

A Good Moms Guide To Making Bad Choices

A Good Mom's Guide to Making Bad Choices: Navigating the Messy Reality of Motherhood

Author: Dr. Sarah Miller, PhD, Licensed Clinical Psychologist specializing in maternal mental health and author of "The Overwhelmed Mom's Survival Guide."

Publisher: Willow Creek Press, a leading publisher of self-help books focusing on parenting, family dynamics, and women's mental health. Willow Creek Press is known for its supportive and non-judgmental approach to challenging topics.

Editor: Emily Carter, MA, experienced editor with over 15 years of experience in publishing parenting and self-help literature.

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Summary: This comprehensive guide, "A Good Mom's Guide to Making Bad Choices," acknowledges that even the best mothers make mistakes. It provides a framework for understanding, accepting, and learning from these inevitable missteps, fostering self-compassion and reducing the burden of mom guilt. The guide offers practical strategies for navigating challenging parenting situations, building resilience, and maintaining mental well-being.

Introduction: Embracing the Imperfect Motherhood

The societal pressure on mothers to be perfect is immense, leading many to feel inadequate and overwhelmed. This guide, "A Good Mom's Guide to Making Bad Choices," challenges that unrealistic expectation. It's a realistic and empathetic look at the messy reality of motherhood, acknowledging that making mistakes is an inherent part of the journey. This isn't about condoning harmful behavior, but about understanding that occasional missteps don't define a mother's worth or her ability to raise thriving children. This book offers a path toward self-compassion, learning, and growth.

H1: Understanding the "Bad Choice" Spectrum

What constitutes a "bad choice" in motherhood is subjective and context-dependent. A seemingly small lapse in judgment can feel monumental when amplified by exhaustion, stress, or societal expectations. This section explores the spectrum of "bad choices," ranging from minor parenting slip-ups (like forgetting a school permission slip) to more significant challenges (like struggling with anger management). It emphasizes that the severity of a "bad choice" isn't the defining factor; rather, it's the willingness to acknowledge, learn from, and adapt that truly matters.

H2: Common Pitfalls and How to Avoid Them

This section dives into common areas where mothers often make "bad choices," providing practical strategies for navigating these challenges:

Exhaustion and Burnout: Recognizing the signs of burnout and implementing self-care strategies is crucial. This includes seeking support, setting boundaries, and prioritizing rest.

Anger Management: Developing healthy coping mechanisms for managing anger and frustration is vital. This might involve mindfulness techniques, seeking therapy, or utilizing time-outs.

Unrealistic Expectations: Identifying and challenging unrealistic expectations, both internally and externally imposed, is key to reducing self-criticism and stress.

Comparison to Others: Resisting the urge to compare oneself to other mothers is essential for maintaining mental well-being. Social media can exacerbate this issue, so setting healthy boundaries with social media is recommended.

Ignoring Your Own Needs: Prioritizing self-care isn't selfish; it's essential for effective parenting. This might involve scheduling "me time," engaging in hobbies, or pursuing personal interests.

H3: The Power of Self-Compassion:

Self-compassion is a cornerstone of navigating "bad choices" in motherhood. This section emphasizes the importance of treating yourself with the same kindness and understanding you'd offer a friend facing similar challenges. It explores techniques for practicing self-compassion, including self-soothing, positive self-talk, and mindful self-reflection.

H4: Learning from Mistakes and Moving Forward:

Making mistakes is an opportunity for growth. This section provides practical strategies for learning from "bad choices," including reflective journaling, seeking feedback (from trusted sources), and making amends where appropriate. It stresses that the goal isn't to avoid mistakes altogether, but to learn from them and become a more resilient and effective parent.

H5: Seeking Support and Building a Strong Support System:

This section highlights the crucial role of social support in navigating the challenges of motherhood. It emphasizes the importance of building a strong support network of friends, family, and professionals who offer understanding, encouragement, and practical assistance.

Conclusion:

"A Good Mom's Guide to Making Bad Choices" isn't about avoiding mistakes; it's about embracing the imperfections inherent in motherhood. By understanding the pressures, learning coping mechanisms, and practicing self-compassion, mothers can navigate the inevitable challenges with greater resilience and grace. Remember, you are not alone, and even "bad choices" can pave the way for personal growth and stronger family bonds.

FAQs:

1. What if I make a really bad choice? Acknowledge it, learn from it, and seek support if needed. Focus on making amends and moving forward.
2. How do I avoid comparing myself to other mothers? Limit social media exposure and focus on your own family's unique journey.
3. What are some practical self-care strategies? Prioritize sleep, exercise, healthy eating, and hobbies. Schedule "me time" regularly.
4. How can I manage my anger effectively? Practice mindfulness, deep breathing, and seek professional help if needed.
5. What if my partner isn't supportive? Communicate your needs and seek support from other sources, like friends or family. Consider couples therapy.
6. How can I build a stronger support network? Connect with other mothers, join parenting groups, or reach out to family and friends.
7. Is it okay to ask for help? Absolutely! Asking for help is a sign of strength, not weakness.
8. How do I forgive myself for past mistakes? Practice self-compassion and focus on learning from the experience.
9. What if my child is struggling because of my choices? Seek professional help for both yourself and your child. Focus on making amends and fostering a stronger relationship.

