

# The Top 10 Misconceptions of Moms and Back to School

With summer winding down and the new school year on the horizon, many moms are feeling a mix of excitement and trepidation. It's a time of transition, both for our kids and for us. And with all the changes happening, it's easy to fall prey to some common misconceptions about back to school.

Here are the top 10 misconceptions about moms and back to school:



## The Top 10 Misconceptions of Moms and Back to School (The Top 10 Misconceptions of... Book 1)

by Dena Blizzard

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### 1. Misconception: Moms should be excited about back to school.

**Truth:** It's okay to feel a little sad when summer ends. We've had a few carefree months to spend with our kids, and it can be tough to say goodbye to that time. It's also normal to feel a little anxious about the new school

year. We want our kids to be successful, and we may worry about whether they're ready for the challenges ahead.

## **2. Misconception: Moms should be super organized.**

**Truth:** Back to school can be a chaotic time for everyone, and moms are no exception. We may feel like we need to have everything perfectly planned and organized, but that's just not realistic. It's okay to be a little disorganized, and it's okay to ask for help from our kids, our partners, or our friends.

## **3. Misconception: Moms should be able to do it all.**

**Truth:** No one can do it all, and that includes moms. We need to set limits, and we need to ask for help when we need it. It's important to take care of ourselves, both physically and emotionally, so that we can be there for our kids.

## **4. Misconception: Moms should be perfect.**

**Truth:** We're all human, and we all make mistakes. It's okay if our kids see us make mistakes, because it gives them permission to make mistakes of their own. It also shows them that we're not perfect, and that's okay.

## **5. Misconception: Moms should always be happy.**

**Truth:** It's okay to feel sad, angry, or frustrated sometimes. We're not robots, and we can't be happy all the time. It's important to let our kids see that we have emotions, and that it's okay to express them.

## **6. Misconception: Moms should be able to handle everything calmly and rationally.**

**Truth:** It's okay to lose our cool sometimes. We're all under a lot of pressure, and sometimes we just need to let it out. It's important to show our kids that it's okay to be upset, and that it's okay to apologize when we've made a mistake.

**7. Misconception: Moms should be able to anticipate all of their kids' needs.**

**Truth:** No one can predict the future, and that includes moms. We can't always know what our kids need, and that's okay. It's important to be flexible and to adapt as our kids' needs change.

**8. Misconception: Moms should be able to solve all of their kids' problems.**

**Truth:** We can't fix everything for our kids. Sometimes they need to learn to solve their own problems. It's important to support them and to be there for them, but we also need to let them learn from their mistakes.

**9. Misconception: Moms should always put their kids first.**

**Truth:** Our kids are important, but we also need to take care of ourselves. We can't be good moms if we're not taking care of ourselves. It's important to set aside some time for ourselves, even if it's just a few minutes each day.

**10. Misconception: Moms should be able to handle everything on their own.**

**Truth:** We all need help sometimes. We can't do it all on our own. It's important to ask for help from our partners, our friends, our family, or our community. There are many people who are willing to help us, and we should never be afraid to ask for it.

Back to school is a time of transition and change, and it's easy to fall prey to some common misconceptions about moms. But it's important to remember that we're all human, and we all make mistakes. We don't have to be perfect, and we don't have to do it all on our own. We just need to be there for our kids, and we need to take care of ourselves.



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