

OVERCOMING NEW PARENT ANXIETIES

By Leah Jennings

The words "new parents" and "anxiety" seem to be synonymous. If you Google the phrase "parent anxiety," you'll see titles such as "49 Parent Fears and How to Ease Them" and "Top 10 Fears of New Moms."

Most new parent anxieties are centered around the same themes:

"I'M NOT GOOD ENOUGH."

Blog and social media posts are constant reminders that the world is full of perfect parents and we're not among them. We often wonder if we're reading to our children enough, if we're socializing them enough, and if we're doing enough to aid in their physical, mental, emotional, and spiritual development.

But the truth is: You are more than enough.

God has entrusted you with this child for a reason. Trust that He will lead you in his or her upbringing. You are everything your child needs.

"I'LL MESS UP/UNINTENTIONALLY HURT MY KID."

There's bound to be some research out there that supports the idea that whatever way you're raising your child is secretly scarring them for life. To vaccinate or not to vaccinate? To spank or not spank? Either side always ends in your kid needing therapy when they get older.

But the truth is: Your child is under God's protection.

There's nothing you can do that will cause irreparable damage when you submit your kids to God and surrender your parenting to Him daily. They are safe and secure in Him.

"OTHER PEOPLE ARE JUDGING MY PARENTING."

Your kid throws a full-on fit in the middle of the grocery store and you can just feel all kinds of judgment from onlookers. You're certain they think you're a bad parent who is incapable of controlling a child.

But the truth is: They're too worried about themselves.

While it may seem lonely and horrible at first to imagine that you aren't anyone else's first order of business, there is also a great release to be found in this idea.

New parents, join me in releasing our fears that our kids won't reach their full potential because of something we're doing wrong. Instead, let's replace those fears with truth that we are enough to parent our children as God calls us to.

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BIBLE STORY

PSALM 119:11, NIV

"I have hidden your
word in my heart."

SAY
THIS

WHAT IS WITH YOU
WHEREVER YOU GO?
GOD'S WORD IS WITH YOU
WHEREVER YOU GO.

DO THIS



MORNING TIME

When you go into your child's room this month say, "I see a sleepy head. God loves you when you're a sleepy head because God loves you all the time!"



DRIVE TIME

As you drive, sing the following to the tune of "The Wheels on the Bus Go 'Round and 'Round." "The wheels on the [car/van/truck] go 'round and 'round, 'round and 'round, 'round and 'round. The wheels on the [car/van/truck] go 'round and round. God's with me wherever I go."



CUDDLE TIME

Cuddle up with your child this month and pray, "Dear God, your word says in Psalm 5:3 that 'In the morning, Lord, you hear my voice' (NIV). Thank You for listening to my prayers. I pray that [child's name] will grow up talking to You, believing that You hear everything [he/she] says. In Jesus' name, amen."



BATH TIME

As you bathe your child, sing the following to the tune of "Buffalo Gals." "God made you from your head to your toes, head to your toes, head to your toes. God made you from your head to your toes. You are wonderfully made!"

BASIC
TRUTH

GOD MADE ME. GOD LOVES ME.
JESUS WANTS TO BE MY FRIEND FOREVER.