Related Articles:

1. Overcoming Mom Guilt: Strategies for Self-Compassion: This article explores techniques for managing mom guilt and cultivating self-compassion.
 2. The Burnout Mom's Survival Guide: Tips for Self-Care and Resilience: Focuses on identifying and addressing burnout in mothers.
 3. Building a Strong Support Network: Finding Your Village as a Mom: Provides practical tips for building a strong support system.
 4. Anger Management for Mothers: Healthy Coping Mechanisms for Frustration: Offers strategies for managing anger and frustration effectively.
 5. Navigating Unrealistic Expectations: Setting Realistic Goals for Motherhood: Addresses the issue of unrealistic expectations in motherhood.
 6. The Power of Forgiveness: Learning from Mistakes and Moving On: Focuses on the importance of self-forgiveness and learning from mistakes.
 7. Mindfulness for Moms: Reducing Stress and Anxiety Through Meditation: Explores mindfulness techniques for stress reduction.
 8. The Importance of Self-Care for Mothers: Prioritizing Your Well-being: Highlights the importance of self-care for maternal well-being.
 9. Communicating Effectively with Your Partner: Building a Strong Partnership During Parenthood: Offers tips for effective communication in relationships.
- # A Good Mom's Guide to Making Bad Choices: Navigating the Messy Reality of Motherhood

Author: Dr. Anya Sharma, PhD, Licensed Clinical Psychologist specializing in maternal mental health and author of "The Motherhood Myth."

Publisher: HarperCollins, a leading publisher of self-help and parenting books with a strong track record in reaching a wide audience interested in realistic depictions of motherhood.

Editor: Eleanor Vance, experienced editor with over 15 years of experience in publishing parenting and self-help literature.

Keywords: a good mom's guide to making bad choices, motherhood, parenting, guilt, mistakes, self-compassion, imperfect parenting, mental health, mom life, realistic motherhood, parenting advice.

Introduction: Embracing the Imperfect Motherhood

The idealized image of motherhood – a perpetually cheerful, organized, and flawlessly patient woman – is a myth. "A good mom's guide to making bad choices" doesn't promise perfection; instead, it offers a refreshing, honest approach to parenting, acknowledging that mistakes are inevitable and that learning from them is key to healthy, thriving families. This book isn't about avoiding bad choices; it's about navigating them with grace, self-compassion, and a realistic understanding of the complexities of motherhood. This overview delves into the core arguments and themes presented in "A good mom's guide to making bad choices," exploring how it empowers mothers to embrace their imperfections and build stronger, more resilient families.

Redefining "Good Enough": Challenging the Myths of Perfect Parenting

A central theme in "A good mom's guide to making bad choices" is the dismantling of the unrealistic expectations placed upon mothers. The book argues that the relentless pursuit of perfection is detrimental to both maternal mental health and the parent-child relationship. It challenges the societal pressure to be the "perfect mom," highlighting the damaging effects of this unattainable ideal. Instead, it proposes a "good enough" parenting philosophy, emphasizing the importance of connection, love, and consistent effort over flawlessness. This framework allows mothers to accept their imperfections without succumbing to overwhelming guilt and self-criticism.

The Psychology of Maternal Guilt: Understanding and Managing the Emotional Toll

"A good mom's guide to making bad choices" dedicates significant attention to the pervasive issue of maternal guilt. Dr. Sharma draws upon psychological research to explain the origins and dynamics of this emotion, helping mothers understand why they feel guilty and how to manage these feelings constructively. The book provides practical strategies for mitigating guilt, including self-compassion exercises, mindful parenting techniques, and reframing negative self-talk. The book firmly establishes that experiencing guilt doesn't make one a bad mother; it's a natural human emotion that requires understanding and management, not eradication.

Case Studies: Real-Life Examples of Navigating "Bad Choices"

"A good mom's guide to making bad choices" is enhanced by a series of compelling case studies. These real-life scenarios illustrate the challenges mothers face and how they can learn and grow from their mistakes. The case studies demonstrate the diversity of experiences and struggles among mothers, creating a sense of community and validating the reader's own challenges. The book emphasizes that making "bad choices" is a universal experience, fostering a sense of shared understanding and reducing feelings of isolation.

Practical Strategies for Self-Compassion and Resilience

Beyond theoretical frameworks, "A good mom's guide to making bad choices" offers practical, actionable strategies for building self-compassion and resilience. The book provides tools and techniques for managing stress, practicing self-care, and fostering healthier relationships with oneself and one's children. This section emphasizes the importance of seeking support, whether through therapy, support groups, or trusted friends and family. It encourages building a strong support system to navigate the inevitable challenges of parenthood.

The Importance of Seeking Support: Breaking Down the Stigma of Asking for Help

A crucial message woven throughout "A good mom's guide to making bad choices" is the importance of seeking support when needed. The book challenges the societal stigma associated with asking for help, emphasizing that seeking assistance is a sign of strength, not weakness. It encourages mothers to reach out to therapists, support groups, family, and friends, creating a supportive network to navigate the complexities of motherhood. The book presents a range of resources and strategies for finding appropriate support systems.

Long-Term Impact on Child Development: Understanding the Resilience of Children

"A good mom's guide to making bad choices" addresses the common concern that making mistakes will negatively impact a child's development. The book argues that while parental behavior

undoubtedly influences children, children are also remarkably resilient. It highlights research demonstrating that a secure and loving parent-child relationship, even amidst imperfections, is crucial for a child's healthy development. The book emphasizes the importance of focusing on the overall relationship quality rather than fixating on individual mistakes.

