

## **Mom-on-Mom Bullying: The Fighting Has To Stop**

To the Editor:

**We don't allow our kids to bully, so why do we think we can do it as parents?** The recent stories on "[Is homeschooling good for kids?](#)" debate to "[criticisms of moms spending too much time on their iPhones](#)" are evidence that mom-on-mom bullying continues to be an issue – and we, as moms, need to take a stand.

According to a Parenting.com survey, nearly all surveyed moms (97 percent) admit to being critical of other moms. Additionally, new research from the 2013 National Motherhood Decisions Survey, conducted by Mom Central on behalf of Similac®, suggests that 95 percent of moms feel judged on their parenting decisions.

The Decisions Survey also found that intense judgment causes many moms to feel stressed, angry, insecure and inadequate. When critical perception is removed, more than 90 percent of moms feel more confident, more relaxed, happier and more fulfilled. More than 90 percent of moms also notice a positive impact on their kids when they feel supported.

Ultimately, that is what we want – moms to feel supported so they can be more confident and happier with their families. In order for this to happen, moms need to stick together and be more vocal about this issue. Sitting back when moms are being bullied on or offline is no longer an option.

As StrongMoms Advisory Board members, we are passionate about the issue of mom-judging and committed to finding solutions. We've signed the pledge at [StrongMomsEmpower.com](#) and are following these ABCs of Empowerment, and we're empowering other moms to do the same:

- Accept and support: Respect others' decisions
- Be confident: You know what's best for you and your family
- Community: Identify a small circle of trusted friends you can go to for support

As moms, we've all been in a tough situation or two, so let's all think twice before judging the decisions of another mom – maybe we'll start seeing fewer headlines and more confident moms.

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