

## Parenting- Stay at Home or Work?

Contributed by Laurie B. Freeman

Leslie Morgan Steiner has written a book called *The Mommy Wars*, that is helpful for new parents who are concerned whether they are making the right choices for their children. Often, new moms come to my office feeling guilty about working vs. staying home. Additionally many stay at home moms worry feel guilty about taking time for themselves and finding the balance between parenting and not losing who they are. The book is a series of essays written by mothers (mostly upper middle class), primarily addressing the issue of to work outside the home or stay home. It is a good illustration of how many different ways there are to parent.