


FROM
Patriarchy Parenting
TO
Empowered Parenting

PARENTING QUIZ AND
TIPS!



Find out if you are experiencing
Patriarchy Parenting and what you
can do about it!

Hello and Welcome!

ALLOW ME TO INTRODUCE MYSELF



My name is Hannah, and I am a Parent Empowerment Coach. I deeply believe that all people are worthy and deserving of lives that are full of joy and meaning. I work to help parents remember that they get to be those people too! I have been in the business of helping people become their best selves for over ten years, and I love it!

I am also a mother to two kids who used to feel overwhelmed, burnt out, and full of shame surrounding my mothering. I realized that so much of that came from mothering in a patriarchal society, and I decided to make changes in how I looked at and engaged with motherhood. It made all the difference in the world, and now I spend my time helping other parents do the same.

Introduction

WHAT DOES PATRIARCHY HAVE TO DO WITH PARENTING?

You've downloaded this and perhaps you're curious. What is Patriarchy Parenting and what does the Patriarchy have to do with me as a parent? Well, I'd say a lot!

Patriarchy is a system that is based in the idea that men should have power over women, and that male needs are of higher importance than that of women. It has influence over most aspects of our lives. It's not about men versus women, its about a long-existing power structure that has created inequities in how we live our lives and parent. It's not about a male partner at all, because women in all types of parenting situations and relationships experience the pains of parenting under Patriarchy. When we become mothers, so many of the difficult experiences we face have their roots in Sexism and Patriarchy; in the need for women to feel less-than, to doubt ourselves, and to carry the brunt of the emotional, mental, and physical load of parenting.

From our internalized self-judgments, to the unrealistic expectations put upon us, to the seeming impossibility of finding balance in our lives, so much of what can be so hard about being a mother is actually rooted in Patriarchy. I want to help us all break that cycle and move into something else. Something I like to call Empowered Parenting.

I created the following quiz and an accompanying workbook ([available here](#)) as a way for moms to examine how Patriarchy might be impacting their parenting and lives in ways they haven't seen, and I've created steps to move away from Patriarchy Parenting and towards Empowerment Parenting. Welcome to the ride!

Quiz Time!

Is Patriarchy Affecting My Life and Parenting?

If there's one place you can see patriarchy at its most insidious, **it's in magazine quizzes.**

These are the ones we grew up taking that let us know if we measured up to be "hot enough" or "girlfriend material". **Just look at this list of quiz titles and you'll see what I mean!**

After looking at these, and remember how much I used to do them as a kid, I thought, what better way to turn this awful trope on its head and use it as a tool to fight patriarchy in our lives? So, here it is. My new and improved quiz!

When you're done, check out the empowering tools to fight Patriarchy in Parenting so you leave this feeling hopeful and strong!



Quiz Time!

Is Patriarchy Affecting My Life and Parenting?

1. When you decided to have a child you:

- a. Felt guilty about the decision you had to make regarding your professional and personal life.
- b. Felt pressure to "do it all" and continue to perform at 100% in both your professional and home life.
- c. Noticed your partner didn't have these same worries about their professional life and felt frustrated by this.
- d. All of the above.
- e. Just excited, no worries

2. When you first had a newborn you:

- a. Felt like you were doing everything wrong and worried you weren't cut out for this motherhood thing.
- b. Were overwhelmed and exhausted with everything the baby needed and felt like you could have used a lot more support.
- c. Felt frustrated and angry that you were doing almost all of the baby work and no one was acknowledging it.
- d. All of the above.
- e. Had all the support you needed.

3. When you made a decision about how to feed your baby you experienced:

- a. Like you got mixed messages from those around you about the "best" way to feed your baby, which made you question your own decisions.
- b. Went out of your way to force other people's opinions on yourself, even when that form of feeding didn't work for your family.
- c. Enraged at the way you were shamed by others for that decision, or for feeding your baby in public.
- d. All of the above.
- e. Totally confident and supported in your decision.

4. When your children behave "badly" (read: like children) in public or family settings you feel:

- a. Embarrassed and like your faults as a mother are showing.
- b. Anxious to make them be quieter and "act right".
- c. Pissed about what the people around you might be thinking or saying.
- d. All of the above.
- e. No worries, they're just being kids and you don't care what other people think.

5. When you have a hard day with your kids you:

- a. Are wracked with "mom guilt" and feel like a "bad mom".
- b. Go over and over all the things you did wrong that day, punish yourself, and pledge to be a much better mom tomorrow.
- c. Lash out at your partner because you're not getting enough help and it's making you irritable.
- d. All of the above.

Calculate Your Answers!

1. IF YOU ANSWERED MOSTLY A'S: GUILTY MAMA

You're like most moms I know and have experienced the pressures on mothers to feel perfect. These pressures have caused you to get down on yourself, question your decisions, and feel guilty. You may not realize that much of this comes from how Patriarchy and Sexism impact our mothering. Ideas of "ideal mothers," created generations ago and which serve to keep women in their place in society, continue to permeate our culture and our own minds. Remember that who you are as a person and a mother is unique and valuable and can't be judged or quantified based on outdated and sexist norms that aren't correct or attainable.