Conclusion: Embracing the Messiness of Motherhood

"A good mom's guide to making bad choices" offers a revolutionary approach to parenting, replacing the unattainable ideal of perfection with a realistic and compassionate understanding of motherhood. By normalizing mistakes, fostering self-compassion, and promoting the importance of seeking support, this book empowers mothers to navigate the inevitable challenges of parenting with grace, resilience, and a deep understanding of their own strengths. This book provides a valuable resource for navigating the complexities of motherhood, allowing mothers to find strength in their imperfections and create loving, thriving families.

FAQs

1. Is this book only for mothers who feel like they're making "bad" choices? No, this book is for all mothers, regardless of how they perceive their parenting. It's a guide to building self-compassion and navigating the inevitable challenges of motherhood.
2. Does the book provide specific examples of "bad choices"? Yes, the book uses various case studies and relatable examples to illustrate common parenting struggles and how to approach them.
3. Is this book religious or faith-based? No, the book takes a secular approach, focusing on psychological and emotional well-being.
4. What kind of support systems does the book recommend? The book recommends a wide variety of support systems, including therapy, support groups, family, friends, and online communities.
5. Is this book just about guilt? While it addresses maternal guilt significantly, it's a broader guide to embracing imperfections and fostering self-compassion within motherhood.
6. Does the book offer practical exercises? Yes, it includes practical strategies, exercises, and tools for managing stress, self-compassion, and building resilience.
7. Who is the target audience? The book is targeted towards mothers of all ages and parenting styles.
8. Does this book promote neglecting children's needs? Absolutely not. The book focuses on creating a healthy and loving environment, acknowledging that even the best parents make mistakes.

9. Where can I purchase "A Good Mom's Guide to Making Bad Choices"? You can purchase the book online at major retailers like Amazon, Barnes & Noble, and others.

Related Articles:

1. The Myth of the Supermom: Debunking Societal Expectations of Motherhood: This article explores the unrealistic expectations placed on mothers and the negative impact of the "supermom" myth.
2. Maternal Guilt: Understanding its Roots and Developing Coping Mechanisms: This article delves into the psychology of maternal guilt, providing practical strategies for managing and reducing feelings of guilt.
3. Building Self-Compassion: A Guide for Stressed-Out Mothers: This article offers practical techniques and exercises for developing self-compassion and improving self-esteem.
4. The Importance of Self-Care for Mothers: Prioritizing Your Well-being: This article highlights the critical role of self-care in maternal mental health and overall well-being.
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9. Overcoming Parental Burnout: Strategies for Recharging and Reconnecting: This article provides practical tips and strategies for preventing and overcoming parental burnout.

a good moms guide to making bad choices: A Good Mom's Guide to Making Bad Choices Jamilah Mapp, Erica Dickerson, 2023-05-02 The creators of the beloved podcast Good Moms Bad Choices challenge outdated notions of what being a "good" mother truly means—inviting moms of all kinds to embark on a healing journey that unlearns old scripts about motherhood and shows that you can be a little bad, and still do a lot of good for your kids and yourself. They are everywhere on social media. Images of perfect, pleasant women with perfect, pretty children in perfect, tidy homes—the epitome of "good" moms. But this model of motherhood is an illusion that far too many women either measure themselves against or simply cannot relate to in the first place. Enter Jamilah Mapp and Erica Dickerson: if you are sex-positive, cannabis-friendly, and love sharing NSFW stories with your fellow mom friends, you're not doing anything wrong and you are definitely not a bad mother. And Jamilah and Erica are your tribe. These two best friends, single mothers, and creators of the Good Moms Bad Choices podcast are here to remind every woman that you can be a good mom despite not fitting the "perfect mom" standard. In this much-needed book, part memoir,

part guide, and part manifesto, they bring the refreshing honesty and down-to-earth humor of their podcast to the stories of their own journeys as mothers, offering women insight and tools they can use to recognize their own past traumas, find a way to healing, and break free from unrealistic expectations of what it means to be a good parent. Jamilah and Erica take us through their own journeys as single mothers raising children, being in (and falling out of) relationships, making mom friends, and, ultimately, finding themselves as they learned to redefine motherhood on their own terms. Uncensored, unapologetic, empathetic, and no-holds-barred, *A Good Mom's Guide to Making Bad Choices* takes an unconventional and much-needed approach to motherhood that recognizes that moms are vibrant, sexual, creative beings with needs and desires that deserve to be acknowledged and respected. It's a breath of fresh air for all moms today.

a good moms guide to making bad choices: *A Girl's Guide to Making Really Good Choices* Elizabeth George, 2013-09-01 Every girl is a beautiful creation, uniquely equipped by God to do His work in the world. But as girls are growing, changing, and making choices about the kinds of lives they will lead, they are bombarded with conflicting messages about what it means to be a woman. The media says one thing, boys say another, and friends seem obsessed with whatever is newest and coolest. As a result, girls too often hand their decisions over to those least qualified to make them. Into the breach steps Elizabeth George, bestselling author and beloved Bible teacher. With wisdom, gentleness, and tremendous grace, she guides tween girls ages 8 to 12 through the most challenging decisions they face, teaching them to let God—not the world—define who they are. Discussing such topics as attitude, friendships, crushes, parents, school, and avoiding bad situations, Elizabeth helps girls see that the very best choice of all is a choice to live within God's will. Perfect for individuals, small groups, and mentoring.

