

# There's a reason "F\*ck Around and Find Out" parenting is resonating right now.

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=89NKK5Y5AHA](https://www.youtube.com/watch?v=89NKK5Y5AHA)

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## SUMMARY

*The rise of "FAFO" (F\*\*\* Around and Find Out) parenting reflects a growing desire among parents to step back from the pressures of traditional parenting styles, particularly gentle parenting. Many parents feel overwhelmed by conflicting advice and the burden of being perfect, leading them to embrace a more hands-off approach that allows children to learn through their own experiences.*

- *FAFO parenting offers a break from the constant pressure to manage every aspect of a child's emotional life.*
- *Parents are feeling exhausted and overwhelmed by the plethora of parenting advice available online.*
- *There is a desire for less responsibility and a reduction in the emotional burden of parenting.*
- *This approach allows children to learn through their own experiences rather than relying on parental guidance.*
- *FAFO parenting can alleviate the sense of judgment and expectations that many parents face.*
- *It represents a shift towards valuing independence and resilience in children.*

around and find out parenting. Why has fafo parenting really risen in popularity? Let's understand this. And I do think there is something understandable in reaction to a lot of what's been being felt around gentle parenting. But I think there's this theme of I don't want to be involved in every aspect of my child's emotional life. I don't want to feel like I'm responsible for being a perfect parent in every moment. I am exhausted. I am overwhelmed with advice. I am overwhelmed with information. There's a million different people's voices on Instagram flooding my brain with all these different things that kind of conflict with each other. You know what is a good alternative? Around and find out. I get to kind of sit right here on my chair and I'm going to say, you know what, my kids can [ \_\_ ] around and find out. And there's no information. There's no guidance. There's also understandably no overwhelm, no constant sense of dread and responsibility and logistics and getting it right and no sense of a barometer all the time judging me. I get that completely. And what I just want to say in this moment is it is completely understandable that parents want something where less is Yeah.