

A close-up photograph of a woman with long, dark, wavy hair hugging a young child. The woman is leaning her head against the child's head, and both appear to be looking down. The child is wearing a plaid shirt. The background is a soft, out-of-focus natural setting with warm, golden light, suggesting an outdoor environment like a park or field. The overall mood is intimate and emotional.

MOM GUILT

What It Is, Why It Exists,
and How to Manage It

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Copyright ©

Table of Contents

Introduction	4
What is Mom Guilt?	6
Things Moms Feel Guilty About	7
Why Do Moms Feel Guilt?	25
High Expectations of Moms	25
Moms Can't See the Future	27
Moms Don't Know Everything	28
Parenting Advice is Conflicting	30
A Closer Look at Some of the Top Sources of Guilt	35
What's Better: Stay-at-Home Mom or Working Mom?	35
The Benefits of Being a Working Mom	37
The Benefits of Being a Stay-at-Home Mom	39
Choosing What's Best for Your Family	41
Anger	44
Why Moms Get Angry	47
How to Nip Anger in the Bud	50
Put a Death to Comparisons	57
Take it Easy on Yourself, Momma	61
Resources	63

Introduction

Mom guilt. You've heard of it. You've experienced it. It can totally wreck your day.

One mistake, a moment of being short-tempered, a day of screens, a stop at McDonald's, the choice to use formula, going to work, an unexpected trip to the ER. All of these experiences can send a mom reeling into mom guilt.

What if I'm doing things wrong? What if my kids don't turn out right? What if they grow up to resent me? What if they're not healthy? What if they're not meeting their potential? What if they're not happy?

Moms carry an enormous burden in life.

They value their children above almost everything, but they also make mistakes,

get tired, cry, get angry, buy fast food, get overwhelmed, need a break, and have interests and passions outside of parenting.

In other words, moms are human beings – just like their kids, and just like everyone else in the world.

Have you been suffering from a heavy dose of mom guilt? Is it keeping you from being the best mom you can be? Are you tired of feeling ashamed and guilty all the time? This eBook can help you work through what mom guilt is and how to manage it in a healthy way.



What is Mom Guilt?

Mom guilt. You've heard of it and probably felt it, but what exactly is it?

Mom guilt is a pervasive feeling that you're failing in some way. You may have anxieties about how your kids are developing or who they will be when they grow up, and you may feel like any problems that arise are entirely your fault. You may worry that they will resent you as adults or need therapy to overcome their childhood.

Another symptom of mom guilt is feeling like you can't make the right decisions for your kids. When you do make a decision, **you second-guess yourself, wondering if you're doing the right thing.**

You may dwell on past mistakes, becoming ashamed or defeated when you remember things you felt that you did wrong.

Mom guilt can be mild or severe, and those with severe mom guilt may struggle to have confidence both personally and as a mother.

Things Moms Feel Guilty About

Mom guilt can stem from many sources, but some common reasons moms feel guilty are:

1. **Feeding kids “junk” food.** Moms know that it’s their job to feed their kids healthy meals, but pre-packaged foods, fast food, and junk food are easier to grab when life gets busy or things get overwhelming.

- Many moms feel guilty when they compare themselves to other moms who never take their kids out for fast food or who only feed their children organic, home-cooked meals.
2. **Too much screen time.** Screen time is another thing that can send moms into the throes of guilt. Parents are told to limit screen time, but screens are all around and can almost be



inescapable. **Plus, a tv show, tablet, or video game can give moms some time to relax or get work or house chores done.**

3. **Not enough activities.** Many parents feel guilty because they don't feel they have their kids in enough extracurricular activities. They worry that they're not exposing their children to enough and that their kids will be behind their peers.
4. **Not enough time to spend with their kids.** Busy or working moms may feel that they're not spending enough time with their kids.
5. **Not playing with the kids enough.** Some parents are good at joining in playtime with their kids and others simply do not enjoy it. Those who don't may feel guilty that they don't like

spending time playing with toys or joining in imaginary fun.

