

Millennial MOTHERHOOD

ONE AND DONE

*the joys, struggles and
myths of being a 'singleton' parent*



Gentle Parenting Pitfalls

*three essentials to get gentle
parenting to work*

A New Kind of Mother

*why millennial motherhood is so
different from prior generations*

Reasons to Redshirt

*is your child kindergarten
ready?*

GENTLE PARENTING PITFALLS

Three Reasons it isn't working and what to do about it



Here are some things I hear about gentle parenting in online parenting communities.

“The gentle parenting stuff has turned my kid into a TOTAL WIMP. Help.”

“Gentle parenting not working.”

“Starting to feel like gentle parenting doesn't work.”

“End of my rope with gentle parenting.”

You get the picture. But, this tells me that people are trying gentle parenting and aren't getting the results they want.

When I listen closely to the vents and complaints about gentle parenting, I often hear things like this:

“I don't have time to ask my kid how he's feeling when he's having a tantrum. Sometimes feelings don't matter.”

“My 2-year-old is too dependent. Gentle parenting doesn't work!”

“All the kids I know that are raised gentle parenting are spoiled brats.”

As a Certified Positive Parenting Educator, I've been teaching positive, gentle parenting for over 15 years. With so many parents feeling frustrated while trying gentle parenting, we need to address why it may not work.

Most importantly, I will be giving you three essential tips to implement gentle parenting in your home.

1) You have not connected to your own feelings and needs.

How often are we mothering and not tuning in to our own needs and feelings?

Mothers report over and over that they feel depleted, unheard, unsupported, and have no time for their self-care --- and by that, I don't mean pedicures, I mean mental and emotional self-care.

When we are operating from a space that is already maxing out, we have no space and time for our own child's feelings and emotions. It feels too much. And you know this when mid-tantrum, you're getting anxious and frustrated.

We cannot “hold space” for someone else when we don't hold space for ourselves.

So, gentle parenting will be hard to implement if you aren't at a place where you've created your healing rituals and care and aren't daily taking care of your mental health and emotional well-being.

2) You still believe that you're the boss and your child is supposed to do what you say.

Many of us were raised in authoritarian households. “Do what I tell you, or you get ___ (insert unwanted punishment here).”

Authoritarian parenting is a style of child-rearing in which parents exercise complete control over their children's lives. In this parenting style, parents use physical punishment to get kids to obey rules, leading to resentment into adulthood. Unfortunately, this parenting style also results in children who do not believe their feelings are important experiencing low self-esteem, high levels of emotional withdrawal, and a lower sense of worth.

However, if you have not yet unpacked the results of having been raised in an authoritarian household and assuming that “I'm ok.”, then you might find your own child's emotions and needs to feel triggering.

In essence, observing your own kid express feelings that you were not allowed to say may create a trigger from your inner-child wounds.

What I want you to receive from this section is that there's a possibility you need to process the learned behaviors and expectations of your own childhood and reparenting these as you parent your child.

Here's the thing though, you are not alone in this. Many parents, including myself and those in the Alchemy Membership, awakened to the lack of nurturing and responsiveness to their inner feelings and are actively reparenting themselves.

And as a result, they have excellent relationships and connections with their children while using gentle parenting.

3) You have not set clear boundaries and guidelines with your gentle parenting.

As I mentioned previously, gentle parenting is not permissive parenting. On the contrary, as a gentle parent, you are practicing authoritative parenting.

In authoritative parenting, you set clear boundaries and guidelines for your child. So yes, you are responsive, and you are nurturing, and at the same time, you hold firmly to the boundaries that you believe are important for your family.

Children want to know their boundaries, and there is a sense of security when they know that their parent has set healthy boundaries.

So, if you're feeling frustrated with what you believe is gentle parenting, be sure that you're not practicing permissive parenting and finding it hard to implement guidelines because of it.

How to Get Gentle Parenting to Work

As promised, here are my three essential guidelines to get gentle parenting to work:

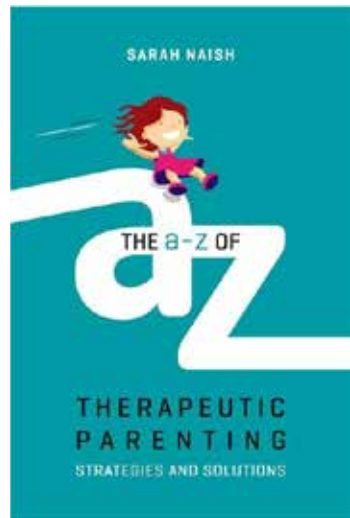
Reparent yourself as you parent your child. Establish healthy boundaries and logical consequences for your child. Be willing to spend the extra time communicating, holding space, validating, and responding to your child because the benefits are worth it in the long term.

