

Finding the Right Path to Parenting

This is a remarkable web site. And very much needed. I hope all pediatricians are aware of it. Let me tell you why I found it so important.

Some days I struggle more than others looking for the skills to raise them because I didn't have good models as a child. I'm an adult child of an alcoholic. My father has been twenty years sober. He is also bipolar. I'm not sure I was ever a "child"; I always seemed to be an adult.

Now I am married to a wonderful man and we have two beautiful children. I've been in therapy for a long time with great success, because my biggest fear in life is that I would continue the cycle of dysfunction and not be a "good" parent.

I read and ask a lot of questions to find the right path. So, I'm glad this web site is a place for doctors and parents to go with questions regarding mental health.