

Letting Go of Control: How to Share Parenting Without Stress



Letting Others In: Why It's Hard and Why It Matters

As a parent, it's natural to feel deeply connected to your little one and the way they're cared for. You've spent so much time learning what works, what calms them, and what feels best. That's why letting someone else step in – even a loving partner or grandparent – can feel uncomfortable at times.



Double-Checking

You might find yourself re-checking how the bottle is prepared or stepping in when a diaper change takes too long.



You're Not Alone

About 1 in 3 parents struggle with sharing caregiving – not from distrust, but from deep love and care for their child.



The Risk of Holding On

Holding too tightly to caregiving tasks can lead to burnout, exhaustion, and missed bonding moments for other caregivers.

Why Sharing Caregiver Duties is a Game Changer



Your Child Benefits

Babies learn that love and safety come in many forms. Different voices and play styles help them grow into secure, adaptable little humans.



Deeper Bonds

When caregivers are actively involved early on, they develop deeper bonds and feel more confident in their parenting role.



You Get Support

The APA found that parents who share caregiving feel less stressed, more rested, and more satisfied with family life.



Stronger Family

When caregiving is a team effort, everyone feels valued, connected, and in sync – the environment where children truly thrive.

How to Start Letting Go (Without the Stress!)

If the idea of stepping back feels overwhelming, start small. You don't have to go from doing it all to handing over everything at once. Try these gentle shifts:



Start with One Simple Task

Let your partner take over bedtime stories, bathtime, or morning snuggles. Small wins build confidence for both of you!



Different Isn't Wrong

Everyone has their own way of doing things. What matters is the love behind it – not whether the diaper is perfectly straight.



Resist the Urge to "Fix"

When you feel like stepping in, pause and ask: *Is this unsafe, or just different?* Letting go builds trust.



Acknowledge & Encourage

A simple "Thanks for doing bedtime tonight, she really loved it!" can go a long way in making caregivers feel valued.



Remember the Big Picture

Letting go isn't about losing control – it's about creating balance, connection, and a parenting team where everyone feels valued.

You're Not in This Alone



A Gift to Everyone

Letting others in isn't a sign of weakness – it's a gift to yourself, your child, and the people who love them.



Find Your Rhythm

With time, trust, and small steps, you'll find a rhythm that works for your whole family.



Watch Bonds Grow

You'll get to experience the joy of watching your child build strong, loving relationships with all the important people in their life.



Reach Out to Your Ollie Team

We are here for you and want to help you thrive in your parenting journey. You are not alone.

References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.