2. IF YOU ANSWERED MOSTLY B'S: MAMA UNDER PRESSURE!

You also feel society's pressure to conform into some concept of what a "good" mom is, and you work yourself to the bone to try to achieve it. You just want what is best for your children and your family, as well as for your career (if you're working on that now) and the effort to do all of them at once feels like way too much. You keep pushing, hoping that at some point if you just do enough you will then feel like you are enough. Patriarchy has created a system in which women are working against unrealistic expectations of how much you are supposed to accomplish, and the pressures this puts on you can lead you to feel burnt out, exhausted, and full of anxiety. Remember that no matter how hard you work or how much you do, the fact that you are intentional about your mothering and that you are **trying** is amazing, and you are good enough no matter how many hours you put in. Remember that your health and wellness are just as important as everyone else's around you.

3. IF YOU ANSWERED MOSTLY C'S: FED-UP MAMA!

You have been existing in this Patriarchal world as a mother and you have felt the impact of it. You see the unrealistic expectations, the double standards, the judgements, and you are rightfully pissed about it. Maybe you are just angry in general and don't know where to direct it. Maybe it comes out in ways you hadn't predicted or toward people you didn't intend it to. All you know is you are fed-up with how hard this is, and you are ready for some change. Take a deep breath. You have every reason to be angry. These feelings you are feeling are real and they are justified. How, now, can you use that anger and that righteous indignation to make changes in your life that alleviate some of the pressure and the unfairness of it all? Because you deserve better, and you know it! We all do!

Calculate Your Answers!

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4. IF YOU ANSWERED MOSTLY D'S: YOU'RE ME, A FEW YEARS AGO:

You are me a few years ago. Burnt out, full of "mom guilt", trying so hard to be perfect, and then failing (because perfect doesn't exist) and feeling angry about it. You are feeling this way because you are parenting in a society that doesn't encourage you to be the real, true, **wonderful you** that you are, but rather to try to contort yourself to fit into societal norms regarding what a mother **should** look, think, and act like. Not only does it feel horrible, this isn't sustainable. You deserve better than this. You deserve to be empowered and fulfilled, and to have rest! The mother you really are, not the one you think you "should" be, is pretty amazing. You are ready to take the next step into making changes in your life that will begin to free you from these expectations so you can lean into something fulfilling and whole.

5. IF YOU ANSWERED MOSTLY E'S: UNBOtherED MAMA!

Well, great! You maybe have felt some of these negative impacts of Patriarchy and sexism in parenting, but have found ways to make sure they don't affect your life. You have strong boundaries, ask for what you need, and are surrounded by wonderful support. Take time to be proud of yourself and grateful for the work you've done. If it feels right to you, take what you've learned and pay it forward so that other moms can feel that level of support and empowerment too!

*So what do we do with this information?
Keep on reading to find out!*

Breaking Down What Patriarchy Looks Like in Parenting

So now you've thought about how patriarchy may be affecting you and how you feel as a mom. Maybe you never connected the feeling of not being a good enough mother to Patriarchy before. Think about what the expectations you have for mothers are. And ask yourself the following questions:

1. What messages does society give to us about what a mother "should" be?
2. When you think about those ideals, how do they make you feel?
3. Where do you imagine these ideals come from?
4. How does buying into these ideals impact you as a person, and you as a mother?

What to do Next: Tools for Breaking Free From Patriarchy Parenting

STEP 1: NOTICE AND ACKNOWLEDGE

When you start to feel overwhelmed, burnt out, guilty, and/or angry as a parent, take a moment to think about, notice, and acknowledge what is going on and how Patriarchy in particular might be influencing your thoughts, feelings, and inner critic.

STEP 2: CALL IT OUT LOUD

Once you've figured it out, say it out loud. Even if you're by yourself. We can't make changes in how Patriarchal messages impact our parenting if we don't say these things out loud.

STEP 3: SEE YOURSELF AS A WORTHY HUMAN

It's hard to stand up for yourself and your needs if you don't believe you deserve them.

STEP 4: PRIORITIZE YOUR WANTS AND NEEDS

When Patriarchy is telling us that our needs and wants don't matter, an amazing way to empower ourselves is to say very loudly that they actually do matter. How can we do this? By prioritizing them.

Want More? Download the Complete ["From Patriarchy Parenting to Empowered Parenting"](#) Workbook on my website and look on the next page for more of what I offer!

Parent Empowerment Coaching

with Hannah Rudnick, MSW



Read more about
Empowered Parenting
on my
[Parents Empowered Blog!](#)

If you are ready to start feeling empowered and fulfilled as a human and a parent, you may enjoy:

- One-on-one Parent Empowerment Coaching
- Group Coaching with Other Amazing Moms
- [Download the full "From Patriarchy Parenting to Empowered Parenting" Workbook](#)
- Workshops that Help Us Grow

The first call with me is always free! Contact me at:

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