



Helping parents go from chaos to calm

www.babyhelp411.com

Parenting Wisdom

1. No one knows your baby the way you do. You know how at gatherings the baby cries and they always give the baby back to mom? There is a reason. Trust it.
2. Self care is more important than you may realize. We have to take care of ourselves not only to be able to have energy to take care of our children but also to show them, they are important too. So they can grow up realizing this healthy behavior.
3. "Your shitty day is your shitty day"! We don't get to compare our shitty day fairly to others.
4. "It's okay not to have your pants on." I told this to a client who was upset she wasn't dressed completely

why she struggled as a new mom. Accept yourself where you are. Take it day by day.

5. When making lists of all the things you want to do or buy for others, make sure you are on the list. And at the top. See number 2.
6. Surround yourself with people who support you emotionally. If you are around people who don't see your value, don't take it personally. Your value is not determined by people unwilling to see it.
7. It is not your job to make your kids happy. It is your job to make sure they are safe. Model for them what healthy behaviors look like, they will find happiness on their own if they choose to.
8. Finding peace is not about being in constant quiet. Finding peace is about being able to be peaceful. In the midst of chaos. From there you can deal with the chaos to reduce it.
9. Learn how to advocate for yourself, so you can show your children how they can do it on their own.

10. Remember, that you are still learning how to be a parent and your children are still learning how to be children at their new ages. Be gentle with yourself as you learn how to do things differently to become a conscious parent.

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