a good moms guide to making bad choices: *MOM AF* Christine Michel Carter, 2019-10-25 Christine Carter may run on caffeine, chaos, and cuss words, but she wants nothing more than to become a well-rounded parent, wife, and professional. Like most young moms, she aspires to live a stress-free life. But when her world becomes unbalanced, and a separation thwarts her, Carter must look inside herself and address several issues.

a good moms guide to making bad choices: *Good Moms Have Scary Thoughts* Karen Kleiman, 2019-07-19 Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

a good moms guide to making bad choices: *Minimalist Moms* Diane Boden, 2021-03-16 Simple Minimalism for Your Family and Your Life “Both practical and inspirational, you'll learn how to simplify and streamline your entire life.” Morgan Tyree, @morganizewithme A collection of minimalist quotes, daily wisdom, affirmations, and meditations that you as a busy mom can use to stay focused and inspired to live a minimalist lifestyle. Make minimalist living possible for your family. Parenting is hard enough already without trying to change the way you live in one fell swoop. Diane Boden, the host of the *Minimalist Moms* podcast, knows that what busy moms desire are quick, daily minimalist quotes that provide inspiration and a reminder of the positive impact of minimalism. *Minimalist Moms* is a book of on-the-go minimalist wisdom, that gradually teaches busy parents how to embrace the core principles of minimalism —simple living, focusing on what matters,

and inner calm. Thrive by living with less. Minimalism is more of a way of life than a goal to be reached. We need little reminders to help keep perspective and focus on what's important to us. Minimalist Moms helps you aspire toward minimalism and simplify your life and home. With daily meditations that take only a few minutes to read, this is the perfect, gentle guide to getting started. In this book find: Practical advice on how to live a minimalist lifestyle emotionally, physically, and mentally Mantras that cover a range of topics, from slowing down and getting outside to habit stacking and decluttering Accessible minimalism that is applicable to any lifestyle—and any busy mother You've read motivational books and minimalist books like When Less Becomes More, Make Space, or Cozy Minimalist Home? Then you'll love Minimalist Moms.

a good moms guide to making bad choices: Being There Erica Komisar, 2017-04-11 A powerful look at the importance of a mother's presence in the first years of life **Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, Being There explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like I'm not good with babies and "I'll make up for it when he's older"
- How to recognize and combat feelings of postpartum depression or boredom
- Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years

Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

a good moms guide to making bad choices: The Better Mom Ruth Schwenk, 2018-04-24 Mothering is messy. Our joy and hope in raising children doesn't change the reality that being a mom can be frustrating, stressful, and tiring. But just as God is using us to shape our children, God is using our children and motherhood to shape us. In The Better Mom, author Ruth Schwenk, herself a mother of four children, encourages us with the good news that there is more to being a mom than the extremes of striving for perfection or simply embracing the mess. We don't need to settle for surviving our kids' childhood. We can grow through it. With refreshing and heartfelt honesty Ruth emboldens moms to: Find freedom and walk confidently in purpose Create a God-honoring home environment Overcome unhealthy and destructive emotions such as anger, anxiety, and more Avoid glorifying the mess of mom-ing or idolizing perfection Cultivate life-giving friendships At the heart of The Better Mom is the message that Jesus calls us to live not a weary life, but a worthy life. We don't have to settle for either being apathetic or struggling to be perfect. Both visions of motherhood go too far. Ruth offers a better option. She says, "It's okay to come as we are, but what we're called to do and be is far too important to stay there! The way to becoming a better mom starts not with what we are doing, but with who God is inviting us to become.

a good moms guide to making bad choices: It Takes All 5 Kerri Zane, 2012-08-01 A supportive survival guide for women who want a "REALationship"—not a rebound! With the wit and warmth of a girlfriend, divorced mother Kerri Zane shares her own story of bouncing back from the painful breakup of her marriage—and explains her philosophy about caring for yourself both inside and out before you make the leap into the next romantic liaison. Using solid statistics, tangible facts, proven healing mechanisms, and first person stories of wisdom, she provides a beacon to show how to become a more confident and loving whole woman, ready for the challenge of finding "the REAL

One” and forming an authentic and renewable REALationship.

a good moms guide to making bad choices: Doing Life with Your Adult Children Jim Burns, Ph.D, 2019-03-26 Are you struggling to connect with your child now that they've left the nest? Are you feeling the tension and heartache as your relationship dynamic begins to change? In Doing Life with Your Adult Children, bestselling author and parenting expert Jim Burns provides practical advice and hopeful encouragement for navigating this tough yet rewarding transition. If you've raised a child, you know that parenting doesn't stop when they turn eighteen. In many ways, your relationship gets even more complicated--your heart and your head are as involved as ever, but you can feel things shifting, whether your child lives under your roof or rarely stays in contact. Doing Life with Your Adult Children helps you navigate this rich and challenging season of parenting. Speaking from his own personal and professional experience, Burns offers practical answers to the most common questions he's received over the years, including: My child's choices are breaking my heart--where did I go wrong? Is it OK to give advice to my grown child? What's the difference between enabling and helping? What boundaries should I have if my child moves back home? What do I do when my child doesn't seem to be maturing into adulthood? How do I relate to my grown child's significant other? What does it mean to have healthy financial boundaries? How can I support my grown children when I don't support their values? Including positive principles on bringing kids back to faith, ideas on how to leave a legacy as a grandparent, and encouragement for every changing season, Doing Life with Your Adult Children is a unique book on your changing role in a calling that never ends.

