REFINERY29 LAUNCHES #NOBADMOMS, A MOTHER’S DAY SERIES THAT AUTHENTICALLY CELEBRATES MOTHERHOOD

Contributors include Gabrielle Union, Hilary Duff, Jurnee Smollett and Hilarie Burton

May 6, 2020 - New York, New York - Today, Refinery29 launched #NoBadMoms, a Mother's Day series that celebrates the real experience of motherhood — the cute, the ugly, the messy — it’s all good. With the bar of motherhood set so impossibly high, especially in the throes of a global pandemic, #NoBadMoms aims to offer support in unprecedented times and remind everyone of the 'good mom' within themselves.

#NoBadMoms features raw personal essays from a variety of inspiring women including Gabrielle Union, Hilary Duff, Jurnee Smollett and Hilarie Burton where they get real about motherhood from all angles — the highs, the lows and oftentimes hilarious. The series also features an anonymous weeklong diary about what it’s like to give birth during a pandemic, a photo series that offers an intimate peek into the WFH routines of 3 moms and an article about how Covid-19 has made fertility harder than ever.

Please see below for highlights from #NoBadMoms:

Gabrielle Union: “I Know I Can't Be A Good Mom If I’m Not Good To Myself”

On not being overcome by 'mom guilt':
“I have decided I’m not going to feel guilty for working. I’m not going to feel guilty for self-care. I’m not going to feel guilty for prioritizing myself, because I know I can't be a great mom if I'm not a great person. Saddling yourself with guilt, angst, and anxiety about why you feel the way you feel is so counterproductive. I can say this because I’m old as fuck, and I’ve just been around the block. I know that at the end of the day, there is no gold medal for those who guilted themselves the most or who stressed themselves out the most. There is no trophy for performative parenting.”

On mom-shaming and parenting in the public eye:
“I think I’m unshameable at this stage. One of the first things I shared on social media of Kaavia was me kissing her. And my comments were full of people who were telling me about
the dangers of kissing my baby daughter. Now, I always get, "How come Kaav is dressed differently? How come she's not in designer clothes?" Or, "How come she doesn't have a top on? She's a little girl." And I'm like, Maybe, I don't sexualize babies, you fucking weirdo. If that's going to be my response, it's probably just best that I don't respond. A lot of mom-shaming comes out of people wanting to believe that sameness equals goodness and righteousness. And if someone is doing something different, it's like an indictment of what you're doing. Girl, bye. Unpack that before you attack.”

**On raising Black children during Covid-19:**
We've seen how Black and Brown people are being treated when they complain about anything, much less COVID-19 symptoms that could lead to their death. When we’re told, You can’t come into the grocery store without a mask, you’re seeing Black people put masks on and still get escorted out. We’re entering an unprecedented time. I don’t know what is coming, but I can damn sure see what’s happening right now doesn’t look good for Black people. Right now, indefinite quarantine feels like the safest bet for my Black children. I don't think “The Talk” covers all the new shit that has come up. There is anger, frustration, and fear that comes with being a Black parent during a pandemic, but I refuse to take on guilt.

**Hilary Duff: We're Going To Let Our Kids Down & We're Going To Mess Up, But That’s Just Part Of Motherhood**

**On the highs and lows of motherhood:**
I love my kids more than anything. I cannot imagine not being a parent. But I don’t always like them. I’m constantly cleaning up after them and they’re both always running in two separate directions and it’s absolutely exhausting. It’s also the best, most rewarding thing.

**On parenting during a global pandemic:**
“One thing that this pandemic has brought out in me is to be like, You know, today I’m just feeling really blue and I need to just chill. Let’s put a movie on. Explaining that moms and parents sometimes get overwhelmed too is a good thing.”

“One thing that helps me is remembering that we’re going to let our kids down, and we’re going to mess up, and we’re going to forget things — and there are going to be days when we want to return them. All those feelings are valid and acceptable and normal. And none of them makes you a bad mom.”

**Jurnee Smollett: “I've Exhausted Myself Trying To Be The Perfect Mom”**

**On parenting during a pandemic and letting go of being perfect:**
“No one can prepare you for raising a toddler during a pandemic. Sure, I can teach Hunter to properly wash his hands but how do you explain to a three-year-old that he must wear a mask that’s too big for his face?”
“Here the mom guilt creeps back in. *Sure we’re in a pandemic but where is the playful mom with the boundless energy? You let your son watch YouTube so you could sleep longer? Then he had a Popsicle before breakfast? FAILING!* Who’s to say that’s a fail? I don’t let my child starve so isn’t that a win? Only now, I’ve realized I’ve exhausted myself in pursuit of being the perfect mom. Perfection is an illusion.”

**Hilarie Burton Morgan On Loving Loudly: “I Yell Because I Care”**

On the complexities of motherhood:

“Here’s the deal. On any given day, I can be a whole cast of different women. I can be Fun Mom, who cares not for how many hours of soul-sucking iPad time my son indulges in. I can be Rage Mommy, furious that someone has left the open, 5-lb bag of sugar on the floor, knowing full well I can’t just go to the store and get another if it gets knocked over. I can be Productive Mother, the lady with mascara and shoes on, who joyfully oils the butcher block countertop while listening to Motown. Or I can be Sloth Ma, still in my bathrobe at 3 p.m., debating if the optics of wearing it through dinner is depressing for my family.”

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