LEARN MORE

Three books for your gentle parenting journey

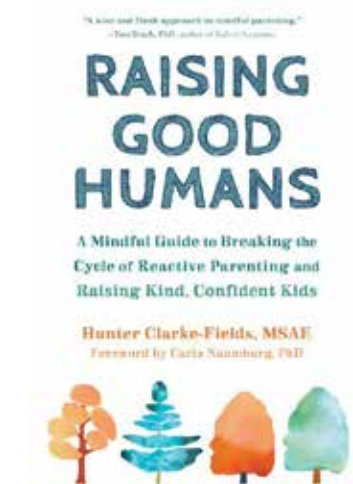
THE A-Z OF THERAPEUTIC PARENTING BY SARAH NAISH

The A-Z of Therapeutic Parenting gives parents or caregivers covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.



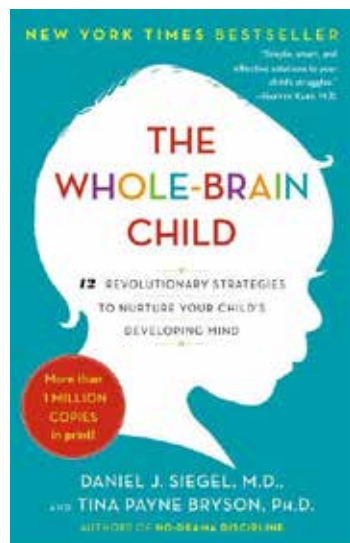
RAISING GOOD HUMANS: A MINDFUL GUIDE TO BREAKING THE CYCLE OF REACTIVE PARENTING AND RAISING KIND, CONFIDENT KIDS BY HUNTER CLARKE-FIELDS MSAE

A kinder, more compassionate world starts with kind and compassionate kids. In Raising Good Humans, you'll find powerful and practical strategies to break free from “reactive parenting” habits and raise kind, cooperative, and confident kids.



THE WHOLE-BRAIN CHILD: 12 REVOLUTIONARY STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND BY DANIEL J. SIEGEL MD

The authors explain - and make accessible - the new science of how a child's brain is wired and how it matures. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth.





One and Done

THE JOYS, STRUGGLES AND MYTHS OF BEING A 'SINGLETON' PARENT

If you look closely, you will notice a slow shifting of the ideal family structure. “A recent Pew Research Center study found the number of women who reached the end of their child bearing years with only one child doubled in the last generation, from 11 percent in 1976 to 22 percent in 2015. Census data shows one-child families are the fastest growing family unit in the United States. The percentage of one-child families in other countries is even higher.

In 2018, the New York Times polled women of childbearing age to find out what was behind the decision to have fewer babies. They found factors like the high cost of daycare, economic uncertainty, and the emotional and mental impact of being a mom played key roles in why many women are choosing to have one child.

The single-child home is a family structure we will likely continue to see more of. Yet, many parents raising a singleton have faced pressure, judgment, and outright ostracization

from family, peers, and unfortunately, yes, even strangers.

WHY MUST WE PASS JUDGMENT?

I never thought the decisions my partner and I made regarding the size of our family would be such a divisive issue. That anyone feels comfortable passing judgment or commenting on other people’s family choices still floors me, though I know it really shouldn’t.

I remember the first time someone commented on our “one and done” status. I was laying on a massage table, enjoying a moment to myself and some much needed rest and relaxation. The massage therapist began asking me when we were going to start trying for number two. In my massage-induced state of half-sleep I mumbled some response about how we were most likely one-and-done.

“What? Why on earth would you do that? You can’t do that to your child. That poor

thing. She’s going to be lonely. And spoiled rotten. You don’t want to raise your kid that way do you?”

