

# IDEAL PARENT – SHOULD/ OUGHTS



In what way can you identify with Sarah?

Can you identify any of your 'shoulds' and 'oughts'?

Let's hear about Sarah:

Sarah decided during pregnancy to plan on being the 'ideal parent'. She had all sorts of goals to meet and ideas of what she 'should' or 'ought' to do to feel she's doing well.

She wrote lists to make sure the nursery would be decorated with the latest trend, her equipment would be only the best brands. She would definitely take her baby on outings every day, and baby would be dressed in a matching outfit. She wanted to be the perfect parent- eating the perfect diet, and always looking good and having the perfect "look". She would have a date with her partner every week, her house would be clean and tidy, and she would be a size 10 again when her baby was 6 weeks old and ..... the list went on.

