

Mom's Best Friend

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Abstract

My project is the exploration of a solution to criticism, judgment and stereotypes mothers face in today's world. Mothers in today's world are too often judged, forced into stereotypes; based on whether they are a stay at home mom, or a working mom, and criticized no matter which type they choose to be, there is always something they seem to be doing wrong. Mothers make a significant percentage of the world, and it's important that they get the credit that they deserve, not judgment on how anyone else thinks they should mother. The point of this project is to show support for mothers in terms of a blog called: Mom's Best Friend

*Keywords:* support, blog, mom's best friend

I am a 27 year old mother of two: an eight year old and a three year old. It has been a long journey while trying to hold onto my own sense of self, get my degree, and work to support them. Being a mother is one of the greatest and most rewarding jobs I have ever had and experienced, but it is also the toughest. I am in charge of a whole other life besides my own, and they are one of the biggest priorities in my life, and while it is fulfilling, there are often times I feel lost, judged and criticized as I'm navigating through it all. Even on the days I feel depressed and like I don't want to take care of anything, I don't have a choice.

I have been aware that no matter what we as mothers do, there is always going to be something that we are doing wrong, at least according to others (society, other mothers etc.). Whether that's allowing our children to act a certain way that differs from a different view of another parent, or those that don't even have children. Or it's choosing to work full time so you can support them while they go to daycare. Because of this, I was brainstorming on a way that I might be able to help lessen the level of judgment, criticism and negative feelings that we mothers feel on a daily basis; so I decided to do a blog.

I have little control over what other people think, say, or do, but I do have control over the type of impact I might have on others, so my thought was to use my compassion, knowledge and research skills to help encourage and motivate, educate, and help improve the self-esteem of other mothers in my community in hopes that it will move to help minimize that level of judgment and criticism.

Invited a dozen of moms that I know to participate in my blog project and gathered their email addresses, I conducted a questionnaire getting to know a

little bit about them and their experience as moms, and I created my blog. My blog included three different pages, posts, research, and quotes; I shared the link to my blog with them and got to work. I researched everything from working moms versus stay at home moms, and why it's so common for all of us to be judged, to foster mom's and the history of how judgment of mothers became so widespread. I included a quotes page because quotes are something that at least help make me feel better about myself and thought it might be a similar case for others. I shared my research in case any of the mothers wanted to explore more in depth of the knowledge I was sharing in my blog. I also conducted a questionnaire comparing the feelings and thoughts at the beginning of the project compared to the end of the project, so I might gather an idea of the type of impact I had on these mothers.

I gathered a couple of different perspectives, all ranging from working moms, stay home moms, moms that work from home, and gathered perspectives from the birth moms, foster moms, and adoptive moms. The perspectives were similar and coincided for the most part, like in how they feel judged. However, they also differed in the way of specific types of the judgment they've received. One example is from probably the only foster mom that I know, who also adopted her children. She feels judged, because a lot don't think of her as an actual mother since she didn't give birth.

By encouraging more communication and collaboration between mothers and gathering more support for them to use what they have been able to experience with me during my capstone project in their everyday lives to better

their mindset and interactions is a more innovative way in trying to approach the problem I am interested in solving: the judgment and criticism of mothers. This goes beyond just actively doing something where I solely have the impact on the problem and rather moves it into the realm of the collective.

I feel emotional intelligence has definitely been a key factor during my capstone project, because from what I've gathered of emotional intelligence, it's about using imagination and patience to face problems in our relationships with others. Which is the type of mindset that I have as it relates to the stigma of motherhood judgment, I am consistently using my perspective taking skills in understanding the other perspectives of motherhood that may differ from my own.

My initial inspirations for my project was taken from my sister in law, Meesha, who is a stay at home mom of four (soon to be five) who has done it all: she's gone to school while being a mother, she has been a working mom, and obviously a stay at home mom. I have known her for a little over six years, and in that amount of time I feel I have grown so much as a person and mother, because of all the ways she has taught me to think differently and ask critical questions.

With those assets and skills in mind, as well as the feedback I received from my questionnaire, I turned to my research of stereotypes and judgments of mothers, trying to go into more depth and specifics of certain aspects. You could probably go a million and one ways on how a mother is judged and criticized, but I was more centered and focused on our criticism of each other and the types of

moms. Based on my findings, what was most interesting to me was that of the moms I asked, half of them agreed that the way we treat each other is significantly worse than society as a whole, especially in today's world.

Overall for my project, The benefits to the stakeholders include: providing information that they might not already know as it comes to the struggles of motherhood (ie. for another type of mother), providing support and encouragement for them to help them feel better about themselves and helping them with more ways to help encourage other mothers to feel better about themselves, and giving an overall sense of camaraderie between the different mothers of society. Mothers are a force to be reckoned with when we are standing together and encouraging one another in our everyday lives with our everyday tasks.

The benefit of doing a blog is to have a safe space for moms to come find support and encouragement while learning some information that they may not have known without doing their own research regarding motherhood. My blog allowed for them to have access to the knowledge and research that I found, because it was included on its own page.

I chose to do a blog, because I felt that I have a lot of compassion and a way with words as it relates to the different trials we as mothers face. I feel it's important to understand that we are all just trying to get by and do our best in raising decent human beings, and the judgment that is often correlated to being a mother hinders the ability to effectively do so. I benefited myself first and foremost with this project, because I learned more as it comes to motherhood

than I did before, including the way some mothers I know feel and what they struggle with on a daily basis. With this project, I was able to improve my empathy and compassion skills towards others, and I learned about all the hard work it takes to create and post in a blog. It takes impressive writing skills and I was able to practice using those skills during my project.

In all honesty, my initial results and feedback on what it's like for these moms in society satisfied some of what I was looking for, but the end results fell flat. I was super excited at first, I had all of these ideas for what was going to happen and went into my blog. I received some tremendous help from a close friend in figuring out what to do, because I had no idea where to even begin with a blog. I sent out the initial questionnaire asking my fellow mothers questions about their thoughts and feelings of being a mother in society, and received great feedback. It showed that a couple of them viewed some of my posts, but that seemed to be it. I sent out my comparative questionnaire and asked them to have it filled out by the end of that week so I could include my findings and feedback in my activity, and nothing.

The results I expected were that the dozen moms that I chose to have access to my blog and capstone project, I felt, were the ones that would help me with no issues and would be excited about it. I would receive comments on my posts, and they would fill out the questionnaires that I sent out, maybe even share my blog with other mothers they know that I don't. The most surprising results from this project to me were how similar each of these moms have felt; I

don't think any of us realize just how alike we are in our thoughts and feelings and that we have the power to use that to make a change!

If I could go back and have a do over, I would decide against doing a blog, as I struggled quite a bit with it, and possibly done a podcast instead. I didn't notice the comment that was made about a possible podcast until I was writing up this final paper, but I agree that would have been pretty cool. Being able to listen and discuss the different topics and perspectives, as well as helping come to the realization that really we all feel similar things, I probably would have had more success in my results.

[Mom's Best Friend Blog](#)