

The Confident Parent

Tips for Overcoming “Mommy Madness”

(NAPSA)—Television isn't the only place where housewives are desperate these days. Many of today's mothers are struggling with the intense demands of raising children in a climate of ever-rising societal standards for domestic perfection.

Between exposing their toddlers to the benefits of classical music and yoga classes and heeding advice from a myriad of expert parenting manuals, mothers are practically driving themselves crazy. In fact, it was recently reported that 70 percent of American moms find parenthood “extremely stressful” and 30 percent of mothers with young children suffer from depression.

Somewhere amidst all this “culture cramming,” many parents seem to have forgotten how to worry less and play more. What parents need to remember are the valuable life lessons that they share with their children, simply by interacting with them.

Unfortunately, society may take its time getting back to basics but until then, here are a few easy tips on how parents can shed the guilt and battle the onset of “Mommy Madness”:

Join the Club: There are many nonprofit support groups, with online advice and grassroots programs designed to alleviate stress among parents. The International MOMS Club has chapters all across the nation—visit www.momsclub.com to find one nearby.



New video series encourages learning through active play.

Let Off Steam: A great way to relieve anxiety is to put your thoughts on paper...or on-screen. Stressed-out moms are finding online blogs, such as www.playisthework.com, to be a terrific outlet for pent-up energy and a great forum to meet like-minded parents.

TV for Tots: Sometimes you just need half an hour to yourself and you don't need to feel like a criminal for putting the kids in front of the TV during that time—especially if the content is age-appropriate. Braincandy is an innovative new children's entertainment company, which has developed a set of videos that advocate learning through active play. Check out www.braincandykids.com for information on its first program, “Braincandy, My 5 Senses.”

Ask for help: It may be hard to admit you don't know how to handle every parenting problem. Remember, friends and family are your best allies and they'll likely be more than happy to pitch in.