

# 4 Reasons to Ditch the Mom Guilt

At some point during parenthood, many mothers are seized by mom guilt-- the feeling of anxiety, nervousness or guilt that you are not doing enough as a parent or are somehow failing your children. You might feel anxious that you gave your kids takeout for dinner for the second time this week, or maybe you see online that by your child's age, they should be bilingual. Or perhaps you feel like because you go to work, you don't spend enough time with your kids, which makes you think you are a bad mother.

Whatever the thought or worry, mom guilt can be brought on by many different factors, whether it is social media, other parents, or even your own parents. Sometimes, a moment with your child that you felt you didn't handle correctly will sound the bells. No matter where the guilt is coming from, it can be difficult to switch out of this thinking. However, there are a few things that may help you to hear.

## You are the perfect parent for your child.

First and foremost, the idea that there is such a thing as a "perfect mom" is completely not true.

Perfection in parenthood is unattainable. Sometimes, we don't have the time or capacity to make balanced dinners. Sometimes, we lose our patience and yell at our kids when they ask, "are we there yet?" for the 10th time in the last hour of the car ride.



Sometimes, we feel angry that it is the middle of the night and the baby is crying for the fifth time. Or sometimes, we just have no idea if we're making the right decision.

As parents, we make mistakes and get a little emotional from time to time - know that you aren't a failure or a "bad mom" because of it. And also know that just because another mom may seem like she is doing so much more than you, that doesn't mean you are not doing enough. Each family situation is different. The important things are learning from your mistakes, apologizing when you let your emotions get the best of you, and remember that you are the perfect parent for your child.

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## Making time for yourself is important.

Despite what you might hear, it is okay to sometimes feel overwhelmed or touched out or in need of time away from your kids. Raising kids is exhausting -- physically, mentally, and emotionally. Giving yourself some time to prioritize you is not selfish; it is important. To be the best parent for your child, you need to take care of yourself, too. Allowing yourself to rejuvenate might even help with some of the things that triggered your mom guilt -- you might feel like you have more patience or you may have more energy to spend time in the moment with your child.

## Your reason for going to work is the right one for your family

Many mothers are hit with mom guilt because of work. Maybe you took some time off when your kids were very young, but now you want to get back into the workforce. Or maybe, you have never taken time off work and began the journey of motherhood while working -- as many mom's have to, or choose to do. But whatever your scenario, know that your reason for going to work is valid. Wanting to work does not mean that you are a bad mother who does not prioritize your children. It is possible for you to provide for your family and/or continue with your career goals as well as helping your kids to reach theirs. If you are feeling like you don't have enough time with your kids, prioritize the quality of the time that you do have. Carve out time to be with your kids undistracted -- no phones or tablets -- and let them choose what to do with you for even just 20 minutes.

## It takes a village

Asking for help doesn't mean you've failed as a mother. Just like your kids need support and encouragement, moms need support and encouragement, too. Reach out to your friends, other parents, or family members -- it truly takes a village to raise a child -- and support parents -- so that we can all be the best versions of ourselves and can continue to be the best parents for our children.

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Originally posted on the Now What? Blog on 2.18.21 The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

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