

Fed up with mom guilt? Here's how to banish unhelpful thoughts

Tired of battling mom guilt? It's entirely normal, but pretty unhelpful if you're navigating many other new mom emotions. Here are four classic parent guilt thoughts and how you can overcome them.

How you feed your baby

Deciding on how to feed your baby is a personal decision, and remember that every family is different. The right choice is whatever works best for you and your family. If you have any questions, talk to your healthcare provider – they can give you more information about your feeding options and help you make the best decision for your family.

Working mom guilt

Juggling your work and home life is tough for every new mom, so it's common to feel guilty. When looking at daycare options, trust your mom intuition and choose the right one for both your baby and your family. Share all household chores with your partner or ask for help from family and friends. That way, when you do get home, you can enjoy cuddles and bath time rather than running around trying to be superwoman. [Read our tips on going back to work after having baby](#) ^[1] to help you get the balance right.

Self-care for new moms

We'll let you in on a secret: it's OK if you're thinking "I need a break from being a mom!" Take some time for yourself. You're not being selfish if you sometimes choose yourself over your baby. Exercise, spend time with friends and set aside some time for just you and your partner. If you're feeling rested and less stressed, that makes for a happier, more energized you!

The perfect mom myth

Let's get this straight: there's no such thing as the perfect mom. Sure, you'll make plans while pregnant, and daydream about what having a baby and being a new mom will be like. But the reality is you can't

prepare. Every new mom struggles so don't feel guilty about not living up to your own expectations. Let go of the Insta-perfect family lie and you'll feel a whole lot better. Promise.

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[1] <https://www.nestlebaby.ca/en/node/2851083>