

WORKING MOTHER

Jordin Sparks on Mom-Shaming: 'I'm Not Worried About What Anyone Thinks of My Family'

The multi-platinum singer got real about how she thinks moms should handle parenting in the pandemic.

By QUINN FISH NOVEMBER 12, 2020

If anyone knows a thing or two about being judged, it's Jordin Sparks. The multi-platinum singer first won *American Idol* at the age of 17, and she's been making waves in the music industry ever since. But while Jordin is used to being measured when it comes to her singing skills, she's just getting used to the way women are constantly evaluated once they become moms.

In an exclusive interview with *Working Mother*, she got real about how mom shaming makes her feel—or, more accurately, *how it doesn't*. With moms being criticized in the COVID era for what seems like every little parenting decision, Jordin, mom to 2 ½-year-old DJ with hubby Dana Isaiah, admitted that frankly, she doesn't give it much thought.

"Girl, I am not worried about what anybody else has to say about me or my family. I do what's best for myself and my family, and that's what everybody should do, you know?" Jordin said. "I feel like mom-shaming should be a thing of the past. It should just not exist anymore—it really shouldn't."

Instead of focusing on people being "nit-picky" about parents' choices in such a sensitive time, she said people should do what they feel is best because, beyond that, "it really doesn't matter."

We couldn't agree more, mama. The Grammy-nominated singer said she's grateful she's been able to enjoy the extra time at home over the last eight months—more than she's had since she won *Idol* back in 2007. She's spent plenty of time having tickle fights with her son, and, when she feels creative, she jumps in her in-home recording booth, which has helped with her new EP, "Sounds Like Me."

When asked how she's managed parenting in the pandemic, Jordin's advice is about as sensible as it gets.

"Give yourself some grace. These are unprecedented times. There's a lot of pressure, there are a lot of routines being disrupted, and that can be really hard, especially when you have kids, and [you're] figuring out how to make room for you and your partner but also for yourself on another level," she

said. "My advice is to give yourself grace and to realize that at the end of the day, family is what matters."

Relationship-wise, she said that apologizing and relying on clear communication has also been key to balancing it all. She feels blessed that the time she's spent with DJ has been incredibly centering for her and Dana. "Blessings are everywhere if you look for them."

For families in need of some space, the "No Air" singer is celebrating the grand opening of the Round Rock, Texas, location of Kalahari Resorts, the largest indoor waterparks in the US. While they're open at half capacity and are maintaining strict safety standards and COVID-19 regulations, she said that the park will be there for moms who feel more comfortable waiting until they're ready to dive back in. With a 21+ grotto and a spa for mommies who need a kiddo break, Jordin said she can't wait to bring her whole family to the park.

In terms of what's next for the mama, you can catch her in the 94th Macy's Thanksgiving Day Parade on NBC. Beyond that, we'll just have to wait and see. For one thing, we know what she's giving herself a lot of: "grace—grace, grace, grace."

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