

# The Ultimate “Perfect Mom” Checklist

## ☐ Love your child unconditionally

*End of list*

Mom guilt is a thing for a reason. We all feel it because there is just no way to be the “perfect” parent. So stop beating yourself up! Frankly, I think that my mother was pretty near perfect. My friends even called her “Mom” because we all adored her. And yet she frequently talks about regret over those little things that she feels she didn’t do quite “right” when we were growing up, like having a messy house or losing her temper on an off day. But she got the most important thing right...she loved us with abandon. My brothers and I are all healthy, functioning adults. (It only took a small amount of therapy.)

Seriously, you all need to stop it right now! Really, just cut it out! Stop trying to trying to be perfect and just be present. Because you are trying your best, right? And that truly is good enough. All your child needs is LOVE. Give that without strings attached, and you are the PERFECT MOM. The rest will fall into place.

