

Can You Let Go of Parenting Perfection?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=K6ENNO2iY-G](https://www.youtube.com/watch?v=K6ENNO2iY-G)
<https://www.youtube.com/watch?v=k6eNN02iY-g>

SUMMARY

The discussion revolves around the emotional complexities of parenting, particularly the pressures of striving for perfection and the impact it has on both parents and children. The speaker reflects on their own experiences and regrets, emphasizing the unpredictable nature of raising children and the importance of tuning into their essence rather than getting lost in unrealistic expectations.

- *Parents often get caught up in the fantasy of perfection, neglecting their child's true essence.*
- *Feelings of inadequacy can resurface, leading to a cycle of emotional struggles for both parents and children.*
- *The unpredictability of parenting can be overwhelming, with many unexpected challenges.*
- *Long-distance relationships can complicate parenting dynamics and emotional connections.*
- *The desire for validation and positive reinforcement can hinder personal growth and parenting effectiveness.*
- *It's crucial for parents to recognize and address their emotional triggers to foster healthier relationships with their children.*
- *The conversation highlights the importance of being present and engaged in a child's life rather than focusing on societal expectations.*

you are forgetting to tune into your child's Essence because you're so wrapped up in this fantasy of perfection I have grownup children I feel like I could have done better as a mom I don't want to see them struggling in life even though your children appear okay and they seem happy you are recreating that same emotional experience that you have failed that you are not good enough that you are unworthy Val and I have been in

a long-distance relationship she wanted to be a mother I have a 21-year-old daughter and it was the hardest thing I've ever done I didn't want to do it all over again raising a child is so unexpected with so many wild turns and you can't really predict it and here you have Galia who's younger who's like oh you know why not this is a massive tsunami that you're asking to participate in that you have zero

control over I just feel like they're selling themselves short so what's making you emotional I see that something struck a cord it's hard to see if I'm creating it or like where do I catch up to this where's the turnaround Point you're still waiting like you did as a child for that positive reward but here's the thing type the word follow to get a link to my podcast