

I Was a Really Good Mom Before I Had Kids



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Scratch the surface of the Super Mom and you may find someone who isn't even sure she can get through the day, let alone "do it all." Or at least that's what Trisha Ashworth and Amy Nobile felt. Curious, they began asking other mothers and found that after twenty minutes of touting the joys of motherhood, moms would inevitably admit that they were stressed out, exhausted, and depressed that their child's first word was "Shrek." After conducting over 100 interviews, Trisha and Amy discovered trends too similar and too widespread to be ignored. Whether the mom was in the office or in the home, whether she had 1 kid or 4, it didn't matter. Mothers everywhere were, at some level, unsure of whether they were doing a good job - and whether they even liked that job. Were you a Bad Mom if you screamed at a four year old for getting up twelve times in one night? Were you a Good Mom if you stayed up late baking 50 cupcakes for the ballet recital?

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