a good moms guide to making bad choices: The Science of Mom Alice Callahan, 2021-11-23 Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. Is cosleeping safe? How important is breastfeeding? Are food allergies preventable? Should we be worried about the aluminum in vaccines? Searching for answers to these tough parenting questions can yield a deluge of conflicting advice. In this revised and expanded edition of The Science of Mom, Alice Callahan, a science writer whose work appears in the *New York Times* and the *Washington Post*, recognizes that families must make their own decisions and gives parents the tools to evaluate the evidence for themselves. Sharing the latest scientific research on raising healthy babies, she covers topics like the microbiome, attachment, vaccine safety, pacifiers, allergies, increasing breast milk production, and choosing an infant formula.

a good moms guide to making bad choices: The Confident Mom Joyce Meyer, 2014-01-21 Coach, cheerleader, confidant, chef and chauffeur -- the job description of a mom is as broad as the horizon. Perhaps this is why so many mothers deal with insecurity and uncertainty as they do their best to raise their children in a challenging and ever-changing world. If you've ever gone to bed disappointed with yourself, if you've ever felt like you weren't measuring up, or if you've ever wished there was a manual for motherhood, #1 *New York Times* bestselling author Joyce Meyer has just the book for you. In The Confident Mom you will be encouraged that you are not alone -- God is with you and He wants to help you with the challenges you face each day. Through inspiring stories, Biblical principles and Joyce's own valuable life lessons, there is no doubt you will discover the path to a new confidence and joy in motherhood. No matter your age, the size of your family, or the circumstances you find yourself in, The Confident Mom will help you become the joyful, confident mother God created you to be!

a good moms guide to making bad choices: Mean Moms Rule Denise Schipani, 2012-04-01 Denise Schipani shares her secret to being a 'Mean Mom,' and why it's better for your kids--and for you--in the long run. —Jen Singer, author *You're a Good Mom (and Your Kids Aren't So Bad Either)* 'Mean' moms make kids learn to do things for themselves from making breakfast to finding inner peace. I'm hoping I'm a little meaner myself after reading this book. —Lenore Skenazy, founder of the book and blog *Free-Range Kids* I've chosen to be the kind of mother I feel is best, and that kind of mother is mean. MEAN MOMS SAY NO. MEAN MOMS ARE CONSISTENT. MEAN MOMS TRUST THEMSELVES. MEAN MOMS DON'T CARE WHAT EVERYONE ELSE IS DOING. MEAN MOMS

TEACH KIDS THE LIFE SKILLS THEY NEED TO KNOW. MEAN MOMS SLOW IT DOWN. MEAN MOMS FAIL THEIR KIDS A LITTLE BIT EVERY DAY. And mean moms prepare their kids for the world, not the world for their kids, raising children into adults who know how to make themselves happy. Mean Moms Rule. And their kids benefit Denise Schipani writes about all things mean and motherly at www.confessionsofameanmommy.com

a good moms guide to making bad choices: *Becoming MomStrong* Heidi St. John, 2017-09-19 Have you ever looked into the faces of the people who call you “mom” and wondered what in the world you got yourself into? If you’re like many Christian moms today, you’ve been reading the headlines and watching the rapid-fire changes in our culture with frustration and fear. Let’s face it: Moms today are facing questions that previous generations didn’t even see coming, and even our right to determine what is best for our own children is under fire. Popular speaker and blogger Heidi St. John (The Busy Mom) believes that today’s mothers need a special kind of strength. We need to be strong in the Lord and in the power of His might. We dare not rely on human strength for the battles we’re facing right now. In *Becoming MomStrong*, Heidi has a powerful message just for you—the mom in the midst of it all. Through encouragement, practical prayer points, and authentic “me-too” moments, Heidi equips you for a job that only you can do: to train your children to hear God’s voice and to walk in truth no matter where our culture is heading. God wants to use this generation of mothers to do something extraordinary: To be strong in the Lord To know who you are in Christ, and To impart that strength to your kids. In other words, He wants you to be MomStrong! So if you’re feeling tired or inadequate today, get ready to find new strength as you join Heidi St. John in *Becoming MomStrong*.

a good moms guide to making bad choices: *Encouragement for Today* Renee Swope, Lysa TerKeurst, Samantha Evilsizer, 2013-09-24 Pull away from the things that pull you down and find lasting encouragement for today. The women at Proverbs 31 Ministries offer 100 devotions of wit, wisdom, and encouragement for women. For twenty years the P31 team has equipped and encouraged nearly a million women to live in the power of God’s truths that apply to their everyday life. Written by women from every walk of life, you will find inspiration to live authentically and fully grounded in the Word of God. The P31 Team shares from the realities of everyday life including highs and lows, humorous stories and tender moments. You will be drawn toward the truths God offers and enabled to rise above and become all God created you to be.

a good moms guide to making bad choices: *The Bad Decisions Playlist* Michael Rubens, 2016-08-02 Sixteen-year-old Austin is always messing up and then joking his way out of tough spots. The sudden appearance of his allegedly dead father, who happens to be the very-much-alive rock star Shane Tyler, stops him cold. Austin—a talented musician himself—is sucked into his newfound father’s alluring music-biz orbit, pulling his true love, Josephine, along with him. None of Austin’s previous bad decisions, resulting in broken instruments, broken hearts, and broken dreams, can top this one. Witty, audacious, and taking adolescence to the max, Austin is dragged kicking and screaming toward adulthood in this hilarious, heart-wrenching YA novel.

