

# EMBRACING IMPERFECT PARENTING



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## PARENTING GOALS

To raise happy,  
healthy child

AND

To do it naturally  
and perfectly

## REALITY SETS IN EARLY

- You are never as prepared as you thought you were
- Your life takes unexpected twists and turns - daily
- Advice is rampant but not always helpful
- You may find yourself questioning your ability



# OUTSIDE PRESSURE TO BE PERFECT

Family  
expectations

Norms of your  
community

Concerns about  
being judged

## MODELS OF PERFECTION

- Media parents
- Idealized views of parenting
- Attempts to replicate our romanticized view of our parents
- Attempts to be different from our own parents



# PERFECT PARENTS CREATE PERFECT KIDS???

How do you define a perfect child?

What is the child's role in being perfect?

What is your partner's role?

Does this formula account for the uniqueness of you and/or your child?

Does this formula allow for mistakes on either of your part?

# PERFECTION BAGGAGE

- Exhaustion
- Self doubt
- Guilt
- Blame
- Disappointment
- Shame



RELEASE THOSE BAGS

# EMBRACE GOOD ENOUGH PARENTING

## Benefits:

You can be yourself

Let go of all of the “should haves”

Take pride in what you do well

Engage in self care without guilt

Allow others to help

Enjoy the uniqueness of your child

Be  
Proudly  
Imperfect →



# GOOD ENOUGH PARENTING ACKNOWLEDGEMENTS

**Acknowledges that you are committed to:**

- Trying
- Learning
- Growing
- Changing
- Perspective taking
- ENJOYING



## WHAT WILL BE REMEMBERED

- Love
- Hugs
- Encouragement
- Laughter
- Support



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