

Fight Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts

Are you tired of being judged by other parents? Do you feel like you're constantly being told what you're ng wrong? If so, then this book is for you.



Motherhood Smotherhood: Fighting Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts Who Are Driving Us Crazy by JJ Keith

★★★★☆ 4.7 out of 5

Language : English
File size : 859 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 113 pages



In *Fighting Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts*, author Emily Oster provides a much-needed dose of reality and common sense to the parenting debate. Oster, an economist and mother of two, takes on the parenting police—from the lactivists who insist that breastfeeding is the only way to feed a baby, to the mompetitors who are always trying to one-up each other, to the germophobes who are terrified of letting their children get dirty.

Oster argues that there is no one right way to parent. She encourages parents to trust their own instincts and to make decisions that are best for their own families. She also provides evidence-based information on a variety of parenting topics, from sleep training to screen time to vaccinations.

Fighting Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts is a refreshing and empowering book that will help you to break free from the endless cycle of guilt and shame and learn to trust your own instincts. It is a must-read for all parents.

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The Lactivists

Lactivists are breastfeeding advocates who believe that breastfeeding is the only way to feed a baby. They can be very judgmental of mothers who choose to formula-feed their babies, and they often spread misinformation about the risks of formula feeding.

Oster argues that there is no evidence to support the claim that breastfeeding is the only way to feed a baby. She points out that formula-fed babies can be just as healthy and happy as breastfed babies. She also

discusses the many benefits of formula feeding, such as the convenience and flexibility it offers.

The Mompertitions

Mompertitions are parents who are constantly trying to one-up each other. They brag about their children's achievements and compare their children to other children. This can be very stressful for parents who feel like they are not measuring up.

Oster argues that mompetitions are a waste of time and energy. She encourages parents to focus on their own children and to celebrate their children's unique achievements.

The Germophobes

Germophobes are parents who are terrified of letting their children get dirty. They wash their children's hands constantly, and they avoid letting them play in the dirt or with other children.

Oster argues that germophobia is actually harmful to children. She points out that children need to be exposed to germs in [Free Download](#) to develop a healthy immune system. She also discusses the many benefits of playing in the dirt, such as the improved motor skills and creativity it can promote.

The So-Called Experts

So-called experts are people who claim to have all the answers about parenting. They write books and give lectures, and they often make parents feel guilty for not following their advice.

Oster argues that there is no such thing as a parenting expert. She points out that every child is different, and what works for one child may not work for another. She encourages parents to do their own research and to trust their own instincts.

Trusting Your Own Instincts

Oster believes that the best way to parent is to trust your own instincts. She argues that parents know their children better than anyone else, and they are the best ones to make decisions about what is best for their families.

Oster encourages parents to listen to their own inner voices and to make decisions that feel right for them. She believes that parents should not be afraid to go against the grain and to do what they believe is best for their children.

Fighting Back Against the Lactivists, Mompertitions, Germophobes, and So-Called Experts is a must-read for all parents. It is a refreshing and empowering book that will help you to break free from the endless cycle of guilt and shame and learn to trust your own instincts. It is a book that will help you to be the best parent you can be.



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