

Quarterly Essay 65: The White Queen: Motherhood, Medicine, and the Perils of Perfection



In *Quarterly Essay 65: The White Queen*, author Emily Maguire explores the complex and often contradictory experiences of motherhood in the 21st century. Drawing on her own experiences as a mother, as well as research and interviews with other mothers, Maguire argues that the pursuit of perfection in motherhood can be both harmful and unattainable. She challenges the traditional view of motherhood as a selfless and all-

consuming role, and instead presents a more nuanced and realistic perspective.

The Pressure of Perfection

Maguire begins by examining the societal pressure on mothers to be perfect. She argues that this pressure comes from a variety of sources, including social media, parenting magazines, and even well-meaning family and friends. This pressure can lead mothers to feel inadequate and guilty if they do not meet the unrealistic expectations that are set for them.



Quarterly Essay 65 The White Queen: One Nation and the Politics of Race by David Marr

★★★★☆ 4 out of 5

Language : English
File size : 4581 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 153 pages



Maguire also discusses the role of the "white queen" in the construction of the perfect mother. The white queen is a mythical figure who is always calm, composed, and in control. She is the perfect mother who is able to meet all of her children's needs without ever losing her patience or her sense of self. Maguire argues that this image of the white queen is not only unrealistic, but also harmful. It can lead mothers to feel like they are not good enough if they do not measure up to this impossible standard.

The Perils of Perfection

Maguire goes on to explore the perils of perfectionism in motherhood. She argues that the pursuit of perfection can lead to a variety of problems, including:

** Anxiety and depression* Eating disorders* Relationship problems*
Burnout*

Maguire also discusses the impact of perfectionism on children. She argues that children who are raised by perfectionist parents may be more likely to develop anxiety and depression themselves. They may also be more likely to have difficulty developing their own sense of self-worth.

A More Realistic Approach to Motherhood

Maguire concludes by arguing for a more realistic approach to motherhood. She suggests that mothers need to give themselves permission to be imperfect. They need to accept that they will make mistakes, and that they will not always be able to meet all of their children's needs.

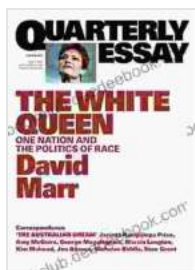
Maguire also emphasizes the importance of self-care for mothers. She argues that mothers need to take time for themselves and their own needs. This may mean taking a break from parenting, or finding activities that make them feel happy and fulfilled.

Quarterly Essay 65: The White Queen is a powerful and thought-provoking exploration of the challenges and rewards of motherhood. Maguire challenges the traditional view of motherhood as a selfless and all-consuming role, and instead presents a more nuanced and realistic perspective. She argues that the pursuit of perfection in motherhood is both

harmful and unattainable, and she calls for a more realistic approach to this important role.

Additional Resources

* [The White Queen: Motherhood, Medicine, and the Perils of Perfection] (<https://www.quarterlyessay.com.au/essay/2023/03/the-white-queen>) * [Emily Maguire](<https://emilymaguire.com.au/>) * [The Pressure to Be a Perfect Mother](<https://www.psychologytoday.com/us/blog/the-athletes-way/201905/the-pressure-be-perfect-mother>) * [The Perils of Perfectionism in Motherhood](https://www.huffpost.com/entry/perils-of-perfectionism-in-motherhood_b_9844728) * [A More Realistic Approach to Motherhood] (<https://www.scarymommy.com/realistic-approach-to-motherhood/>)

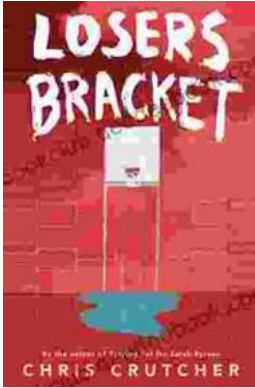


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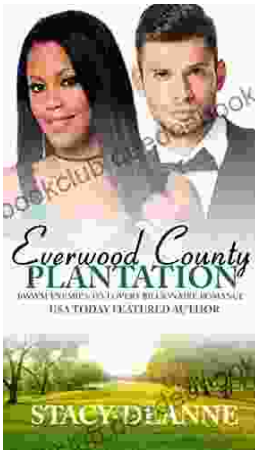
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