Excuse me while I muffle my scream of incredulity into this massage table. As more families opt to be one-and-done, it becomes increasingly important that we stop asking others “when are you having the next one” and refrain from passing judgment. We never know the reasoning or what a family has been through on their road to becoming parents.

continued on page 12



5 Reasons To Redshirt Kindergarten

Almost from the time that I discovered that our twins would be “summer babies”, I had school on the brain. Specifically, wondering how being the youngest in their class would ultimately affect them. And that certainly weighed on me as I carefully selected their preschool, ensuring that the program I chose had a “bridge” or “transition kinder” class just in case. Fast forward 3 years later, and it was decision time. No pressure, right? My husband and I spent weeks agonizing over the options, meeting with their preschool teachers, and consulting other parents. Ultimately, we made the choice to “redshirt” and head for transition versus trotting them off to traditional Kindergarten. {I should stop right here and say that I’m not a huge fan of the term “redshirt”, but I dislike “holding back” even more – so for ease of communication, we’ll call it redshirting.}

Clearly, whether or not to redshirt kindergarten is a very personal decision. What is right for my family may not be right for another. But for those of you with summer babies, I thought it may be helpful to breakdown our decision. Only

time will tell if this was the right choice, but in my heart of hearts, with the information I have currently, I feel strongly this is the best thing for the twins now. Why? So glad you asked...

1. Social/Emotional Maturity:

After much observation amongst their peers and friends, I noticed a bit of a gap in the twin’s maturity levels and theirs. My sweet, albeit sensitive, son gets his feelings hurt quite easily, often resulting in tears and tattling. The kiddos that are older tend to be able to stand up more to hurtful statements, but he’s just not quite there yet. And my daughter, vibrant and passionate about pretty much everything, has what we’ll call a patience problem. She’s always going to be Type A and strong-willed, but I think an extra year to grow and realize that the world doesn’t revolve around her desire to move onto a different activity will be massively beneficial. I’m pretty sure Kinder is not an appropriate place for tantrum throwing.

2. Kindergarten Preparedness:

If I’m being honest, academically I believe my kiddos would have been just fine doing Kindergarten-level work. But since my preschool offers an amazing Transition program, they will be able to work on readiness skills, while at the same time still embracing the philosophy of play-based learning as we redshirt kindergarten. Research shows that young minds are best molded when they are at play versus sitting at a desk. I want them to have that for as long as possible. Kinder has changed dramatically since I was in school almost 30 years ago. Back then, half-days were the standard, and we still had things like sensory bins, sand and water stations, and we sat on carpet squares not at desks. I just can’t imagine my wiggle worms sitting still for up to 8 hours per day. Simply put, Kinder is the new first grade where expectations are HIGH, especially in our upper middle class suburb. It’s serious business, y’all.

3. Beyond Kindergarten:

For us, redshirting is more than just waiting a year for Kinder. It’s thinking ahead to the junior high years or sending a newly turned 18 year old off to college {hopefully!}. When I think of middle school and all the social and emotional challenges that come with those formative years, I much prefer my kids be the oldest versus the youngest. I want them to be confident in their ability to stand up to peer pressure and to lead instead of follow. Not that the youngest aren’t capable of that, but I think they will be better prepared by being a year older.

4. Physical Stature:

Now stay with me on this one. I am NOT holding them back in order to give them some sort of athletic advantage later on. No ma’am. But I can’t ignore that by far, they are the smallest among their peers. For my daughter, it’s not so much a problem. I’m short, and most of my life, I have embraced my size. Not that I didn’t experience teasing or challenges, but I think it’s easier for girls to be on the small side. However, for my son, his friends are starting to notice the dramatic height difference {sometimes as much as a head taller}, and they are making comments, innocent though they may be.



But I can’t pretend that those comments aren’t going to just progressively get worse. Because he’s on the younger side, he doesn’t quite have the maturity to deal with them effectively, but I believe if I give him an extra year to build his confidence, it won’t be so heartbreaking. Let’s be honest, even with giving them an extra year to grow, they are still probably going to err on the small side of their class. But I think they will be better equipped to stand up for themselves.

continued on page 10

A NEW KIND OF MOTHER

*why being a millennial mom feels
so different from our own
moms' experiences*

As I write this, I am on borrowed time. I borrowed it from my employer, who allowed me to be home today without losing any take-home pay. Had they not approved my time off, I would have had to shovel out \$100 for drop-off childcare, plus the cost of an Uber to bring my sleepy 6-year old home. This time that I borrowed, by the way, is not being used for a weekend excursion in the Hamptons or a day of relaxing poolside or brunching with friends. My time off is almost always for my son. Doctors appointments, early dismissal days, school meetings, and field trips. I know that as an unmarried, co-parenting, working mother, my reality could be a lot more complicated—but it could also be less complicated. I wish I could call my mom and demand she explain why I wasn't properly warned about what motherhood would look like in 2019, but the fact is, millennial motherhood hits a little different.