6. **Anger or Impatience.** Many moms feel guilty when they raise their voices or become angry with their children.



7. **Saying the wrong thing.** Moms often wonder if they've said or done the right thing when it comes to parenting. It can be especially tricky when they're trying to discipline or explain to their child that they've done something wrong.

8. **Sending them to the right kind of school.** Many parents wonder if they're sending their kids to the right school. Should they move to a new school district so their kids can attend a better public school? Would it be better if they sent their kids to private school? Should they try homeschooling?

9. **Not protecting them from everything.** Parents often feel guilty when a child gets sick or hurt, wondering if there was something that they could have

done to prevent it.

10. **Being too much like their parents.** If someone feels like their parents did a poor job raising them, they may feel guilty when they parent like their parents.



11. **Not being as good a parent as their parents.** Moms who had great parents may feel like they can't live up to their parent's legacy. **They may feel like they're always living in the shadow of the childhood they had.**

12. **Comparing themselves to others.** Moms regularly feel guilty when they compare themselves to other parents. For example:

- Other moms always look put together in the pickup line.
- Other moms feed their kids home-cooked meals every night.
- Other moms effortlessly run their kids to activities every night of the week.
- Other moms never lose their tempers.

- Other moms are always calm.
- Other moms limit screen time or don't allow screen time at all.

13. **Not having enough money.** Moms can feel sad or guilty when they feel they can't provide their children with things that other kids are able to have. Kids may come home and say, "John gets to go to Disneyland," or, "Mary is getting a new game system for Christmas," or, "Kim eats steak for dinner at their house."

- These financial comparisons can be hard on moms when they feel like they're not able to provide the same level of comfort -- especially if they live in an area where it seems like other kids are getting more than their kids.

14. **Not breastfeeding.** New moms or moms with newborns are often told of the many benefits of breastfeeding. A mom who can't or who chooses not to breastfeed may feel guilt when she gives her child formula. They may also feel the tug of guilt when they see posts on social media of friends who have chosen to breastfeed.



15. **Needing help.** Some moms hate to ask for help, and they can feel guilty when they're not able to do everything on their own. Asking for help may feel like a weakness, and they may look at other people who they feel don't need help and feel lesser.

16. **Meltdowns at the store or in public places.** Kids can throw a tantrum anywhere, and moms can often feel guilty and ashamed when it happens in public.
 - **This can be compounded when someone makes an off-handed comment or says something negative about their parenting.**

17. **Going to work.** Although many moms work outside the home, it is still a major source of guilt for many

working moms. They often feel like they can't divide their time appropriately between work and home life, and **this struggle can make them feel discouraged or guilty.**

18. **Not contributing to the family income.** Moms who choose to stay home can also feel guilty because they're not financially contributing to the family. They may feel like they're not doing enough when money is tight or when the dad is working a lot of hours to provide for the family.
19. **Going on vacation without kids.** Some moms may feel like they need a vacation without kids, but the idea of it can make them feel guilty and neglectful of their children.
20. **Self-care.** Along the same lines, many moms feel guilty when they try to take

care of their needs or care for themselves. Children need a lot of love and attention, and taking time away to take care of oneself may cause feelings of guilt.

21. **Having a home that is messy.** Many moms struggle with guilt of having a home that isn't as clean as they would like. If they take time to clean the house, they feel like they're neglecting their children. If they take time to spend with their children, they feel like they're neglecting their house duties.



22. **Not losing weight after having a baby.** Many women have an expectation that they need to look and weigh the same that they did before having children. **Not being able to fit into pre-pregnancy clothes can be a source of shame and embarrassment.**
23. **Being emotional in front of children.** Sometimes moms may feel like they shouldn't be emotional in front of their children, and if their kids do witness it, they feel guilty.
24. **Having personal interests.** Many moms have personal interests outside of parenting, but they may feel guilty pursuing them. Raising children takes so much time and energy, it can feel like there's simply no time for outside hobbies, and some moms may feel

selfish trying to have them.

