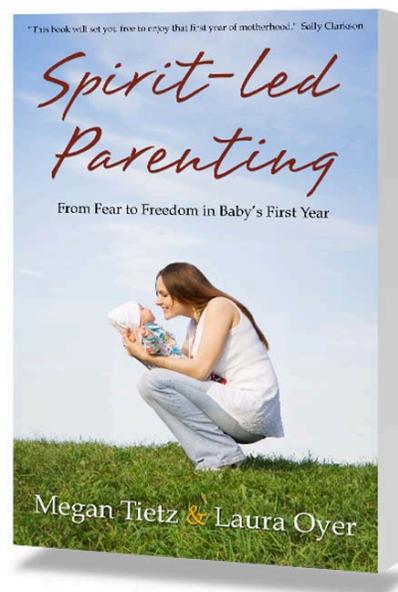
The prolific number of books available to parents to help guide them through infancy indicate that many crave a set of specific instructions on how to parent this new human being. Through stories from their lives and the lives of others, authors Laura Oyer and Megan Tietz show how many well-meaning parenting manuals actually draw upon and exacerbate the fears of new parents. The only cure for the fear that darkened the earliest weeks of parenting for Megan and Laura was the freedom they found in discovering the Spirit would lead them in the way they should go.

## **Parenting as Spiritual Growth**

Many parenting books focus on molding, shaping, and training baby in that first year, when the truth is, that first year of parenting is more about the spiritual growth of the parents. Authors Laura Oyer and Megan Tietz share how God redeemed the frustrated, confused, and lonely days of new parenthood by cultivating in them a season of growth in Him they never dreamed possible.

## **The Third Way in Parenting**

The foundation for the Mommy Wars is a culture that insists that parents choose to identify with one specific methodology or the other. Authors Megan Tietz and Laura Oyer offer a Third Way: one that encourages parents toward God's plan for their own unique families and extends grace to other parents whose decisions are different from your own. Spirit-Led Parenting empowers parents to resist the divisiveness of our culture while embracing the peace that comes from growing to be more like Christ.



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Laura Oyer met her husband, Mark, in preschool, married him sixteen years later, and now spends her days caring for their two children and pretending to keep the house clean. Mark and Laura serve in leadership at their

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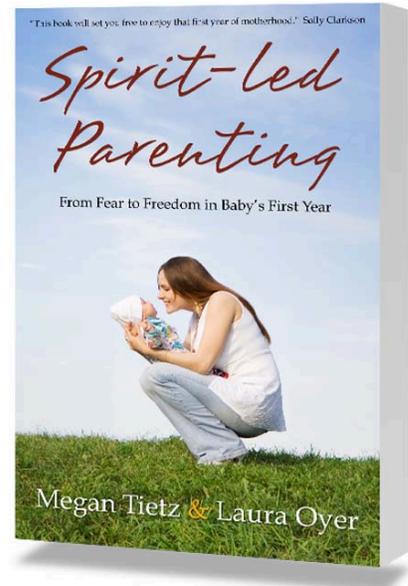
# About Megan Tietz

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Over a decade ago, she married her college sweetheart and now they are raising two of the sweetest girls you've ever met. They make their home on the windy plains of western Oklahoma.



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