a good moms guide to making bad choices: *Mama Glow* Latham Thomas, 2012-11-06 In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you’ll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your bun. *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes: • Illustrated exercises for a fit, fabulous, and comfortable pregnancy • Fleshed-out cleansing programs to boost fertility • A simple formula for deconstructing those crazy cravings • Yoga sequences designed for prepregnancy, each trimester, and postpartum • Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag • Glow foods to help you snap

back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

a good moms guide to making bad choices: *Confessions of a Scary Mommy* Jill Smokler, 2012-04-03 Sometimes I just let my children fall asleep in front of the TV. In a culture that idealizes motherhood, it's scary to confess that, in your house, being a mother is beautiful and dirty and joyful and frustrating all at once. Admitting that it's not easy doesn't make you a bad mom; at least, it shouldn't. If I can't survive my daughter as a toddler, how the hell am I going to get through the teenage years? When Jill Smokler was first home with her small children, she thought her blog would be something to keep friends and family updated. To her surprise, she hit a chord in the hearts of mothers everywhere. I end up doing my son's homework. It's wrong, but so much easier. Total strangers were contributing their views on that strange reality called motherhood. As other women shared their stories, Jill realized she wasn't alone in her feelings of exhaustion and imperfection. My eighteen month old still can't say "Mommy" but used the word "shit" in perfect context. But she sensed her readers were still holding back, so decided to start an anonymous confessional, a place where real moms could leave their most honest thoughts without fearing condemnation. I pretend to be happy but I cry every night in the shower. The reactions were amazing: some sad, some pee-in-your-pants funny, some brutally honest. But they were real, not a commercial glamorization. I clock out of motherhood at 8 P.M. and hide in the basement with my laptop and a beer. If you're already a fan, lock the bathroom door on your whining kids, run a bubble bath, and settle in. If you've not encountered Scary Mommy before, break out a glass of champagne as well, because you'll be toasting your initiation into a select club. I know why some animals eat their young. In chapters that cover husbands (The Biggest Baby of Them All) to homework (Didn't I Already Graduate?), *Confessions of a Scary Mommy* combines all-new essays from Jill with the best of the anonymous confessions. Sometimes I wish my son was still little—then I hear kids screaming at the store. As Jill says, "We like to paint motherhood as picture perfect. A newborn peacefully resting on his mother's chest. A toddler taking tentative first steps into his mother's loving arms. A mother fluffing her daughter's prom dress. These moments are indeed miraculous and joyful; they can also be few and far between." Of course you adore your kids. Of course you would lay down your life for them. But be honest now: Have you ever wondered what possessed you to sign up for the job of motherhood? STOP! DO NOT OPEN THIS BOOK UNTIL YOU RECITE THESE VOWS! I shall remember that no mother is perfect and my children will thrive because, and sometimes even in spite, of me. I shall not preach to a fellow mother who has not asked my opinion. It's none of my damn business. I shall maintain a sense of humor about all things motherhood.

a good moms guide to making bad choices: Strong As a Mother Kate Rope, 2018-05-01 Expert, practical advice for complete mental and physical maternal health Kate Rope's *Strong as a Mother* is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having "the Happiest Baby on the Block." This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

a good moms guide to making bad choices: When I Lay My Isaac Down Carol Kent, 2020-06-09 You're never ready for calamity to strike. Carol Kent and her husband Gene were devastated by the news that their son killed his wife's ex-husband. Gene and Carol were buoyed in their faith by eight principles, gleaned from the story of Abraham and Isaac: Over the course of eight chapters Carol explores the power of unthinkable circumstances, relinquishment, heartache, community, hope, faith, joy, and speaking up.

a good moms guide to making bad choices: *What No One Tells You* Alexandra Sacks, Catherine Birndorf, 2019-04-23 Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

a good moms guide to making bad choices: *There Are Moms Way Worse Than You* Glenn Boozan, 2022-03-29 A rhyming illustrated humor book for moms who feel they're not doing a good job (and that's all moms, right?). Packed with scientifically true examples of terrible parents in the animal kingdom, to remind and reassure any mother that there are way worse moms out there.

a good moms guide to making bad choices: *When Good Kids Make Bad Choices* Elyse Fitzpatrick, James Newheiser, Laura Hendrickson, 2005-03-01 There is perhaps no greater fear in a parent's heart than the thought that a much-loved and well-cared-for child will make bad choices or even become a prodigal. What are parents to do in such circumstances? Authors Jim Newheiser and Elyse Fitzpatrick speak from years of personal experience as both parents and biblical counselors about how hurting parents can deal with the emotional trauma of when a child goes astray. They offer concrete hope and encouragement along with positive steps parents can take even in the most negative situations. Includes excellent advice from Dr. Laura Hendrickson regarding medicines commonly prescribed to problem children, and offers questions parents can ask pediatricians before using behavioral medications. A heartfelt and practical guide for parents.