25. **Not knowing how to parent a child with special needs.** Parents of kids with special needs have a unique challenge of learning to raise a kid who may have to be parented differently. Not knowing the best way to parent a child with special needs can lead to feelings of guilt and fear.

26. **Needing alone time.** Some parents need some time alone, and these parents may feel guilty when they don't want to spend all of their time with the kids or when they become irritable when they don't get time to themselves.

27. **Taking time to exercise.** Exercise is good for the body, and many moms feel better when they take the time to exercise. **That doesn't stop the feeling**

of mom guilt from seeping in when moms take this time away from their kids to look after their own needs.

28. **Needing a nap.** Parenting is exhausting, especially for those who have newborns or toddlers to take care of. Moms who choose to nap when their kids nap may feel guilty for not getting other things accomplished, even if their bodies need the rest.



29. **Looking at a phone or computer.** Parents worry about how much screen time their kids are getting, but they can also feel guilty when they spend time looking at a computer screen, tablet, or cell phone instead of spending time with their kids.
30. **Complaining about parenting or venting to a friend.** Moms will often share their parenting hardships with friends, but after complaining they may feel guilty.
31. **Hiring someone to help out.** Those who don't like asking for help may also feel guilty for hiring someone to help around the house. They may feel like they should be able to do everything themselves, so **hiring someone to help keep the house clean or look after kids may make them feel inadequate.**

32. **Not putting on makeup or getting dressed up.** Sometimes moms feel bad when they don't get dressed up or put on makeup. They're most often found in a pair of leggings and a mom bun, and this can make them feel like they can't compare to the moms who look great all the time.



33. **Wanting to put on makeup or get dressed up.** On the other hand, moms who enjoy dressing up or looking nice every day can feel bad when other people make comments like, “Who are you dressing up for?” or, “Do you think you’re better than everyone else?”
34. **Making mistakes.** One of the most common sources of mom guilt is making mistakes. Forgetting to change a diaper, misunderstanding a situation and punishing a child wrongly, accidentally missing a sports game or performance, forgetting to send lunch into school, picking up a kid late from school. These mistakes can make a mom feel lousy and send her straight into mom guilt.

Why Do Moms Feel Guilt?

Wow! That was a long list of reasons why moms feel guilty! But why is it that moms harbor guilt? **Why is it normal for moms to feel like they're not measuring up** or that they're daily failing their kids?

Why is mom guilt even a thing? Here are some ideas for why moms are prone to holding on to guilty feelings, even when they're trying their best.

High Expectations of Moms

There are very high expectations for moms, and for good reason. Parents are responsible for feeding, clothing, nurturing, educating, cleaning, loving,

disciplining, and playing with their children. That's quite a load! You're charged with such an incredible task – raising a child!

On the other hand, parents, and probably moms the most, are also often saddled with unrealistic expectations.

Moms aren't capable of being perfect, no matter how much they wish they could be. Moms make mistakes, have hard days, and say the wrong thing sometimes. Moms lose their patience, cry, and get angry sometimes.

Whether it's family, society, or yourself placing that burden on you, **it's important to know that no mom is ever going to do everything right.** And those moms you're comparing yourself to are not perfect, either. They also make mistakes, burn

dinner, lose their temper, and wonder if they're doing things right, just like you.

Moms Can't See the Future

One reason why moms are burdened with guilt is that they won't know if they're succeeding right away. They don't have the privilege of knowing if their parenting strategy is working until later in life.

Since moms aren't fortune tellers, they can feel guilty about the decisions they make because they don't know the future outcome. Did they handle a disagreement among their children correctly? Did they send them to the right school? Did they give them the right diet? Did they teach them the right things?

It takes time for moms to see the fruits of their hard work, and they may not know right away that they need to course-correct.

Moms Don't Know Everything

Even if they've read the parenting books, asked for advice, and spent all their teenage years babysitting, moms still don't have all the answers.

- What happens when they have a colicky baby that won't settle for hours at a time?
- What about a toddler that melts down twenty times a day?
- What's the right answer for a child who is defiant, or one who is anxious

and gets a bellyache before school every day?

