

Good enough parent is a concept deriving from the work of D. W. Winnicott, in his efforts to provide support for what he called "the sound instincts of normal parents...stable and healthy families".

It's natural for expecting parents to formulate plans for how they will raise their children during pregnancy. These reveries help pregnant parents cultivate their parental archetypes, and begin to see themselves in a new way. It's also normal for brand new parents' plans to be idealistic and absolute. They may take the examples of parenting that they like best, and hold them up as a template of how parents should always be. They might also take subjectively undesirable parenting practices that they have seen or witnessed and deem them as something that parents should never do or be, creating a dichotomy of light and shadow, right and wrong.

When we talk to pregnant people about "good enough parenting," it helps them set realistic expectations for the challenges of parenting and how

Map Good Enough Parent

