

# .....Ten Myths Moms Believe.....

From *Hoodwinked* by Karen Ehman & Ruth Schwenk

## **MYTH #1**

Mothering is natural, easy, and instinctive.

## **MYTH #2**

The way I mother is the right (and only) way.

## **MYTH #3**

I am “just” a mom.

## **MYTH #4**

Motherhood is all-consuming and all-fulfilling.

## **MYTH #5**

A good mother can do it all, all at once.

## **MYTH #6**

Motherhood is a rat race.

## **MYTH #7**

Motherhood is luck of the draw.

## **MYTH #8**

Everything depends on me.

## **MYTH #9**

I have to do it all right, or my child will turn out wrong.

## **MYTH #10**

My child’s bad choice means I’m a bad mom.