

# SLEEPING SHOULD BE EASY

.....NEWSLETTER.....

Do you find yourself feeling stuck sometimes, Nina?

Maybe it's feeling helpless as your toddler goes through yet another sleep regression, with no end in sight. Or perhaps you're slogging away at work, feeling unappreciated and definitely not passionate about what you do. Maybe you're overwhelmed with just how busy life gets, from meal planning to filing taxes to rushing through the kids' bedtime routine yet again.

It's soooooo easy to feel stuck--like there's no way out of this situation, at least any time soon.

And so we fall for this one habit, the very habit that could be keeping us stuck: **blaming**.

We all do it. We blame traffic for making us late for work, or a coworker for adding even more to our plate. We blame the landlord for not getting the plumber out today, leaving us with a clogged shower stall for the night. We even blame our past ("I grew up broke") and our limiting beliefs ("I've never been good about organizing and cleaning").

It all boils down to blaming others--whether people, circumstances, or our upbringing--for their misfortunes we now find ourselves in. We even blame the kids' fighting for giving us a headache or our spouses for countless reasons.

At first, there doesn't seem to be a way to get around blaming. After all, you really *did* get to work late because of traffic, and it's easy to lose your temper when the kids fight.

But the problem with blaming is that **we absolve ourselves from the role we play or how we can make better choices next time**.

Blaming your spouse does no good when you feel like you're the victim and therefore have nothing to contribute or change.

Blaming your past is simply telling yourself the same story for *years* when you're better off taking a look at what *you* can do to turn things around.

And while the kids *do* give you a headache when they fight, blaming prevents you from seeing what you can do to respond better.

So here's a little challenge I know we can all use: **For the rest of the day, don't blame**. Catch yourself for the times you blame and complain, if only so you're more aware of how often it can come up in a day. Better yet, instead of blaming, ask what you can do or respond for a more positive outcome.

**Then tell me:** Where do you most feel "stuck"? Could blame be one of the reasons that keep you from getting unstuck? Hit "reply" and let me know!

Want to read more? **Check out these articles on the blog:**

- [Top 5 Parenting Myths: Are You Making These Mistakes?](#): Not all parenting advice or

beliefs are all that helpful! See if you're following these 5 parenting myths --and what you can do to avoid them.

- [When Your Child Seems to Ruin Everyone's Day](#): What to do when your child ruins everyone's day with tantrums and outbursts? Learn how to turn a bad day around and embrace your child's temperament.
- [6 Ideas to Pull Yourself Out of a Bad Parenting Day](#): Having a bad parenting day? You're not alone. Check out these 6 ideas to pull yourself out from a bad day you're having with the kids.

#### And here's what's new on the blog:

- [1 Year Old Nap Schedule: Examples that Actually Work](#): Struggling with your toddler's sleep problems and naps? Discover several daily examples of a 1 year old nap schedule that actually work and are easy to customize to your needs.
- [Essential Breastfeeding Supplies You Need to Have](#): Want to know which breastfeeding supplies to get? Check out my breastfeeding essential checklist, complete with everything new moms need for breastfeeding and pumping.
- [Easy! 12 Ways to Teach Preschoolers about Money](#): It's not too early to start teaching preschoolers about money! Discover 12 ways to make learning about money fun, interesting, and impactful, even for young kids.

---

## Get 25% off children's clothes for sensitive skin

*This is a sponsored post written by me on behalf of SumyCotton. The opinions and text are all mine.*

Imagine learning that your 20-month-old toddler had skin so sensitive, it even affected the kind of clothing she could wear.

That's what faced the founders of [SumyCotton](#) when they learned that their daughter had severe and long-lasting eczema. Like many parents, they went on a mission to identify triggers and find medications and treatments that worked best. In their search to avoid flare-ups, they found an amazing discovery: **pima cotton**.

This material was so soft and comfortable, perfect for their daughter's eczema. The problem was, pima cotton is expensive, and they had a hard time finding clothes made from 100% pima cotton.

And that's what drove them to launch [SumyCotton](#), a line of adorable children's clothes with fun, playful characters and cute patterns, perfect for children with sensitive skin. They found a way for their daughter to lead an active life and wear comfortable clothes, all at an affordable price.



Search...



\$20.00



SHOP NOW

OUR STORY

OUR CHARACTERS

OUR FABRICS

OUR INKS

FOR NON-FOR-PROFITS

CONTACT US

FREE SHIPPING!

OUR T-SHIRTS ARE  
TOO COOL NOT TO  
WEAR TO SCHOOL!

SHOP NOW



OUR STORY

READ MORE



Does your child have sensitive skin or eczema? Or do you know another child who could benefit from learning more about SumyCotton? Take a look at the selection of cute and comfortable clothes, perfect for kids with sensitive skin. They also make great gifts!

Plus, as an SSB subscriber, you'll get **25% OFF** your order! Just enter the coupon code **sleepingSBE25** to get your discount.

[\*\*Get 25% off SumyCotton now\*\*](#)

Enter coupon code **sleepingSBE25**