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HOW TO CRUSH MOM GUILT

By Dayna @ Lemon Lime Adventures

Have you ever asked yourself that question...

"Did I do enough?"

If so, you are not alone...

As moms, we are juggling an impossible amount of responsibilities and often feeling unsure if we have given enough, even though at the end of the day there is absolutely nothing left to give.

We go to bed completely spent and wonder where our currency went.

Did I love enough today?

Did I spend enough time with each child?

Did I listen to my partner?

Did I let down that friend?

We promise to do better tomorrow with all of our very best intentions. Then tomorrow comes with the same flurry of responsibilities that yesterday had, and **our best never feels quite good enough.**

Sure, **guilt in small doses helps keep us in check**, but most of us are overdosing on guilt, and this actually keeps us from moving forward.

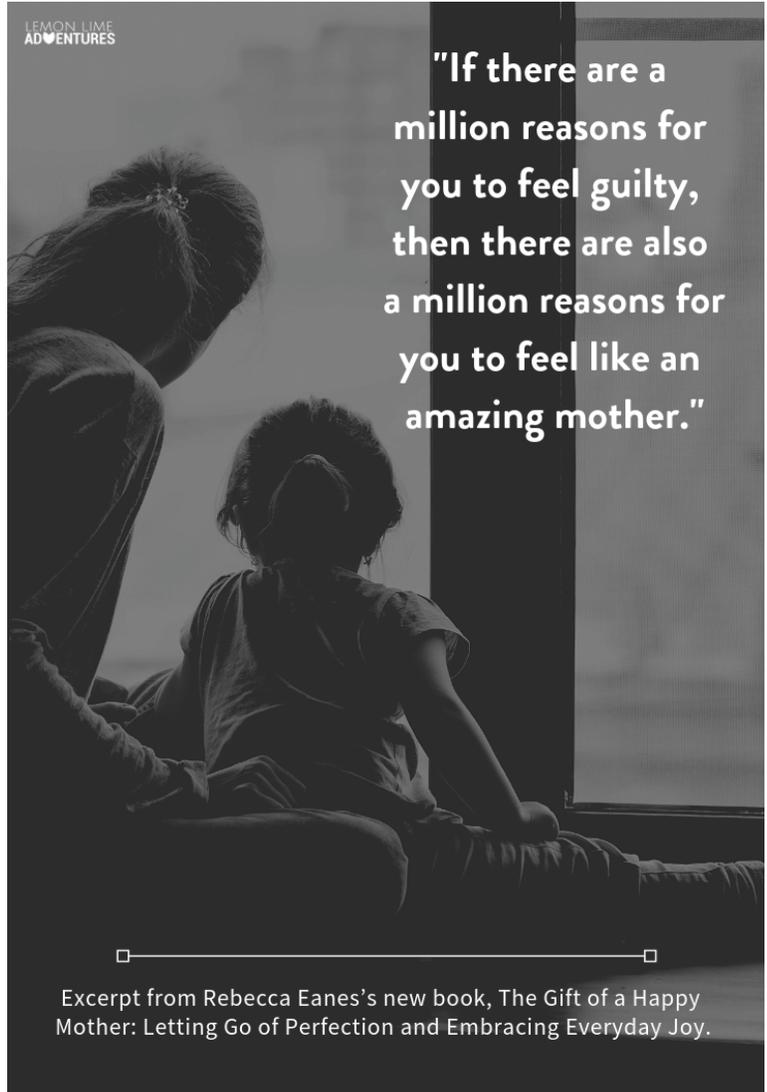
Studies have found that **concentration, productivity, creativity, and efficiency go way down when you're stuck in guilt.**

As I've studied child development over the years, I have learned that **a child who is in emotional distress cannot be his best self**, and yet I too often forget that the same is true for me.

[Click here to read 3 Powerful Antidotes to Crush Mom Guilt Today](#)

This is a small excerpt from Rebecca Eanes, founder of Positive Parenting: Toddlers and Beyond. Today, I've got Rebecca over on Lemon Lime Adventures sharing an excerpt from her new book (plus an amazing preorder bonus) for anyone that preorders this weekend. Whether you pre-order the book or not, I think we can all agree that letting go of the guilt can be the best simple next step we all take this weekend.

[Click here to check it out...](#) and let's agree together to LET GO of the guilt for good!



"If there are a million reasons for you to feel guilty, then there are also a million reasons for you to feel like an amazing mother."

Excerpt from Rebecca Eanes's new book, *The Gift of a Happy Mother: Letting Go of Perfection and Embracing Everyday Joy.*

BEYOND SEXUAL ABUSE

Adapted by Diane Riggs from Beyond Sexual Abuse: The Healing Power of Adoptive Families, published by Three Rivers Adoption Council in cooperation with Wayne Duehn, PhD, Sherry Anderson, MSW, and Kirsti Adkins, MPH.

Parents teach preschoolers about good and bad touch to give them tools for avoiding and reporting sexual abuse. But foster and adoptive parents often don't have the luxury of trying to prevent initial abuse. When a sexually abused child joins their family, the challenge is to provide a safe, healing environment, and teach the child about ways to safely show affection and deal with sexuality.

Some child welfare researchers estimate that as many as 80 percent of children in foster care have experienced sexual abuse of some kind. Sexual abuse involves activity with or interaction between a child and an older person where the intent is to sexually arouse one or both of the parties or control the child sexually.

Children entering foster care or moving from care to adoption are most likely to have experienced systemic abuse. Commonly associated with chaotic homes where children are not protected, this type of sexual abuse often starts when children are very young and is perpetrated by a parent or other adults who move in and out of the home.

Was My Child Sexually Abused?

If your child's worker does not mention sexual abuse, and records say nothing, did your child escape this form of abuse? Maybe. Maybe not. Sexual abuse often goes unnoticed and unrecorded. Children are often reluctant to talk about abuse due to feelings of guilt and shame, or fear that the abuser will punish them. Few abusers confess to their crimes when confronted by protection workers.

Initially, a sexually abused child's behavior may mirror that of children who have experienced physical abuse or neglect. Children who have been abused sexually may be angry, be confused about parental roles and responsibilities, mistrust adults, and be depressed or hyperactive. Symptoms specific to sexual abuse include

sensitivity to touch (avoiding touch or being seductively clingy); sensitivity to exposing one's body (being very opposed to exposure or eager to wear scant clothing); and sexual behavior or knowledge that is out of keeping with the child's age.

Bottom line, even if sexual abuse is not disclosed in the child's history, foster and adoptive parents must be prepared to deal with issues of sexuality and sexual abuse.

CONTINUE READING FOR TIPS ON TALKING TO YOUR CHILD ABOUT PAST ABUSE



Have you adopted a child who is currently placed or has been placed in a residential treatment center? NACAC wants to hear from YOU!

To learn more about the experiences of families who have adopted a child who is or has been placed in residential treatment, NACAC, the University of Texas at Austin, School of Social Work, and Capital Adoptive Families Alliance, California, have created an online survey. By sharing your experiences, you can help us understand when and how to best support families like yours.

The survey is voluntary, confidential, and should take 25-30 minutes to complete.

[You can complete the survey at any time here.](#)