

Feeling Judged as a Parent (Finding Grace)

Three specific topics I want to be sure we cover.

1. Why is parenting surrounded by so much judgment?
2. How to recognize unhealthy systems.
3. The skill of Observe and Describe

Goal: To help parents have grace for themselves and to work through the feelings of being judged by others.

Why is parenting surrounded by so much judgment?

A website ZeroToThree asked about judgment and parenting and reported that almost all parents feel judged, almost all the time. Our Tuning In survey showed that nearly 9 in 10 parents across the board feel judged (90% moms and 85% dads), and almost half say they feel judged all the time or nearly all the time (46% moms; 45% dads).

How to recognize unhealthy systems.

Proactive look at society, expectations, social media helps define safety in many ways. Parent expectations can be very hard. Accepting we make mistakes in the process.

Observe and Describe

(Kimber with her own child)