

# Parenting Tips: How to Cope with Mom-Shaming



By Carly Silva

Have you ever been bullied or judged for your decisions as a mother? If so, you may have experienced the phenomenon called “mom-shaming,” where other parents make mothers guilty for their parenting choices. Mom-shaming can make many women feel like inadequate or unfit mothers, but luckily, there are plenty of ways to help you handle it.

**If you struggle with handling mom-**

shaming and need some [parenting tips](#), check out these tips and tricks to help you cope with mom-shaming:

**1. Do your best to ignore it:** While it can be difficult, trying to ignore mom-shamers is a great way to tune out the hate and focus on what matters. If you are confident in your ability to parent, don't waste any time listening to people who mom-shame, and instead focus on the positive things you do as a mother!

**Related Link:** [Parenting Tips: Co-Parenting Tips for the Holidays](#)

**2. Don't take it to heart:** Try your best not to take criticism or judgement from others too personally. They could be speaking out of jealousy, or trying to compensate for their own insecurities. Instead of obsessing over particular criticism you've received, try to put mom-shaming into perspective and remember that not everything people say about you is true.

**Related Link:** [Parenting Tips: Help Your Kids Adapt to Change](#)

**3. Remember that you're not perfect:** If another parent makes you feel guilty for something you have done or a choice you've made as a mother, it's okay to embrace that. Sometimes, people, and especially parents, make mistakes, and that's perfectly normal. Remember that parenting has a learning curve and that you are doing the best that you can do.

**4. Consider making your life more private:** If you are the type of person to get really bogged down by the things other people say about you, it might be helpful to make your life and your kids' lives more private. Think about getting rid of social

media accounts, or refrain from posting too much about your personal life online to limit the access people have to the details of your personal life.

**5. Follow your motherly instincts:** At the end of the day, whether or not you are dealing with mom-shaming it's important to always trust yourself over the opinion of others. Remember that you know your children best, and that how you parent them is completely up to you.

**What are some other ways to help you cope with mom-shaming? Start a conversation in the comments down below!**