35. SUBJECT: Parenting is not your identity...

You may know people who make parenting their whole identity. You may even feel like that’s a description of how you feel right now.

The problem with making parenting my whole identity is twofold:

1) When I have parenting successes, I tend to give myself all the credit (when it’s probably due to more than just me), and

2) When I have parenting failures, I tend to give myself all the blame (when it’s ALSO probably due to more than just me).

Here’s today’s *Tip for Modern Parents*:

**A parent’s identity is not found in his or her parenting.**

You are a parent, yes, but you are so much more than that. You are an individual with hopes and dreams, fears and worries. Make sure that you don’t try to find your identity in parenting, for you will surely be disappointed. Parenting is absolutely a source of great joy, but that joy decreases when we try to make parenting the sole focus of our lives.

Onward to better parenting,

ADD NAME