



## **"Good" Moms Sacrifice For Their Kids... Right?**

By Kelly Nault, M.A.

A "good" mother puts her children first! Right? WRONG! This is a myth that needs to change for the health and well being of our families.

**"Good moms" (even "good dads") who use selfless devotion often wind up making their kids suffer in the end!** Allow me to explain. In reality, selfless devotion often leads to having less "self" to give. A mother who burns the candle at both ends often ends only winds up "burnt-out." And as we all know, "When mom ain't happy, ain't nobody happy!"

So am I suggesting moms should become selfish? No. As a family counselor I have seen what neglect can do. What I am suggesting is a new paradigm. I recommend that parents become "self-full"-being fulfilled in their own life, so they can inspire their children to do the same. **Our children need us to model what it means to be a happy and healthy adult-not a stressed out frazzled one.**

**Mom, consider this article to be your wake up call that inspires you to realize that if you love your kids, you need to start putting some of your own needs first.** Far too many children are becoming unhealthy adults who lack esteem and motivation. Parents whose lives revolve around their kids breed a sense of entitlement in their children who grow up wanting to **get** , rarely wanting to give. Don't make this mistake!

**So put a little of yourself first-for the sake of your kids.**

Find you don't even have a minute to yourself? Let me give you one simple suggestion. The next time you are looking at one of the items on your to-do list, ask yourself the following question:

**"Will this task fill me with joy or deplete my joy?"**

Answer honestly from your heart. If the task will deplete your joy pass it up or ask yourself, **"How CAN I make this task fulfilling?"** With some practice, you can transform even the most mundane task like scrubbing out the toilet by putting on your favorite music, repeating your favorite affirmation (or prayer) or even by hiring someone else to do it!

Mom, each day you make choices. The choices you make today determine how fulfilled you are. To live a happier life you only need to make better choices. The more you say "yes" from your heart, the more heartfelt your life will become. **Mom, you deserve to be happy and your children deserve to have a mom who is happy! The only question remains: Will you do what you know you need to do to give your child the gift of a happy mother?**

Kelly Nault, MA corporate spokesperson and award winning parenting author of *When You're About To Go Off The Deep End, Don't Take Your Kids With You* inspires moms to put themselves first—for the sake of their children. She shares time-tested tools that motivate children to want to be well behaved, responsible and happy! Sign up for her free online parenting course at [www.UltimateParenting.com](http://www.UltimateParenting.com).

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