

5 Realities About Parenting That Most People Don't Talk About

01

YOU WON'T WANT TO BE AROUND YOUR CHILD ALL THE TIME

Every parent has moments when they don't want to be around their child and may even look forward to dropping them off. Whether dropping off at daycare, school or at a relative's, not wanting to be with your child every minute of the day is completely normal.

Losing your patience is not something that most parents want or like to do. The reality is, however, it's impossible to stay calm and collected all of the time. Losing your cool doesn't mean you're a bad parent. It means you are human and probably need some time for yourself.

02

YOU WILL LOSE YOUR COOL ON YOUR CHILD

You will have moments when you feel like your child is intentionally behaving in a certain way to push your buttons. While children do learn how to use their behaviors to get what they want, know they are not being jerks. They are simply conditioned and it is not personal.

03

YOU WILL FEEL LIKE YOUR CHILD IS BEING A JERK

Even though parenthood comes with plenty of opportunities to meet other parents, it can feel isolating when you feel judged for your beliefs, your worries and your decisions. Raising a child as a single parent or even far away from relatives can also increase a sense of isolation.

04

PARENTING CAN FEEL ISOLATING

Common reasons a parent's sex life is impacted include exhaustion, lack of time and in some cases simply not having the desire. For those in a partnership, differences in rearing styles can also impact the desire to be intimate.

05

YOUR SEX LIFE WILL BE IMPACTED



Overall, parenting comes with a variety of conflicting feelings and despite the aforementioned, most parents lose their frustration, aggravation, exhaustion the moment their child giggles infectiously and/or is sleeping peacefully at night.

Nevertheless, getting support and guidance is crucial to ensuring your parenting journey is as smooth as possible. For more guidance and support, head over to my blog post for more tips, consider joining one of my support groups or contact me directly for a session.

[CHECK OUT MY GROUPS](#)

[GET MORE TIPS](#)

Thank you for reading!

As a child and parent therapist, I help children ages 3 - 9 reduce their worry and learn how to control their disruptive behaviors. I also help parents learn what insecurities they have that impact their ability to confidently parent.

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