

# Celebrity Babies: Duchess Kate Middleton Talks About the Difficulties of Being a Mom



By [Lauren Burczyk](#)

In [celebrity news](#), [Kate Middleton](#) opens up about the struggles that a parent can face when raising their children. The mom of three expressed her empathy with a group of parents and caregivers during a visit to the charity Family Action on Tuesday. According to *People.com*, Duchess Kate told the group during the event “It’s so hard. You get a lot of support with the baby as a mother, particularly in the early days, but after the age of one it falls away. After that there isn’t a

huge amount...of books to read.” While Kate has her trusty nanny to help her with Prince George, five, Princess Charlotte, three, and [celebrity baby](#), Prince Louis, who is 9 months old, she added that “Everybody experiences the same struggle.”

## **Despite the royal blood, raising celebrity babies is hard. What are some ways to find the peace and strength to parent when all you want is a break?**

### **Cupid’s Advice:**

Raising babies is not an easy job. Often times, parents can feel burned out and exhausted. What are some ways to stay strong as a parent when you feel like you need a break?

**1. Remember that you have to show your kids to be strong:** When you’re at your breaking point and feel like you might lose your cool, keep in mind that, as a parent, you’re setting an example for your child. Showing them that you can stay strong, even at the worst of times, can be a great lesson for them to learn at a young age.

**Related Link:** [Celebrity Babies: Kim Kardashian & Kanye West Throw Alice in Wonderland Party](#)

**2. Stay positive:** It’s important to look on the bright side of the challenges you’re facing. Keeping an open mind and having a sense of humor can give you the power to deal with everyday challenges of raising children.

**Related Link:** [Celebrity Baby: Meghan Markle Reveals Due Date](#)

**3. Take care of yourself:** If you’re getting to the point where

your child's pesky behavior is getting the best of you, it's important to remember to take care of yourself and do something to de-stress. Ask a family member or friend to keep an eye on your little one so that you can have some time to yourself.

**Can you think of some other ways to find peace and strength, as a parent, when you're at your breaking point? Comment below.**