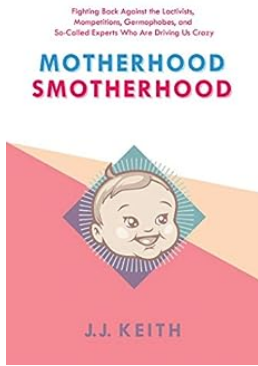


Fighting Back Against The Lactivists, Mompetitions, Germophobes, and So-Called Experts

As a new parent, there is no shortage of opinions and advice coming your way. From the well-meaning grandparents to the nosy neighbor, everyone seems to have an opinion on how you should raise your child. But what happens when these opinions turn into full-blown mompetitions, lactivism wars, and germophobia? It's time to fight back!

First, let's address the lactivists. These are the moms who believe that breastfeeding is the only way to go, and anyone who chooses formula is somehow failing as a parent. They bombard you with studies, statistics, and guilt trips, making you question your choices. Well, here's a newsflash for them: fed is best! Whether you choose to breastfeed or formula feed, as long as your baby is healthy and happy, that's all that matters. So next time a lactivist tries to shame you, remember that you are doing what's best for your child.

Now let's talk about mompetitions. You know the ones - the moms who constantly compare their children's milestones, achievements, and even diaper blowouts. It's exhausting trying to keep up with these supermoms who seem to have it all figured out. But here's the secret: no one has it all figured out! Every child is unique and will develop at their own pace. Instead of getting caught up in the mompetition frenzy, focus on creating a loving and nurturing environment for your child. Celebrate their achievements, no matter how small, and remember that being a parent is not a race.



Motherhood Smotherhood: Fighting Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts Who Are Driving Us Crazy

by JJ Keith (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 859 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 113 pages



Germophobia is another issue that new parents often face. Suddenly, your once carefree life is now filled with hand sanitizers, antibacterial wipes, and fear of every germ lurking around the corner. While it's important to keep your child safe and healthy, remember that exposure to germs can actually strengthen their immune system. Of course, practicing good hygiene is essential, but don't let germophobia rule your life. Allow your child to explore, play in the dirt, and make lasting memories without constantly worrying about every little germ.

Lastly, we must address the so-called experts. These are the self-proclaimed gurus who claim to have all the answers when it comes to parenting. They have books, podcasts, and websites filled with advice that often contradicts each other. It's easy to get overwhelmed by all the conflicting information, but here's the truth: you are the expert of your child. Trust your instincts, listen to your intuition, and do what feels right for your family. Don't let the so-called experts make you doubt your abilities as a parent.

In , as new parents, it's important to stand your ground against the lactivists, mompetitions, germophobes, and so-called experts. Remember that you are doing the best you can for your child, and that's all that matters. Surround yourself with supportive people who respect your choices and celebrate your journey as a parent. And most importantly, trust yourself - you've got this!



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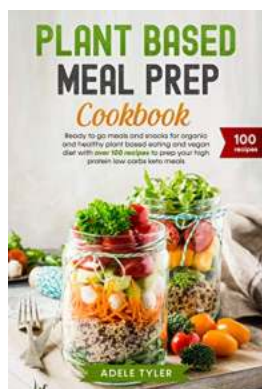
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What's the first thing a woman does when she thinks she might be pregnant? She Googles. And it goes downhill from there. While the internet is full of calming and cheerily supportive articles, it's also littered with hyper-judgmental message boards and heaps of contradictory and scolding information. Babies on Boards takes parents through the trenches of new parenting, warning readers of the pleasures and perils of mommy blogs, new parent groups, self-described "lactivists," sleep fascists, incessant trend pieces on working versus non-working mothers, and the place where free time and self-esteem goes to die: Pinterest (back away from the hand-made flower headbands for baby!).

JJ Keith interweaves discussions of what "it takes a village" really means (hint: a

lot of unwanted advice from elderly strangers who may have grown up in actual villages) and a take-down of the rising “make your own baby food” movement (just mush a banana with a fork!) with laugh-out-loud observations about the many mistakes she made as a frantic new mother with too much access to high speed internet and a lot of questions. Keith cuts to the truth—whether it’s about “perfect” births, parenting gurus, the growing tide of vaccine rejecters, the joy of blanketing Facebook with baby pics, or germophobia—to move conversations about parenting away from experts espousing blanket truths to amateurs relishing in what a big, messy pile of delight and trauma having a baby is. It turns out those little buggers are more durable and fun than we think they are!



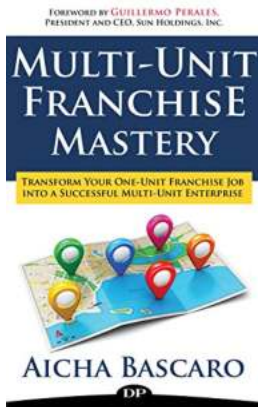
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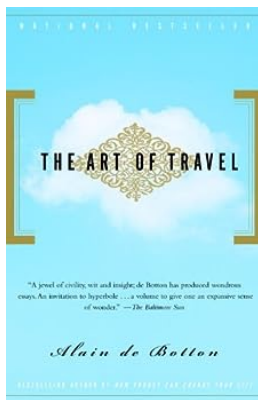
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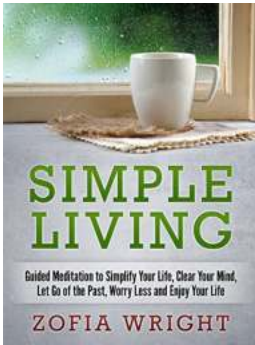
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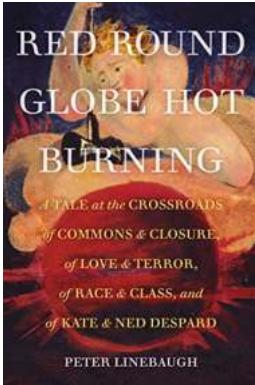
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