

Whinypaluza Podcast Hits #1 in U.S. Parenting -- Host Rebecca Greene, LCSW-R Named America's Top Parenting Voice

Licensed Clinical Social Worker and Top 100 Mommy Blogger Reaches Historic Milestone with Podcast That Has Helped Millions of Parents

BUFFALO, NY, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Rebecca Greene, LCSW-R, host of The [Whinypaluza](#) Podcast and author of [WhinyPaluza: Inspiring Adventures in Parenting](#), has achieved the number one ranking in parenting podcasts in the United States. The milestone reflects the deep trust and connection Greene has built with parents across the country since launching the show in 2020.

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Rebecca Greene

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Greene, who is also recognized as a Top 100 Mommy Blogger, co-hosts special episodes with her husband Seth Greene, bringing a candid and relatable perspective on marriage and parenting

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Parenting is the hardest job in the world, and no one should have to figure it out alone.

Rebecca Greene, LCSW-R, Host of The Whinypaluza Podcast

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quote from rebecca greene

The Whinypaluza Podcast, available on Apple Podcasts, [Spotify](#), iHeart, and YouTube, brings together leading psychologists, physicians, therapists, educators, and parenting experts for honest, research-backed conversations that help parents raise confident, resilient children. With her signature warmth, humor, and clinical expertise as a Licensed Clinical Social Worker, Greene has created a space where parents feel seen, supported, and inspired.

"Parenting is the hardest job in the world, and no one should have to figure it out alone," said Greene. "Every

that resonates with families navigating everything from toddler tantrums to college move-in day.

The number one ranking places Whinypaluza alongside the most influential voices in American media and underscores the growing demand for credible, compassionate parenting content delivered by a licensed mental health professional.

Since its launch in 2020, The Whinypaluza Podcast has featured hundreds of expert guests including psychologists, pediatricians, therapists, educators, and authors. Episodes cover topics ranging from raising children with anxiety and navigating complex family dynamics to college preparation, marriage communication, and the emotional realities of modern parenthood.

Greene brings a unique combination of professional credentials and personal authenticity to every episode. As a Licensed Clinical Social Worker with an R designation (LCSW-R), she applies evidence-based frameworks to everyday parenting challenges -- making expert guidance accessible and actionable for parents at every stage.



whinypaluza podcast

"What sets Rebecca apart is that she is not just a podcaster -- she is a clinician who genuinely cares about families," said a longtime listener. "She has the credentials to back up everything she shares, and the heart to make you feel like you are not alone."

The Whinypaluza Podcast is available on all major platforms including Apple Podcasts, Spotify, iHeart Radio, and YouTube. New episodes release weekly. The show's blog, vlog, and additional resources are available at whinypaluza.com.

About The Whinypaluza Podcast

The Whinypaluza Podcast is hosted by Rebecca Greene, LCSW-R, a licensed clinical social worker, author, Top 100 Mommy Blogger, and parenting advocate. The show brings together leading experts for honest, research-backed conversations that help parents raise confident, resilient children. New episodes release weekly on all major podcast platforms and at whinypaluza.com.

About Rebecca Greene, LCSW-R

Rebecca Greene is a Licensed Clinical Social Worker (LCSW-R), podcast host, author, and parenting advocate. She is the author of *WhinyPaluza: Inspiring Adventures in Parenting* and is recognized as a Top 100 Mommy Blogger. She co-hosts the show with her husband, Seth Greene,

CEO and Founder of Market Domination LLC, and is passionate about helping parents navigate the beautiful chaos of family life with humor, grace, and expert guidance.

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