

## Parent Resource

### [It's OK to Need a Break](#)

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**“Social media is abound with messages to parents that their love and attention is all their kids need during this stressful time. These messages are no doubt intended to be empowering.**

**But we're one year into the pandemic now, and what I'm hearing from parents is how exhausted they are — and how guilty they feel because they don't have a lot to give right now. One mom I know burst into tears as she shared how ashamed and saddened she was at the relief she experienced upon finding that her son had fallen asleep before she came to say goodnight. The prospect of having some extra alone time was a dream come true. But instead of enjoying her much-deserved break, she was punishing herself, wondering what kind of mom she was if she was happy to have time away from her child.”**

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