

## **Most Mothers Feel Judged**

**This NYT's article by Dr. Perri Klass discusses mothers who are still in the child-rearing stage. I would argue that this experience extends to mothers who are having problems with their adult children as well.**

**Here's an excerpt of the article:**

**Nearly two-thirds of mothers said they felt they had been criticized for their parenting decisions, according to a [national poll released in June](#) from the C.S. Mott Children's Hospital in Michigan.**

**Researchers asked 475 mothers of children up to the age of 5 across the United States about feeling judged for their parenting skills. Sixty one percent felt that they had been judged, with most of the criticism coming from close to home, said Sarah Clark of the Child Health Evaluation and Research Center at the University of Michigan, the co-director of the poll.**

**"What stood out was the perception among so many more mothers that criticism is coming from folks within their own family," she said. "It was almost equal parts their spouse or partner, their own parents, and their in-laws. The stereotype would be the in-law would lead the parade on that, but it didn't turn out that way."**

**The researchers wondered whether mothers would report more criticism coming from acquaintances and strangers, or people online. But only 7 percent of the mothers, who were surveyed in January, reported cyber-judging via social media.**

**Mothers were three times as likely to report being criticized within the family as from the outside, Ms. Clark said. "I wonder if when a comment comes from someone so close, the comment feels different," she said.**

**--**

**If your child has mental illness, it's also likely that they express their feelings in a way that causes you to feel much more judged or misunderstood.**