

PREFACE

A Personal Journey into Understanding the Bond Between Mothers and Sons

Writing this book has been a deeply personal and transformative journey. The inspiration behind it stems from both lived experience and professional dedication, converging at the intersection of my personal reflections and over two decades of social work practice.

Like many men, I have spent much of my adult life trying to understand the complexities of my own relationship with my mother. When she passed away, I found myself confronted with emotions that I had not fully processed, feelings that had long been buried beneath societal expectations and personal conflicts. I was left questioning the true nature of our bond—the love, the struggles, and the unresolved tensions that had shaped our dynamic. My mother’s voice had always controlled the narrative, but in the silence that followed her passing, I began to hear my own voice, one that had long gone unheard. That silence brought clarity, forcing me to confront the deep emotional undercurrents of our relationship.

This book is born from that reckoning. *Moms Just Don't Understand* is the book I wish my mother had read when I was a boy. It is written from the perspective of that little boy—now grown—looking back at his childhood and reflecting on what he wished his mother had understood about him, his needs, and the challenges of being a boy in a world that often misunderstands him.

A Companion for Mothers Raising Boys

While this book began as an exploration of my own experiences, it has since expanded to embrace a broader audience. Initially, I envisioned it as a message from a Black boy to his Black mother, offering insights into the unique dynamics within Black families. However, as I delved deeper, I realized that the challenges, struggles, and aspirations of mothers raising sons transcend racial and cultural lines. The single mother raising a son, regardless of background, faces many of the same questions: *How do I raise a strong yet emotionally healthy young man? How do I navigate the absence of his father? How do I understand his world, when so much about it seems foreign to me?*

This book seeks to be a companion and resource for these mothers. It is not merely a parenting guide, but a conversation—a bridge between a mother and her son. It acknowledges the deep love that mothers have for their boys, but also the moments of frustration, confusion, and exhaustion that come with the journey. More than anything, it is a book of hope, offering guidance to those who seek to raise boys into men who are emotionally strong, confident, and responsible.

A Professional Perspective, Rooted in Experience

Beyond my personal experiences, this book is also the culmination of my life's work in the field of social work. Over the past 20 years, I have worked in various roles—child protective services, school social work, crisis intervention, and private practice as a child and adolescent psychotherapist. In each of these settings, I have encountered countless mothers who have sought guidance in raising their sons. I have seen the frustration, exhaustion, and deep

love that they carry. I have listened to their concerns, and I have witnessed the power of strong maternal leadership in shaping the lives of boys.

One moment stands out vividly in my mind. While working as a crisis interventionist on a mobile crisis team, I was frequently asked by single mothers if I would take on their sons as clients in therapy. For years, I hesitated. Then, one day, a mother said something that profoundly moved me:

“There are so many mothers out here who are taking their sons down to the altar, praying that God would help them with their son.”

That statement resonated deeply, and I realized that perhaps I could be part of the answer to those prayers. That was the moment I decided to open my private practice as a licensed child and adolescent psychotherapist.

Now retired from private practice, I feel called to put my experiences, insights, and lessons into words. This book is an extension of my career-long commitment to safeguarding and advocating for children, particularly boys who often go misunderstood in their developmental journeys.

The Promise of This Book

This book will challenge narratives, provide guidance, and, most importantly, center the voice of the boy who often goes unheard. The little boy who struggles to express his emotions, who wishes his mother understood what he’s going through, who sometimes feels lost in a world of expectations—this book speaks on his behalf.

As you read through these pages, I hope you find wisdom, reassurance, and practical tools to help you navigate the beautiful, complex journey of raising a boy. May this book serve as a source of strength, a beacon of understanding, and a testament to the profound bond between a mother and her son.

CONTINUE THE JOURNEY

Raising a son is a journey filled with profound love, deep commitment, and unique challenges. But you do not have to navigate it alone.

Moms Just Don't Understand is your complete guide to breaking the silence, building his confidence, and forging a connection that will last a lifetime.

Order your copy today at <https://olivetpublications.com/shop/> and begin a new chapter in parenting—one rooted in confidence, clarity, and connection.