- How about a mom who figures out her first child, only to have a second child who acts and behaves totally differently?

In order for moms to become seasoned, wise, experienced parents, they first have to go through it. And no amount of telling a mom can prepare her for what it's really like to be a parent. **No one else in the whole world will have the same exact children in the same exact life situation, and so a mom has to grow right in the thick of it.**

As she matures as a mother, she will look back at choices she made as a younger mom. She may regret some of her decisions or the way she behaved in certain circumstances. And so, a mom

may have guilt over past mistakes and fear about the future ones.

Parenting Advice is Conflicting

Moms are inundated with advice, but knowing how to choose the right one is a different matter. Moms get parenting advice from friends, relatives, parents, social media, books, television, pediatricians, other parents, and religious leaders.



And here's what that conflicting advice might look like:

- “Children need discipline.”
“Never discipline your children.”
- “Don't let kids have screen time.”
“Screen time can be good for kids.”
- “Kids need parents who are hands-on and highly involved.”
“Kids need parents who let them be independent and figure things out on their own.”
- “Kids do best in public school.”
“Kids do best in private school.”
“Kids do best in homeschool.”
- “Don't pick your baby up every time they cry because they won't learn to self-soothe.”
“Pick up a child every time they cry

because it makes them feel safe and secure.”

- “Praise your child often so they can become secure and confident.”
“Don’t over-praise your child because it will teach them not to be motivated.”
- “Children should never be medicated for behavioral problems -- there are better, natural options.”
“Some kids do better with medications and it vastly improves their quality of life.”
- “Potty train your children by the time they’re 18 months old.”
“Let your child tell you when they’re ready to potty train. If they’re three, four, or five years old, that’s okay.”

- “You should sleep train your infant.”
“Let your infant decide their own schedule.”
- “Baby-wearing is wonderful for babies and should be used as often as possible.”
“Keeping your baby close to you at all times will make them overly attached.”
- “Don’t push your teenager towards independence they’re not ready for.”
“Teenagers need to learn independence because they’re almost adults.”

As stated earlier, moms don’t have the benefit of knowing which parenting style or advice will be best in the long run. Moms may also find themselves following advice that simply doesn’t fit them or their children.

All the conflicting advice can make a mom feel discouraged or anxious and they can often feel guilty choosing one method over another.



A Closer Look at Some of the Top Sources of Guilt

There are a *lot* of reasons why a mom might carry guilt, but we chose a few to carefully go over. Moms have enough to do in life without obsessing over guilty feelings, so here we'll talk about three big ones that make moms feel guilty: working or staying home, mom anger, and parent comparisons.

What's Better: Stay-at-Home Mom or Working Mom?

One of the top reasons that moms feel guilt is the decision whether to work, be a

full-time stay-at-home mom, or try to do a hybrid by being a work-at-home mom.

Just like the conflicting advice that parents get about parenting, moms get conflicting expectations from society. Some people say it's better for moms to work while others say it's better for moms to be stay-at-home moms.

Should moms be strong corporate workers, or should they give up the corporate world and take care of their children at home? Are moms who work worse moms than those who don't? Are moms who don't work freeloaders who don't contribute to the family?

Are moms setting a better example by staying in the workforce, or are they setting a better example by being home?

According to studies and research, every option has its benefits.

The Benefits of Being a Working Mom

Moms who work are positive role models to their kids, showing them that women can have a professional career and contribute to society in different ways other than mothering.

According to the *New York Times*, “In a new study of 50,000 adults in 25 countries, daughters of working mothers completed more years of education, were more likely to be employed and in supervisory roles and earned higher incomes.”

The article also stated that men who had been raised by working moms were more

likely to contribute to household chores and help care for their children.

Some studies show that working moms are less prone to depression and that children who have a working mom are just as well behaved, if not more well behaved than kids with stay-at-home moms.

Although working moms spend less overall time with their kids, they sometimes spend more quality time with their kids, time when they're fully engaged with them.

