

## **The Good Enough Parent Video Transcript**

Parents put a lot of expectations on themselves, and really struggle with the idea of having to be perfect. And what we know is that, really nothing is perfect, there's no such thing. Even if you read everything you can about how to be the perfect parent, or how to perfectly soothe your baby, or whatever it is that you're trying to accomplish to perfection, babies don't need perfection. Babies need their caregivers to be available and engaged with them, and really just good enough.

So, in the good enough environment babies thrive. That means paying attention to them, taking care of them, soothing them when they're sad, feeding them when they're hungry, changing them when they're wet, and that is really what we think about as good enough parenting. The idea of perfectionism can be really punishing and damaging, because it's unattainable.

This idea of self-compassion, of saying, "Okay, that didn't go exactly the way I had hoped that it would," or, "Wow that was harder than I thought it was going to be—and, we'll try again next time." Right?

The idea is not perfection. The idea is learning from and with your baby and if you accept that you're going to do things as best you can, and that what your baby needs is you, and the good enough version of you, that's really a way to find yourself more at ease and giving yourself permission and compassion that you're doing the best you can. And that that is really what makes a difference in your baby's life.