Crying moms; are children assholes?

There is a new mom-trend around most groups, forums, and videos, lately. I am not sure when it started but it seems to be everywhere now: exhausted, fed-up, pissed-off, unappreciated moms going viral for posting drama overloaded videos where they mostly rant about their miserable mom lives and ungrateful, difficult kids.

I get it — I am tired too. Unless you are a Holywood celebrity mom and you have another 5-6 (plus) people looking after your children, instead of you, then are most likely an exhausted mom. If you are a working mom, you are tired. If you are a stay-at-home mom, you are tired. You start being tired (among other things) from the morning after the night before, already.

Should you shut up about it? ABSOLUTELY NOT. You should discuss it, express it, you should exchange opinions and ideas with other moms, family members and professionals about it, you should ask for help if you need it and you should find ways to deal with it for the sake of your whole family.

However, I don't get why moms feel the need to constantly moan about motherhood — since it's something they chose to do. Why do they feel the need to call their children 'assholes'? — … and that is of the nicest things I heard. Being a mom is really hard, indeed. Moms should get together and find

healthy, respectful — for their children, ways to address issues, deal with problems and get the support they need.

We maybe need to learn new parenting skills or adopt new parenting styles that might work better and commit to an attachment type of raising our children and building strong relationships with them.

If I was a child, today, and my mom was a blogger, I would be so upset with her telling the whole world about all the 'bad' and 'wrong' things I did. I would not like it if she had called me an 'asshole' in one of her quotes on her Facebook page, or posted about that day she told me off in public. Humiliating me, embarrassing me and moaning about how bad/hard/sad her life is because am in it — would be devastating to me.

I believe that these moments with your children are sacred and private. **How would you like it if your partner posted about how bad you were in bed one day, talked about your arguments, the fact that you are a bad cook, or that the house is a mess cause you couldn't be bothered to clean or share things that are embarrassing or humiliating and definitely personal to you?** Why do some parents think that it's ok to do it with their children?

I often find myself in conversations where moms complain that their children are ungrateful, rude, dishonest, they lie, cheat, speak back to them or are difficult and even 'horrible'. Many times I end up being the odd one out for supporting the view that children are NOT born bad. They aren't born rude. When giving me my daughter for the first time to hold, the doctor didn't say: 'congratulations, it's a girl. A dishonest and stubborn girl'.

It is, indeed, easier to blame others, — even our own children — rather than facing our mistakes and downfalls.
When our small children misbehave in any way then that is the perfect time to reflect on our parenting methods. Children learn by mimicing what we do and say. The way we treat them and each other becomes the standard which they develop with and learn from. For some parents, accepting their own flaws and embracing change is really hard.

Understandably, social norms, their own upbringing, educational background and their current relationship status affect the depth or self-reflection and openness to change and provide a 'safe', in every way, family environment for their children to grow in.

I was recently 'kicked out' of a Facebook parenting group for stating that **reward is a much more effective learning method than punishment and that 'hitting'our children is abusive.** Sadly, so many parents do so and strongly believe that it's the best way to 'discipline' their children.

Perhaps, it is about time governments realize the importance of investing more resources in educating new parents and parents-to-be on how to raise emotionally and psychologically healthier children.

I am a tired stay-at-home mom, often exhausted, many times dreaming of sunbathing on an island alone, sipping on martinis and being massaged… even for 10 whole minutes. I get angry, lose my temper, have no patience at times and need a time-out. I have my good and bad days, problems, health issues, worries and struggles — like everyone else.

However… — I chose to become a mother and since then **I have made a promise to myself to try my hardest to treat my children with respect, raise them with love, parent them with mindfulness and raise them to be emotionally intelligent.** I make mistakes, like every other mom and I try to fix them and not do them again. **I don't always succeed but I keep trying.** I apologize to my children and when they behave badly I try to find out what we have done as parents for them to act this way.

I don't feel the need to post daily about how 'bad' my children are or how 'angry they made me feel like. I moan about my bad days to my husband and close friends and I am grateful every day for my family. **I am not living on cloud 9, I don't pretend to be perfect or have it perfect either. But I also don't choose to feel like a 'victim' mom either.**

In a world where it's 'trendy' to blame others for our own problems — be different and do something much more liberating and healthy. There is **NOTHING** wrong with admitting to making

mistakes (and owning up to them), — it's human and it's OK!
Our children deserve the best parents they can have and we can
all be that.
Till next time xxx

Some more of my thoughts on parenting…:

- *["Mom doesn't always know best and that's ok!"](#)*
- *["Mom wants to work, children want to play…"](#)*
- *["Teaching children real values"](#)*
- *["A rare star is born"](#)*
- *["The most beautiful ballerina"](#)*
- *["Emilia and Baymax…"](#)*
- *["Being the parent your child deserves"](#)*
- *["First day at school — mom did great!"](#)*
- *["Are 'shouting' moms just unhappy?](#)*
- *["When there is a will… mommy finds a way!"](#)*