Of course, there's the obvious benefit of working moms bringing home more financial stability to the home and lessening the stress of finances. Plus, many working moms find a great deal of personal fulfillment from their careers and

feel that the work they do is important and worthwhile.

That sense of accomplishment can help build the confidence and self-worth of a mom.

The Benefits of Being a Stay-at-Home Mom

On the other hand, there are also many benefits to being a stay-at-home mom. For one thing, parents who stay home avoid the high costs of childcare. So, while they're not adding to the collective budget, they're also helping to keep money in the bank.

Stay-at-home moms who take care of domestic duties like childcare, grocery shopping, house cleaning, and cooking

meals keep families from having to pay for outside services.

According to *Salary.com*, the work that stay-at-home moms do is worth around \$162,581 a year, a number that's well above the average income in the United States.



A 2014 study kept track of 68,000 children and found that children with one stay-at-home parent on average perform better in school than those with two working parents. A different study shows that children who stay at home in their early childhood show lower levels of stress than those who go to daycare.

Choosing What's Best for Your Family

We could go on and on about the pros and cons of being a working mom or a stay-at-home mom. The so-called “mommy wars” have been going on for some time with moms feeling like they need to take a side -- firmly state which one is better for their kids.

The question isn't really which is better for everyone else, but what's better for

your family. What works for another may not work for you or your family.

You may be a woman who has worked hard at a career for many years who now believes it's best to become a full-time mom instead. You may be a stay-at-home mom who feels it's time for you to enter the workforce after a long hiatus. Either way, it's a personal decision that's yours to make.

People will try to sway you to their perspective, but it doesn't really matter what other people think. Studies are conducted that say one or the other has benefits. You can cherry-pick the data to make one seem better than the other, but both have their positives and negatives.

Choose what you think is best at the time. You can always change your mind later or adjust if something isn't working. If

you feel like you're working too much, you might be able to go part-time or perhaps you can have some days where you work from home.

If you feel your family income is too low, or if you feel more fulfilled and happier when you're in the workforce, you can start by working part-time and work your way into a full-time position.

It's your life, and you get to write your story. **When you've chosen what you think is right, drop the mommy guilt and feel confident in your decision.** Your kids will be best served by a Mom who isn't strapped by the burden of guilt, whether she's a stay at home, a work at home mom, or a work outside of the home mom.

Anger

The kids left their shoes in front of the door -- again. Everyone ate dinner and left you a mess. The baby didn't sleep at all last night, and you haven't had a good night's sleep in months. One of your children has a cough that has you concerned, and two of the kids have been fighting nonstop for days.

Just when you feel like you might be at your breaking point, you discover the check engine light in your vehicle. As you go to get the baby out of her car seat, she throws up all over herself. The two kids who have been fighting have now hit max volume.

You can't take it anymore, and you find yourself yelling at all your kids. The baby starts crying and the other children look

scared or confused. This is a level of anger you don't understand and doesn't even feel natural to you.

You're not an angry person, but recently you feel on the edge of anger.

Once you've calmed down, you're rushed with a sense of guilt. This guilt doesn't leave when you're done cleaning up the baby or when the kids start playing again.

It haunts you, maybe for days or even months.

Every mother experiences anger from time to time. Every mom will lose her cool and say or do something out of anger that she may regret later

Although moms are tasked with teaching their children how to handle big emotions, moms also experience them. And even though moms would like to remain calm

and steadfast in every moment of life,
there will be times when she isn't.

Many moms feel ashamed after they lose
their temper, and these moms may be
afraid or embarrassed to talk about it.



Moms want to be a shining example to their children, and when they lose control of their emotions, they can feel very guilt-ridden.

Okay mom, take a deep breath. Let's talk about why moms get angry, and then we'll share some helpful ideas for how to dispel the anger in a healthy way.

Why Moms Get Angry

Moms get angry because raising kids is hard! But life can be hard even without kids, so what's happening that has moms losing their temper?

