



M.W. Story 30

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## Mommin' Isn't Easy

The best words of advice I've been given and try to live by every day (some days easier than others that's for sure!) are "I'm not here to be your friend, I'm here to be your parent." I've truly felt the most beneficial outcome has always been when I've been 100% honest with them. Now that being said, I don't give up more information than they need out of the gates, but if they continue to ask questions, I continue to give answers. My mantra is they will learn it sooner or later one day or another, so I want them to trust me and feel comfortable (as possible!) to come to me when they are curious or just want to better understand any given topic. More often than not, I always start off by telling them I'm just as nervous or uncomfortable talking to them about said topic as they are about listening or asking questions, so let's just have the understanding we are safe with each other, all questions or answers are ok. I think after the initial embarrassment they've come to really talk to me about even innocent things is building our rapport and commodore together.

Again, not every day is a lay-up, but I've found by practicing what I preach, you get the same respect from me that you give to me, really resonates with them. Every single one of us will parent differently, but the journey with your child(ren) together is what is most important. Don't hold back on saying the "I love you's", as we are never promised tomorrow, but do them a favor and don't try to be their best friend or even worse let them think you are perfect, as someday they will admire your efforts by knowing when that light bulb goes off, we were only trying to help them be decent human beings after all.