

How to Handle Unwanted Parenting Comments

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=RQMEMB4BXR4](https://www.youtube.com/watch?v=RQMEMB4BXR4)

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SUMMARY

Navigating unwanted parenting comments during family gatherings can be challenging. It's important to remember that you're the expert on your child, and many criticisms stem from misunderstandings about child behavior and development.

- *Consistency in parenting is important, but perfection is unrealistic; aim for about 80% consistency.*
- *Children often connect through movement and play rather than quiet conversation; they aren't small adults.*
- *A child's food preferences are not a reflection of parental failure; rejection of food is not personal.*
- *Kids may not want to spend one-on-one time with grandparents, even if they love them; this is normal.*
- *Many children find school discussions stressful, leading to reluctance in sharing; they may prefer other topics.*
- *Feeling judged at family gatherings is common, but trust your instincts as a parent; you know your child best.*

If you got these unwanted parenting comments from family over Thanksgiving, here's what I want you to know. One, you need to be more consistent if they're going to listen to you. Nobody's consistent 100% of the time. That's not possible. Real consistency is 80% at best. Two, do your boys ever sit and just talk quietly? Kids aren't supposed to be small adults. Lots of kids don't connect by talking quietly. They connect by moving around together. Three, I don't know why I made all this food. If your kid doesn't even like any of it, look, a kid rejecting food doesn't mean they're rejecting you. Four, no one wants to hang out with grandma, even though I traveled 1,000 miles to be here. Kids can love grandma and not want one-on-one adult time all day. Five, your kid is so antisocial, they won't answer any questions about school. A lot of kids don't want to talk about school because it's stressful, but there are a lot of other topics they might want to talk about. If you left Thanksgiving feeling judged, here's your reminder.

You're the expert on your kid, and parenting in public is hard. I see you.