



5 Ways to Tackle Mom Guilt

What is "mom guilt"?

Pervasive feelings of shame, doubt, anxiousness and uncertainty experienced by mothers when they worry they are falling short of expectations in some way

Let go of "should" statements

Focus on what you want, need and CHOOSE to do so you are acting more intentionally in ways that align with your values and goals

Create your own "measuring stick"

There are more than a few ways to be a good mom so try not to compare your style to others. Focus on what you can control and your own relationship with your children

Make mistakes!

Children learn to deal with failure by modeling what they see their parents do in similar situations! Use the mistake as a growing experience and share it with your kids

"Mom" is not your only role

Don't forget that you had hopes and dreams before baby and there is no reason to throw them away now that baby is here! Being a mom is part of who you are, but it is not your whole being.



Communicate & ask for help

Don't assume your needs are obvious! Be specific about your needs to your partner, friends, family, employer, etc. If things get too overwhelming, it is OK to ask for help and take a break.

REMINDER!

Plan time for self-care into your schedule! Taking care of yourself makes you a better caregiver and will increase your productivity throughout the day.

