

PERFECT PARENTS

D. Charles Williams, Ph.D.

Licensed Psychologist | Marriage and Family Counselor | Athens, Georgia

There are only two kinds of perfect parents in this worldthose who **haven't had kids yet** and those **whose children are grown and gone**. The former evaluate their parenting skills based on wishful thinking or what they would do if they had children. The latter recall their expertise based upon selective memory of the past. Aspiring to be a perfect parent usually leads to high frustration, guilt and a sense of failure because it's an "exercise in futility." It is well intentioned but unattainable.

Imperfect parents are generally those who are still "in the trenches" trying to rear their kids through the up and down stages, they were never prepared to face. Parenting is not doing everything just right. It is doing the best you can, where you are with what you have.

"Parenting is on-the-job training that by the time you're sufficiently experienced, you're unemployed." Parenting is truly "a work in progress". Even though our kids "don't know what they don't know;" as imperfect parents, we do know that we don't know. This realization is both freeing and empowering. It allows us to accept a "trial and error approach" to parenting until we discover what really works for our kids, to learn from our mistakes instead of feeling like failures and to transfer more and more responsibility to our children for how they turn out.

Some parents worry about whether or not they did an adequate enough job as parents. Others are just relieved that its over and their kids are grown. At some point, however, most of us realize that neither parents nor children will ever be perfect, and no matter how old we all are... parenthood is never really over.

D. Charles Williams, Ph.D. is a Licensed Psychologist, Licensed Marriage & Family Therapist, AAMFT Approved Supervisor and Executive Coach based in Athens, Georgia. Dr. D. Charles Williams specializes in men's issues, premarital & marital counseling, depression, adolescents (16+), addiction & recovery, spiritual issues, management coaching for success and workplace issues. He completed his undergraduate training in psychology at Clemson University and graduated with a Ph.D. in counseling from the University of Florida. Dr Williams began his career as an Assistant Director of the North Florida Evaluation and Treatment Center, and later the Director of the Adult and Older Adult Clinics at the Central Florida Community Mental Health Center in Gainesville, Florida. He received three years of post-graduate supervision and training from the Director of Training at the Philadelphia Child Guidance Clinic in marriage and family therapy. After moving his private practice with Family Counseling Associates from Gainesville, Florida to Atlanta, Georgia, he joined the Atlanta Network for Individual and Family Therapy. He also provided business consulting for RHR International as a Consulting Psychologist in Atlanta providing coaching to executives and managers in Fortune 1000 companies. Dr. Williams is the author of *The Eight Toughest Problems Parents Face and How to Handle Them*; *Forever A Father, Always A Son: Discovering the Difference a Dad Can Make*, as well as many articles on marriage counseling. Dr. Williams' Athens Psychologist office is located at 1751 South Lumpkin Street Athens, Georgia 30606. Phone: (706) 543-5552. Fax: (706) 354-8904. Email: DrWilliamsCoach@aol.com. Or visit www.DrWilliamsCoach.com