

Parent Confessions Report

Based on thousands of anonymous confessions,
here's how moms & dads **really** feel.

7,100+ confessions (and counting).

21%

of parents
admitted to feeling
overwhelmed
or guilty.

24%

of parents fake work
calls or errands for
more me-time.

1 in 3

parents celebrate
survival-mode parenting.

35% of parents lean into "type C" parenting.

1 in 6

parents admit to bending
the truth to survive the day.

TL;DR

Just like the findings from our [Mental Load Report](#), your confessions revealed that parents are running on fumes, but still showing up. Faking errands, skipping Spirit Week, and sneaking snacks are just some of the ways we cope.

You Dished, We Savored.

ANON CONFESSION #8008

"Last week we were out of milk so I put breast milk in my coffee"

- Dad, 36

ANONYMOUS CONFESSION #0687

"I told my daughter the tooth fairy met her quota and that is why her tooth was still under her pillow the next morning."

- Mom, 43

ANONYMOUS CONFESSION #0213

"Constantly in between, 'I wish I had more time with my children' and 'I wish I had more time alone.'"

- Mom, 46

ANONYMOUS CONFESSION #1862

"You can do everything right and still regret not having done it better. Diagnosis: parent."

- Dad, 50

ANON CONFESSION #0123

"I love watching you grow up, but I don't want you to."

- Dad, 36

ANONYMOUS CONFESSION #0101

"I. Worry. Constantly. Motherhood is a beautiful life of absolute love and terror."

- Mom, 34

ANONYMOUS CONFESSION #0535

"My husband and I have been trying to conceive for 2 years, and I'm scared I'll never be a mom."

- Trying to become a parent, 38

ANON CONFESSION #0609

"I once joined a bible study just for the free childcare"

- Mom, 46

ANONYMOUS CONFESSION #0873

"I secretly prayed my kid's little league team would lose so I could get my Sundays back."

- Mom, 48

ANON CONFESSION #0840

"I Willy Wonka parent all the time ('No... stop... don't...')"

- Mom, 36