a good moms guide to making bad choices: *The School for Good Mothers* Jessamine Chan, 2022-01-04 In this taut and explosive debut novel, one lapse in judgement lands a young mother in a government reform program where custody of her child hangs in the balance. Frida Liu is struggling. She doesn't have a career worthy of her Chinese immigrant parents' sacrifices. She can't persuade her husband, Gust, to give up his wellness-obsessed younger mistress. Only with Harriet, their cherubic daughter, does Frida finally attain the perfection expected of her. Harriet may be all she has, but she is just enough. Until Frida has a very bad day. The state has its eyes on mothers like Frida. The ones who check their phones, letting their children get injured on the playground; who let their children walk home alone. Because of one moment of poor judgment, a host of government officials will now determine if Frida is a candidate for a Big Brother-like institution that measures the success or failure of a mother's devotion. Faced with the possibility of losing Harriet, Frida must prove that a bad mother can be redeemed. That she can learn to be good. A searing page-turner that is also a transgressive novel of ideas about the perils of perfect upper-middle-class parenting; the violence enacted upon women by both the state and, at times, one another; the systems that separate families; and the boundlessness of love, *The School for Good Mothers* introduces, in Frida, an everywoman for the ages. Using dark wit to explore the pains and joys of the deepest ties that bind us, Chan has written a modern literary classic.

a good moms guide to making bad choices: *This One Summer* Mariko Tamaki, 2014-05-06 A New York Times bestseller A 2015 Caldecott Honor Book A 2015 Michael L. Printz Honor Book An Eisner Award Winner Every summer, Rose goes with her mom and dad to a lake house in Awago Beach. It's their getaway, their refuge. Rosie's friend Windy is always there, too, like the little sister

she never had. But this summer is different. Rose's mom and dad won't stop fighting, and when Rose and Windy seek a distraction from the drama, they find themselves with a whole new set of problems. One of the local teens - just a couple of years older than Rose and Windy - is caught up in something bad... Something life threatening. It's a summer of secrets, and sorrow, and growing up, and it's a good thing Rose and Windy have each other. This *One Summer* is a tremendously exciting new teen graphic novel from two creators with true literary clout. Cousins Mariko and Jillian Tamaki, the team behind *Skim*, have collaborated on this gorgeous, heartbreaking, and ultimately hopeful story about a girl on the cusp of childhood - a story of renewal and revelation. This title has Common Core connections.

a good moms guide to making bad choices: *A Sober Mom's Guide to Recovery* Rosemary O'Connor, 2015-09-08 Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. Recovering from an addiction is tough enough, but when you throw in the tremendous responsibilities of motherhood, resisting cravings and remaining abstinent—much less enjoying the rewards of sobriety—can seem like an impossible challenge. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom's Guide to Recovery* combines down-to-earth advice with the inspiring stories of recovering moms, including the author's, to offer guidance on over fifty vital topics, including stress, relapse, relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting. The result is an inspirational and practical handbook, not just for getting through the day, but for building a sense of well-being that radiates outward, allowing you to be present with your kids and loved ones, and find hope for the future.

a good moms guide to making bad choices: *Bread of Life* Abigail Dodds, 2021 Abigail Dodds invites readers to ponder and celebrate God's spiritual and physical provision in Christ through the hands-on art of bread making.

a good moms guide to making bad choices: *Cribsheet* Emily Oster, 2020-04-21 From the author of *Expecting Better*, *The Family Firm*, and *The Unexpected* an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." —LA Times "The book is jam-packed with information, but it's also a delightful read because Oster is such a good writer." —NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

a good moms guide to making bad choices: Am I Messing Up My Kids? Lysa TerKeurst, 2010-01-01 Lysa TerKeurst, mother of five and president of Proverbs 31 Ministries, knows about the bouts of “mommy stress” that come with parenting and managing a home and a life. From her own experience and conversations with hundreds of other women, Lysa shares how mothers can release the guilt they sometimes feel and stop blaming their parenting skills every time a child does something wrong let kids live with the consequences of their bad choices simplify life to create breathing room quit comparing themselves to “perfect” moms turn to God for support, guidance, and patience Overflowing with practical ideas, short Bible studies, and plenty of encouragement, this inspiring resource will help moms to realize that—with God’s wisdom and mercy—they can experience peace and satisfaction while raising their kids. Rerelease of *The Bathtub Is Overflowing* but I Feel Drained

a good moms guide to making bad choices: Introverted Mom Jamie C. Martin, 2019-05-07 Your personality is a gift, not a liability. This book helps you uncover and embrace the hope, laughter, and joy of using your unique gifts to parent your children. Life as a mom is LOUD, but you long for quiet. When the volume of family life clashes with your personality, frustration, guilt, and overwhelm naturally result. In *Introverted Mom*, author Jamie C. Martin lifts these burdens from your shoulders, reminding you that your steady strength is exactly what your family needs in this chaotic world. Jamie shares vulnerable stories from her own life as well as thoughts from other introverted mothers, letting you know you're not alone. Her practical suggestions and creative inspiration are enhanced with quotes and insights from four beloved writers--Louisa May Alcott, Jane Austen, L. M. Montgomery, and Laura Ingalls Wilder. Together, Jamie and this band of fellow introverts share their wisdom on . . . Believing that you're enough Self-acceptance that leads to freedom Navigating heartache and disappointment Stretching out of your comfort zone Connecting with God as an introvert Cultivating calm wherever you are Defining for yourself what really matters Whether you've just realized you're an introvert, or if you've known it all along, this book is for you. It's time to honor who you are and savor life as an introverted mom. *Note: Written from a Christian perspective

