

(no title)

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=RUZ2W49KAAK](https://www.youtube.com/watch?v=RUZ2W49KAAK)
<https://www.youtube.com/watch?v=RUZ2W49KaAk>

SUMMARY

The discussion emphasizes the importance of self-compassion in parenting, highlighting the societal pressures that often lead to feelings of inadequacy. By prioritizing self-care, parents can better support their children and foster a healthier relationship with themselves and their kids.

- *Airline safety videos illustrate the need to care for oneself before helping others.*
- *Societal expectations create pressure on parents to be perfect while balancing careers and family.*
- *Self-compassion is crucial for acknowledging and accepting our mistakes.*
- *Recognizing that failure is a common human experience can alleviate feelings of isolation.*
- *Embracing imperfections allows for a more fulfilling and present parenting experience.*
- *Teaching children self-compassion can help them develop healthier emotional responses.*
- *The practice of self-compassion can lead to greater happiness in both parents and children.*

there's a reason the airline safety videos tell us to put our masks on first by taking care of ourselves we're better equipped to take care of our children and our families there's so much social pressure to be the perfect parent we're supposed to pursue our career and well-being and at the same time sacrifice everything for our children to navigate the tension between these competing aims and make it all look effortless and if we fail well that's certainly not

the fault of social norms and expectations it must be our fault and something we need to fix in ourselves an effective self-compassion practice helps us to bridge this gap we'll learn how to accept that our humanity means that we will make mistakes they are inevitable but we aren't unique in this failure it happens to everyone else too when we can see what didn't go the way we'd hoped acknowledge that we don't feel great about it and then get back up and dust

ourselves off and try again we can work on living this life in the best way we can while not getting overly fixated on our responsibility for things not going perfectly this is an enormous gift to ourselves as it frees us up to be happy in the moment today as well as with our children who will learn to have a different relationship with self-compassion than the one we have had for most of our lives [Music]