

Hey Mama,

I don't know about you, but when my family and friends found out that I was pregnant, I constantly got told, "Your life is over. It's all about your child now." when I had my daughter, so many family and friends tried to tell me how to parent and share what worked for them and truth be told, there is no manual!

Though there isn't said manual to do the job, these are the three things I live by that make parenting and mothering easier, and it changed my perspective on being an effective mom and intentional.

1. Put yourself first! This might sound selfish, but you must have a fulfilling life before creating one for your child. "How can you pour into your child when your cup is not full?" This is something I ask myself all the time. So start your business, work your dream job, do those extracurricular activities, go to that spa, get your degree, return for your master's, and FILL YOUR CUP!
2. Parenting styles should change every two to three years. My daughter will be ten years old this year, and how I parented her from 0-2 is different from ages 3-5 and 6-9, etc. Your child's maturity should be maturity in your parenting. I constantly reevaluate how I communicate and mother my daughter. I stay up to date on what's going on in the world from their perspective and find ways to have meaningful conversations.
3. Give yourself grace and be open to apologizing to your children when you are wrong. It took me almost 30 years to realize that my parents are human. LOL Crazy, right, but I used to put m parents on this high pedestal and get upset if they sometimes didn't live up to it. Our parents weren't perfect, and we're not perfect! It's okay to apologize to your child when you're in the wrong. It creates a space for them to express how they feel. Lastly, don't beat yourself up! Give yourself grace when you don't clean the dishes right away or let your child stay up an hour past bedtime!

Listen, momma, and you have the POWER to be and do ANYTHING and EVERYTHING! You are an AMAZING mother, and don't let ANYONE tell you different!

Signed,


Charlie's Mom

