

# There is no Zen in parenting

This morning I was a silent observer of a debate in a parenting group. There is a great deal of misunderstanding among moms, on different parenting styles. I noticed that it is often assumed that following an attachment parenting way of raising children, means that your family is pretty much perfect and that you are always the ideal example of being zen!

**This couldn't be further from the truth.** [Attachment parenting](#) is about creating a safe and loving environment for your children to grow in.

It's about building an emotionally and psychologically healthy bond with your children, based on trust, empathy, nurture, respect and effective-dignified ways of communication.

**You are still human.** You are allowed to get upset, lose your patience and feel mentally, (mostly), drained. And if you lose your temper once in a while, that's NOT the end of the world.

**It's the way you react and express those feelings and handle your emotions, that will determine the kind of parent you want to be.**

Let's stop generalizing and devaluing parents who try their best to show respect and understanding towards their children. [They are not perfect.](#) They don't feel perfect. [Parenthood is not about perfection.](#)

**You can still apply mindfulness, attachment and emotional intelligence while setting boundaries, applying rules, modeling positive behavior and teaching good values.**

**I have a lot of respect for parents who try to raise their children the best way**

**they can – whether they follow any ‘guidelines’ or theoretical approaches. You don’t need to be any kind of professional in order to treat your children with love and respect.**

We all have the capacity to adopt new ideas, improve our parenting skills, change things that don’t work, evaluate our methods and become [the parents our children deserve](#). Let’s do it together ☺

Till next time xxx