



Building a Strong Family

Week 5: How do I deal with mom pressures?

Mentor Mom Panel February 28, 2024

Questions and notes

1. How do you manage expectations that you as a mom are to be "everything to everyone" and focus on yourself without the guilt.
2. How do you put the relationship with your husband before children? What does that look like?
3. How do you deal with differing parenting styles (i.e. Raising children in an affluent community where some parents give children everything/anything they want)
4. How do I handle the pressure of finding contentment in this world of comparison? How do we teach our kids to be grounded and not compare themselves to others (materialism and trips, etc)?
5. How do you balance a job and contributing financially and managing your family's needs?
6. How do I find contentment in my family's specific circumstances? Especially if my family looks different from others.
7. Per Annie's talk: How does my family determine what the **BIG THINGS** are in life?
8. I feel pressure not knowing what advice or truth/scripture to share with my kids when they come to me with a problem. What is a go-to belief/scripture/truth to give our kids when they are struggling?
9. How do I handle the pressure of sibling conflict? How can I get them to connect with each other?

10. How do we navigate teaching patience and sharing to younger children?
11. How to parent a child that can't regulate their emotions? How do you navigate feeling like one child needs you more than the others?

Questions for Discussion:

- 1) What impacted you most from today's panel?
- 2) What changes can you make in your life/home as a result of today's panel?
- 3) What area of your life do you struggle the most with mom pressures? Parenting, marriage, friendships or self-care?
- 4) How can we pray for one another specifically as it relates to mom pressures?

Remember our model for prayer when we feel anxiety/pressures

- Pray to the God of Peace
- Present our problems
- Place down our anxious thoughts
- Pick up Peace