

# Moms Admit How They 'Silently' Judged Each Other Before Parenthood

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What stereotypes did you believe about motherhood, before you had kids? A viral [TikTok video](#) reveals a big reckoning.

“What’s one thing you silently used to judge moms on until you became one?” a TikTok user named Jannah wrote on a video with more than two million views. She captioned the post: “Never say ... ‘Not me’ when it comes to kids. Those creatures will humble you.”

Moms were quick to confess.

- “I judged moms who gave their kids 10 chances. Now I own a ‘chance factory.’”
- “I can’t believe I used to say that my child would have absolute zero screen time.”
- “Not understanding why people hire babysitters. ‘If you want kids, you should be with them 24/7.’ I should go to jail.”
- “I used to think that being a stay-at-home mom was easy — I got humbled real quick.”
- “I never liked children that were loud in public. My child has a built-in microphone.”
- “I used to think pregnant women used pregnancy as an excuse to eat a lot. Then, I too became an insatiable bottomless pit during my pregnancy. I am eternally sorry for my past transgressions.”
- “Moms who neglect self-care. Well, look at me now.”

- “Not being able to calm a crying baby in public. For that, I am truly and sincerely ashamed and I do apologize.”
- “My deepest apologies to moms of ‘Velcro babies.’ I always believed it was the mom’s fault for spoiling the baby. Sincerely, a mom of a velcro baby.”
- “I used to judge moms for looking ... overwhelmed and irritated and mad all the time. Now, I am that mom.”
- “Bribery. Now, I’m all for it. You’d think I invented it.”
- “Not being able to control your child in the grocery store. Now, I just look on with a ton of empathy, because I UNDERSTAND NOW.”
- “Co-sleeping. Now, I’m the biggest advocate.”
- “Piles of unfolded laundry everywhere. Now, I get it.”
- “Kids who don’t like to eat different foods.”
- “Wearing rain boots on a hot summer day. Because you know what? I’m not about to fight with a toddler. I pick my battles.”
- “I’m a firm believer that whatever you judge will be your lesson in life.”

## Why are moms judged so harshly?

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“Our society tells us that every behavior ... is both caused by and could have been solved by better or different mothering,” [Deborah Gilboa](#), a family doctor and resilience expert, tells [TODAY.com](#).

“Another reason is, many people have had a mom — or, if not, a woman who was formative in raising them or a relationship in their minds with their absent moms,” says Gilboa. “Society asks us from a very young age to think over and over again about these ... relationships ... so we have feelings, opinions and beliefs on how they’re supposed to be — based in large part, on our own experiences and observations of what’s happening around us.”

Gilboa adds: “We’re also judged on our parenting, because good parenting makes communities safer — we need others to raise their kids to be helpful, responsible, contributing and honest.”

Parenting is humbling, says Gilboa, “because we care so much about doing it really well ... but it’s impossible to be constantly succeeding — every single child brings a different set of learning experiences.”

Still, sometimes you can’t help but judge.

“Unless the situation bears directly on the safety of your family,” says Gilboa, “remind yourself that you don’t know what you don’t know.”



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