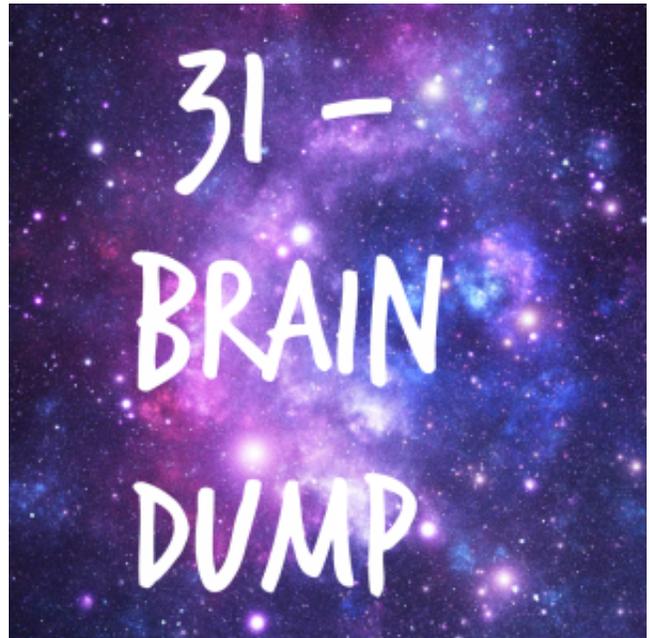


## #31 Brain dump - whats on your mind right now

// Over 50 days (or so) I am doing [Fat Mum Slim's 50 things to blog about challenge](#) - in no particular order.



Today's post is #31 - Brain dump, what's on your mind right now.

You might have noticed I've missed a few '50 things' posts. Well tough titties, we've had a rough fortnight with gastro and some big sleep regression going on. But back to today's post...

Oh what isn't on my mind!!

Today its parenting. Sorry to bore my bike/running friends. While up with a screaming teething baby about 6 times a night for the past fortnight, last night I got thinking..

What kind of parent would I be without the Internet?

I'm not talking so much about not being able to google things, more about what I'm exposed to on 'the socials' (blogs, Facebook, twitter and instagram). There is so much 'advice' out there and I find it's some of the gentle parenting pages especially who give me unrealistic expectations of myself!

Which leads me back to my question. Without the internet and the knowledge that things like 'gentle parenting' even existed what kind of parent would I be?

I thought about it and came to this stunning conclusion!

Wait for it...

I would be exactly the same only I wouldn't feel guilty about it!

For example, although I *know* that stopping breastfeeding when I did was best for my health (both mental and nipple), the *guilt* still plagues me! A gentle parent would have persevered, and would never have stopped for 'themselves'. So if I didn't know all of this uber breastfeeding stuff existed then the guilt just wouldn't be there!

Having said that I did make it to 6.5 months which I can't really fathom after how terrible the first 6 weeks were.

But, as I reason with myself - you need to look after yourself to look after your baby.

I've unfollowed some of the pages and accounts because I just don't need to read about ridiculous things like how holding your child upside down stops them having tantrums.

THIS WAS A REAL THING I READ. You know what I think happens when you hold your child upside down when they're having a tantrum?

You get kicked in the face.

Having said that, before I lose any readers that support upside down parenting there is holding your child upside down, and then there's lots of good advice I might not have otherwise known that *is* realistic! And if you are one of those people who hold your child upside down when they have a tantrum please send me a video!!

But seriously, I get so confused.

I'm hoping the whole 8 month sleep regression IS a real thing and its just that, and that in a couple of weeks it too will have passed and things will return to normal-ish.

I don't mind getting up to feed him once a night (although I don't honestly think he's hungry even then) but 2-3 times a night + multiple resettling attempts is getting old fast!

In any case in 5 weeks or so we are booked into Masada in Melbourne for some help. Very much looking forward to some support. And, getting back to the point of this post I wouldn't have known they existed if it weren't for the internet!

Would love to hear your thoughts though! Has the internet and all the advice out there changed the

way you parent?

- Jen