Here are a few reasons why you may be feeling unusually mad:

1. **Lack of sleep.** Sleep is essential for a healthy life and it helps regulate

emotions and maintain your mental stability. If you've been running on little sleep for a long time, it's no surprise that you might have a short fuse.

2. **Kids don't meet expectations.** When our kids don't meet our expectations, it can often lead to anger.

- Some of this anger can stem from embarrassment or fear:
Embarrassment when your kids misbehave and you think others will judge your parenting or your children, or fear that they'll grow up and become adults who are irresponsible or who have bad character.

3. **Anxiety.** Moms who are prone to anxiety may become overwhelmed when things feel out of control. **This feeling of chaos may result in fear and distress,**

which can come out as anger.

4. **Ongoing stress.** Parenting can be challenging enough, but when you add outside stressors such as financial problems, health issues, or conflict with a spouse or partner, the anger level goes up a tick.

5. **No knowledge of how to handle anger.** If you haven't been taught how to work through your angry feelings, you may not know how to deal with them when they creep in.
 - **Maybe you avoid difficult feelings, but now you're being pressed in new ways as a mom and you can't escape the reactions you're experiencing.**

How to Nip Anger in the Bud

You won't be able to avoid the emotion of anger forever. In fact, anger is a normal emotion that everyone will experience. Trying to avoid ever feeling angry is like trying not to be a human. **The goal isn't to completely avoid getting angry, but rather to channel the anger in a healthy way and to not let the anger get out of control.**

With that caveat in mind, here are some things you can do to help reduce mom rage:

1. **Get some rest.** When you have a baby or toddler who doesn't sleep, this can be an almost impossible task. But there are some things you may want to consider to help you get that much-

needed rest:

- If you can, sleep when they nap. I know you have a ton of things to do, but you will be better equipped to handle those things if you're not a zombie.
- Ask your significant other to give you some time to sleep. Many moms don't like asking for help, even from a spouse, but **it's okay to say you need some sleep when you're not getting enough.**
- Ask a friend or family member for help. Moms may be even less likely to ask for help from someone outside the house, but desperate times call for desperate measures. Plus, it's not exactly a hardship to ask a grandparent to hold a baby for a time.

- Hire some help. There's no shame in hiring a mommy's helper or babysitter to help watch the kids so you can get some sleep.
2. **Have realistic expectations for your children.** The anger you're feeling towards your children may be from having expectations for them that they



can't meet. Having a good understanding of what's developmentally possible for children at different ages can help.

- **It's also important to remind yourself that all kids develop at different rates** and while one child may be capable of something, a sibling may not be able to at the same age.

3. **Have realistic expectations for yourself.** A mom can't always cook healthy, organic meals, keep the entire house spotless, have all of her children dressed and Instagram-ready, ensure that her children behave, handle every dispute perfectly, get everyone to school and extracurricular activities, *and* remain perfectly calm, kind, and

happy at all times.

- Moms can do many wonderful things, but **expecting yourself to be perfect will leave you feeling frustrated, sad, and even angry.**

4. **Take some time for Mom.** There's no shame in meeting your own needs.



- Get a babysitter or a grandparent to watch the kids and go out for dinner, to the movies with friends, or even for some alone time.
- Have times built into the day when children rest or take a quiet time in their rooms. If they're too old to nap, they can still play quietly with some favorite toys or read a book.
- Schedule date nights with your significant other. Take these times to do something you both enjoy doing outside the house and without the responsibility of parenthood.
- Whatever it is that makes you feel like yourself – **ensure that you take time to do those things even if it takes a little extra effort to make it happen.**

5. **Talk with a therapist or a specialist.**

Sometimes rage or anger requires more than some time off or a good night's sleep. In some cases, moms could benefit from speaking to a therapist.

- Perhaps the anger you're experiencing comes from past trauma, or it could be stemming from a mental health issue like anxiety or depression.
- **If you feel that your anger is more than you can handle on your own, there's no shame in talking to someone to help you manage your feelings.**

Put a Death to Comparisons

Comparison can be healthy if it helps you do better. Comparing yourself to other parents can, at times, be inspiring or educational. You may learn about a better way to raise your children, or you may feel inspired to do something new or different.

