



PARENTING GUIDE FOR CHILD DEVELOPMENT

Styles, Plan, Advice, Counseling & Training

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Introduction

Being a mother is one of the greatest joys in a woman's life and every mother to be having their own perception on how to be the ideal mom. The idea of how to be an ideal mom differs from one individual to another, depending on the woman's family background and experiences, culture and beliefs. There are various external factors such as society, friends and family which are involved in creating the idea of an ideal mom and these external factors may have such a great impact on a woman's perception of an ideal mother that she forgets her own idea.

Sometimes these external factors impact are so powerful that the mother feels drowned in negatives thoughts, sadness and apprehension.

Increased Difficulties

As an anecdote, it didn't take much for Amanda to understand this and those absurd assumptions were even more unbelievable when jotting them down. When I inquired about those assumptions, she explained that she was following her mother's beliefs and how she taught them while growing up. You will be surprised to know that Amanda's mom was shocked when she saw the requirements to be a good mother and exclaimed that this was not how moms feel.

We dissected through the matter. Since Amanda already had a mindset about how to be a good mother, it was a challenge for her to change her way of thinking and to ease up on her perceptions to make them more reachable and practical. Finally after changing her list, she concluded with the following thinking:

A mother is considered a good one when she does whatever is in her capacity to:

- Show her child how to make the most of his life
- Always be responsible for her children
- Instruct her children to care about their selves and feelings along with other things
- Give protection, feed and love her children
- Be a role model for her children
- Spend time with her child
- Accept that her child is prone to commit errors that will help them to grow
- Show her kids how to appreciate people and actions
- This is far from perfect but just the right thing to make a good human being

No negative actions about what should not be done

Not trying to make a flawless human being

Amanda is great now; she did not feel any anxiety or had any negative thoughts since then. She is more positive about motherhood and is making the most of the time spent with her child. Also, the drugs prescribed to her to deal with all the pressure and stress due to hormonal fluctuations after giving birth is helping her in a positive way. Her new perception is also a great relief in her duty as a mom.

All mothers to be have this set of rules and regulations of what should be done and what shouldn't as a new mom. Since it is a first-time experience, they are submerged by new responsibilities and willingness to be the best for their child. Some of these rules are helpful but others are unrealistic.

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