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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Working Moms – Got Guilt?

By Debi Bogard

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~WORKING MOM~ Got Guilt?

IF YOU ARE A WORKING PARENT, PARTICULARLY A WORKING MOM, IT'S LIKELY YOU ARE AMONG THE 95% WHO FEEL GUILTY WHEN THEY LEAVE THEIR KIDS AND GO TO WORK.

Many

moms leave their day care in tears and then spend the rest of the day aching to be with their child. Few people can afford to quit their jobs so they go on, day after day, living this vicious cycle of guilt. The truth is that until you acknowledge the true antagonist, you cannot change it!

SO WHERE DID THIS GUILT COME FROM ANYWAY?

Since monsters hide in the dark, let's shine a light on this one so it will go away. Most likely, you were working before you had children and fully intended to work after you had children. No surprise there! The surprise came when that first day arrived to drop your baby off at day care. It was almost impossible to leave, wasn't it? As you got used to the idea of saying good-bye to your child for the day, that nagging guilt manifested in many other ways – you know, the temptation to not discipline in the evening so you could have "quality time"; the keeping her up too late because you have not been with her all day. Not to mention that underlying fear that your child will become more attached to, and have a stronger relationship with your day care provider than she has with you.

BEING A WORKING PARENT IS PART OF TODAY'S WORLD.

Most families cannot maintain the lifestyle they have worked so hard to create without two incomes. The conflict arises for women when the traditional model of the stay-at-home-mom starts rumbling like a small earthquake in her heart. The necessity and expectation to have women be a breadwinner AND mom is still fairly new. There are a lot of hats to wear, and taking one off before putting another on is often impossible. The hat for a demanding job seems to never come off, even for some essential, 100%, mom-time.

YOU DON'T HAVE TO GO THROUGH EACH DAY AT WORK FEELING LIKE A "BAD MOM" (NOT MY WORDS), NOR DO YOU NEED TO SPEND YOUR FAMILY TIME MAKING UP TO YOUR CHILD

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FOR THE FACT THAT YOU WORK. Here are 3 simple steps that will free you to give yourself permission to enjoy your professional life and blossom as a parent as well:

1. FIND A DAY CARE THAT YOU ARE COMPLETELY COMFORTABLE WITH.

You should be able to say good-bye to your child in the morning and go to work with absolutely no worries. Your mind should be on work and not your child's well being. If you have any concern at all, talk to your provider about it. If you don't get relief, it's time to find another place that you feel relaxed about. Your feelings regarding the care of your child are your best resource. (By the way, a day care provider could never, never take your place. You are Mommy, and no one else can fill those shoes – period! She provides a warm, loving substitute for you, but a substitute is just that and no more.)

2. REALIZE WHY YOU ARE WORKING!

Is it because you want to be away from your child? Probably not. It may be that you are a better mom because you also have a professional identity. You may be able to create better moments together when you are not with your child 24/7. You're not alone. Most moms feel that way. Isn't it true that you are working to provide a great lifestyle for your family? The truth is that you're doing it "for" your kids not "to" your kids!

3. DO WHAT YOU LOVE!

Could you maintain your lifestyle without your job? If not, make sure you love what you do! It changes your whole outlook if you love your work. Answer this question: "Does my job add to my life or take away from it?" If your job is sucking the life out of you, it's time for a change...

IF YOUR JOB IS SUCKING THE LIFE OUT OF YOU...It may be that the demands of your career consume your time and leave little to nothing for your family or yourself.

IF STRESS, FRUSTRATION AND GUILT, FROM THE JOB YOU HAVE, ARE NOT THE LIFE COMPONENTS YOU CRAVE, THEN THE TIME TO CHANGE THAT IS RIGHT NOW.

DON'T SPEND ANOTHER DAY feeling the anguish of the working-parent-conflict! Do one thing today to put control of your career, and your life, back in YOUR hands.

It's up to you!

Debi Bogard, CCMC, is a Certified Career Management Coach who, for 12 years, has helped working moms enjoy their professional life and blossom as a parent as well. Call Debi at (877) 460-7271 to schedule your complimentary session – no strings and no obligation—just a gift. Visit www.careerformulas.com and receive a free "Quick Start Guide".

Guilt Trip: Mommy Business Travel

By Teresa Kolvek

As a working mom, I am the queen of guilt. Every morning I drop off my little girl at the day care center, where there is a caring staff she has really bonded with. She seems happy enough most days. She will reach for the teacher as soon as she sees her, and contentedly watch as I say my "Goodbye, baby, I love you!" and walk out the door. I keep my voice cheerful and my demeanor upbeat, but my heart always sinks into my shoes as the door shuts and I start on my way to work.

Some days it's worse. The regular teacher occasionally isn't there, and even though my daughter knows the others – in fact sees them every day – she clings to me, digging in with her knees and grabbing with her hands. I pry her off and hand her over, struggling to keep a smile on my face as she cries and screams, "Mommy, Mommy." Oh, it's tough. Worse, though, are business trips. I don't have to travel very often, thank goodness, but when I do the guilt meter goes off the chart. I'll call my husband to check in, and I'll hear her in the background, talking and playing, and I just want to cry. I want to talk to her on the phone, but she isn't quite old enough yet to understand the concept and would only be upset. Then I will hear reports back, like when my husband told me she woke in the middle of the night, screaming for Mommy. Apparently she was inconsolable, crying and refusing to calm down for Daddy.

I have to keep my job right now, since I'm the primary breadwinner in the household. So, we have to make the best of this. But how?

One thing that seems to help is talking with other working moms. When I'm at an out-of-town meeting, there are usually at least one or two other women there who can relate to my situation. We tell stories about what our kids are doing, share photos, and trade advice. Sometimes just talking it out with someone who understands can really help to ease your mind.

Another thing I'm doing is working with my employer to minimize the overnight trips I'm required to take. I'll offer alternative suggestions, such as conference calls, videoconferencing, or meetings online. I keep trips as short as possible, and get direct flights whenever I can to lessen travel time. Sometimes it's an option to combine separate trips into one: fly in, drive or fly to the second destination, and fly out. I'll also consider bringing the family along, if the location is desirable, and turn the business trip into a vacation.

I just got back from a four-day meeting, and when I saw my daughter for the first time upon returning home, she looked different to me; changed somehow. Her hair seemed longer, which I know is impossible, and she had learned a number of new words. It was only four days, but I feel like I've missed so much!

While a working mom's guilt is seemingly never-ending (well, mine anyway), there are a few things that can ease the pain a bit. And it's all forgotten the moment I see my bunny rabbit smile and throw herself into my arms.

Teresa Kolvek and her husband, Tony, are the proud parents of a beautiful and spirited toddler named Amelia. Visit Teresa's website at

for great information, tips, and recipes for toddlers.



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