Learning from or being inspired by someone is not the same as feeling guilty, embarrassed, or defensive.

When comparisons leave you feeling ashamed, they're no longer productive.

The moms on social media who seem to have the perfect family have the same struggles in life as everyone else. Their kids argue, make messes, and do the wrong

thing. Those moms sometimes lose their temper, make mistakes, and burn dinner too.

The older person at the grocery store judging you because your kid is melting down either never had children of their own or has forgotten what it's like to raise children.



The mom and dad on television who always say the right thing, serve excellent meals every night, and are always kind – they may be good role models, but they're not real people.

Most importantly, don't fall into the trap of comparing your kids to other people's kids:

- Your kid walked at eighteen months, but your sister's kid walked at 9 months? That's okay. They're just developing differently.
- Your neighbor's son is extremely athletic while your son isn't? Good for your neighbor, but it doesn't take away any worth from you or your child.

Be happy for others and their accomplishments, but don't feel like their achievements take anything away from

you as a mom. Your strengths are not their strengths and vice versa.

The truth is, most people are unaware of the true struggles that everyone else experiences, thinking that they're the only ones who don't have all the answers or the only ones who fail from time to time.

Use other parents to inspire you to be better but avoid allowing it to cross over into a comparison battle that makes you feel bad about yourself.

Take it Easy on Yourself, Momma

If you're feeling bad about your parenting, here are a few internet jokes to help pull you out of your guilt and maybe give you a laugh.

- “Don’t be too hard on yourself. The mom from *ET* had an alien living in her basement for days and didn’t notice.”
- One meme states, “I would like to work full-time and also be with my kids full-time. And I would like a unicorn that is also a time machine.”
- Another says, “All these moms are on Pinterest making their own soap and reindeer-shaped treats, and I’m like, ‘I took a shower and kept the kids alive.’”

- And lastly, “If you’re feeling guilty about your kids watching too much TV, put the subtitles on and mute the sound. Now they’re reading!”

Now that you maybe have a smile on your face, listen when we tell you that you’re doing okay. **Be kind to your kids, but also be kind to yourself.** Don’t let the weight of guilt crush you as a mom.

Learn from your mistakes, ask your children for forgiveness when you’ve done something wrong, and do the best that you can. Tomorrow is a new day and a new opportunity. You will continue to make mistakes as you go but you will also grow and become an even better, stronger, and more capable mom. You’ve got this!

Resources

- <https://www.healthline.com/health/parenting/mom-guilt>
- <https://www.whattoexpect.com/family/7-ways-to-deal-with-mom-guilt>
- <https://anotherfarfromhome.com/mom-guilt/>
- <https://hbr.org/2020/09/how-to-let-go-of-working-mom-guilt>
- <https://www.choosingtherapy.com/mom-guilt/>
- <https://www.funlovingfamilies.com/mom-guilt/>
- <https://www.thebalancecareers.com/survive-mommy-guilt-hate-job-3545118>
- <https://www.todayparent.com/family/parenting/why-mom-guilt-is-the-biggest-lie-of-all/>
- <https://www.happiestbaby.com/blogs/parents/mom-guilt>
- <https://www.mother.ly/parenting/replace-your-inner-mama-guilt>
- <https://www.healthline.com/health/parenting/mom-guilt>

- <https://www.forbes.com/sites/ericmack/2019/10/22/oxford-study-challenges-what-youve-been-told-about-screen-time-and-kids-for-years>
- <https://www.nytimes.com/2015/05/17/upshot/mounting-evidence-of-some-advantages-for-children-of-working-mothers.html>
- <https://www.lifehack.org/articles/work/11-positive-effects-working-moms.html>
- <https://www.hrdive.com/press-release/20180514-salarycom-reveals-stay-at-home-moms-are-worth-162581-a-year/>
- <https://www.verywellfamily.com/research-stay-at-home-moms-4047911>
- <https://talkativemom.com/mom-guilt/>