

# 5 Things That May Be Causing Your Parent Guilt and What to Do About It

01

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

Every parent has moments when they don't want to be around their child - this is actually a common, unspoken feeling. There is nothing wrong with you for feeling this way. [Click here](#) to learn more about why this may happen and what you can do when it does.

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. [Read this](#) for 3 tips on how to keep your cool.

02

**YOU WILL LOSE YOUR COOL ON YOUR CHILD**

We all have moments when we feel like our child is intentionally pushing our buttons. While children do learn how to use their behaviors to get what they want, know they are not deliberately being a "jerk". [Click here](#) to learn why they may be behaving this way & what to do.

03

**YOU WILL FEEL LIKE YOUR CHILD IS BEING A JERK**

While parenthood can offer opportunities to meet other parents it can still feel isolating, especially if your parenting style or cultural upbringing is different from others in your area. Building a community of support is vital. Consider joining a local support group or a group associated with something you enjoy to reduce feelings of loneliness.

04

**PARENTING CAN FEEL ISOLATING**

You may have heard about the importance of attachment and bonding with your child. But, did you know there are different types of attachment styles? [Click here](#) to learn more about the styles & how to build a secure attachment with your child.

05

**YOUR CHILD'S ATTACHMENT STYLE MAY BE HINDERING YOUR CONNECTION WITH YOUR CHILD**



## Hi, I'm Christine!

I'm a Latina therapist originally from Brooklyn & Queens, NY who now lives and has a private therapy practice in NJ. I specialize in helping children ages 3-8 reduce negative self-talk, decrease anxiety, reduce crying outbursts and minimize temper tantrums. I also help parents become better at identifying their child's needs and forming a better bond with their child. Head over to my [website](#) to learn more about how I help the families I work with as well as support groups and workshops I am providing. Thank you for reading!

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