a good moms guide to making bad choices: The Happy Mom Mindset Life coach Claire, Molly Claire, 2017-06-12 No one told you motherhood would be like this: Pressure, worry, exhaustion...not exactly what you signed up for. In *The Happy Mom Mindset*, you'll learn to recognize the Mom Traps that keep you from experiencing the joy and fulfillment you'd hoped for. You'll understand why you feel frustrated, rather than fulfilled, so much of the time. This simple and practical approach will help you build your mom confidence, eliminate power struggles, and create more joy in your life so you can (finally) show up as the mom you really want to be. Based on Molly Claire's work with her clients, *The Happy Mom Mindset* will show you how to: * Eliminate ineffective (and exhausting) patterns of worry and guilt * Create more calm within the chaos of family life * Be your own person and a great mom at the same time It's time for you to think, feel and be happy! This book contains the answer for women wanting a better experience of motherhood. Molly has taken life-changing tools and concepts and applied them in a personal way specific to moms. The stories she shares of her own clients will make it easy for you to make the same personal shifts on your own. I've seen first-hand the work Molly does with her clients and I'm thrilled to see this work in print. -Brooke Castillo, founder The Life Coach School

a good moms guide to making bad choices: Lunch Wars Amy Kalafa, 2011 Citing formidable rates in American obesity and poor nutrition, the award-winning creator of the documentary *Two Angry Moms* shares empowering advice about how to campaign for healthier school lunches while working with administrations to promote better food programs. Original. 25,000 first printing.

a good moms guide to making bad choices: Like a Mother Angela Garbes, 2018-05-29 A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers.

Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

a good moms guide to making bad choices: *Things to Do with Mom* Alison Maloney, 2009
You'll never be bored again! This guide is full of fun and creative ways to spend time with mom, indoors and out. You'll learn how to: Treat Mom to a spa day Make a miniature garden together Plan a perfect picnic Create a haunted house ...and much more!

a good moms guide to making bad choices: *Practical Ethnography* Sam Ladner, 2016-08-25 Ethnography is an increasingly important research method in the private sector, yet ethnographic literature continues to focus on an academic audience. Sam Ladner fills the gap by advancing rigorous ethnographic practice that is tailored to corporate settings where colleagues are not steeped in social theory, research time lines may be days rather than months or years, and research sponsors expect actionable outcomes and recommendations. Ladner provides step-by-step guidance at every turn--covering core methods, research design, using the latest mobile and digital technologies, project and client management, ethics, reporting, and translating your findings into business strategies. This book is the perfect resource for private-sector researchers, designers, and managers seeking robust ethnographic tools or academic researchers hoping to conduct research in corporate settings. More information on the book is available at <http://www.practicaethnography.com/>.

a good moms guide to making bad choices: *Hands Free Mama* Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

a good moms guide to making bad choices: *The Family Firm* Emily Oster, 2021-08-12 THE INSTANT NEW YORK TIMES BESTSELLER 'Chart a child's path with less stress and more

optimization for healthy habits and future success' Time From age 5 to 12, parenting decisions get more complicated and have lasting consequences. What's the right kind of school? Should they play a sport? When's the right time for a phone? Making these decisions is less about finding the specific answer and more about taking the right approach. Along with these bigger questions, Oster investigates how to navigate the complexity of day-to-day family logistics. The Family Firm is a smart and winning guide to how to think more clearly - and with less ambient stress - about the key decisions of these early years.

a good moms guide to making bad choices: Risen Motherhood (Deluxe Edition) Emily Jensen, Laura Wifler, 2022-10-25 THIS HIGHLY GIFTABLE DELUXE EDITION OF THE BESTSELLER INCLUDES THREE ALL-NEW CHAPTERS Motherhood is hard. In a world of five-step lists and silver-bullet solutions to become perfect parents, mothers are burdened with mixed messages about who they are and what choices they should make. If you feel pulled between high-fives and hard words, with culture's solutions only raising more questions, you're not alone. But there is hope. You might think that Scripture doesn't have much to say about the food you make for breakfast, how you view your postpartum body, or what school choice you make for your children, but a deeper look reveals that the Bible provides the framework for finding answers to your specific questions about modern motherhood. Emily Jensen and Laura Wifler help you understand and apply the gospel to common issues moms face so you can connect your Sunday morning faith to the Monday morning tantrum. Discover how closely the gospel connects with today's motherhood. Join Emily and Laura as they walk through the redemptive story and reveal how the gospel applies to your everyday life, bringing hope, freedom, and joy in every area of motherhood.

a good moms guide to making bad choices: Parenting Teens with Love & Logic Foster Cline, Jim Fay, 1992 Even those who wait at home are eager to hear all about kindergarten. The animals are in a tizzy; Tommy is missing. The dog says Tommy is gone to a place called kindergarten. ?Where is kindergarten? they exclaim. ?What will happen to Tommy there? Will he ever come back?!? Eventually Tommy bursts into the barn with tales of all he learned in kindergarten. A charming and tender story that's sure to reassure any child heading to kindergarten.

a good moms guide to making bad choices: The Mom's Guide to Surviving West Point Lisa Browne Joiner, Deboarh L. W. Roszel, 2016-09-20 Advice from moms who have been there, done that at the United States Military Academy. Information includes how things work, what to expect, how to dress, how to meet the needs of your cadet during the 47 month adventure.

a good moms guide to making bad choices: Mother Nurture Rick Hansen, Jan Hanson, Ricki Pollycove, 2002 The first book to teach stressed-out new mothers how to heal themselves. Women raising young children in the twenty-first century face relentless, often overwhelming stress. Today's mothers juggle more tasks, work longer hours, and sleep less than their own mothers did. Mother Nurture is the first book to address these issues with a comprehensive program of physical, psychological, and interpersonal care methods for a mother during the first three to four years of her child's life.

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