Scrolling through Instagram, it's easy to fall in love with what motherhood looks like. Matching baby outfits and cute family photos and first steps. Partnering with someone you love to create a family. It is a life-changing and beautiful experience that everyone who feels ready should feel empowered to embark on. But motherhood is a far cry from an adorable photo. Instead of feeding into the fairytale, I think it's time we got very real about what motherhood is—especially for women who are still a few years away from entering that phase in life.

The way I experience motherhood in 2019 is very different from how my mom experienced it back in 1995,



or my grandmother back in 1965. And every millennial woman I know with children under 18 says the same thing.

We have no blueprint for this version of parenthood, and no idea how this process will turn out. It's a different world, and one that seems to have less and less space for families. For example, there are more single parents now than there were when our parents were raising kids. According to a 2016 Census report, 68% of families with children under 18 consist of married couples. When our grandparents were raising kids, that number was around 93%. That means the work of keeping a family healthy, safe, and happy lands on the shoulders of one adult in the household instead of two—and often that person is the mother.

Women are also having babies later in life. For the first time in U.S. history, many women are waiting until after

their 20s to have children. This is great for financial preparedness and family planning, but it also makes for interesting work environment for moms like me. As a 35-year-old mother with an elementary school-aged child, I am a minority. I am more likely to be the only parent my age at work, and more likely to work under a manager who can't relate to my family's needs. Combine that with the "work until you're dead" culture that is perpetuated through unhealthy standards, and you have some serious issues that generally fly right under the radar: knowing you've been passed up for a promotion because you can't stay in the office past 5 p.m., being left out of team building activities because you need to pick up your kids after work, or assumptions about your priorities once people find out that you're a parent—let alone a single one. These are eerily similar to the discrepancies women in

general fight in the workplace, and we experience it all over again if we are mothers. No one warned me about that either.

Not to mention, in the '90s, more families could get by on one income. Despite cost of living increases, our dollar just does not stretch as much as it did a decade or two ago. The Census Bureau reported that the average home in 1998 cost around \$171,000. That same house today would be about \$100,000 more. Gentrification has spiked the cost of living in major cities across the country, forcing low-income residents to double up on jobs to keep up. Living in New York City, I don't actually know any single mothers who only have one source of income, myself included. One could argue that we are the ambitious generation—but we're really just trying to afford our groceries. For millennial parents, the need to constantly work to make ends meet also means we spend very little time with our kids.

Many millennial mothers are also communicating differently with our kids than our parents did with us.

continued on page 10

continued from page 7

5. The Gift of Time:

For the twins, this extra year will give them time to master skills at their own pace, plus gain confidence in their ability to do tasks. Sometimes, they simply won't try something because they are afraid to fail. Or they get incredibly frustrated and completely melt down. Kindergarten teachers don't have time for that in the pressure cooker environment that is now our school system. {I'm not even going to go there – it is what it is, standardized tests and all.} I want to do everything possible to cultivate a love of learning in my kids. I would hate their frustration of feeling behind because of an 18 month age gap in the classrooms that may hinder that.

And I'm not going to lie, as we redshirt kindergarten, I'm looking forward to this "gift of time" too. I don't have another child coming up

in the ranks, so this is literally my last year to have them somewhat at home with me. And as long as the days can be, I'm not 100% ready to send them off for an 8 hour day, 5 days a week. I want to soak up this last year and the sweetness of this age. I don't want to race through their childhood. Instead I want to embrace the philosophy of "let them be little."

Let me reiterate: When we decided to redshirt Kindergarten, this is what is best for OUR family. Your decision-making may look different. You know your child best. Trust your gut. I don't have a crystal ball to see how redshirting will affect my kids in years to come. But as many an educator has told me, they rarely, if ever, hear a parent say they regret the decision. That brings me some comfort. Time will tell, but until then I will revel in this extra year to love on my babies.



continued from page 9

What resulted in a spanking from my mother or a time out in my room to "think about what I did" now leads to a structured conversation with my son about choices. In those conversations, I'm mostly listening to what my son has to say. As mental health is more often discussed in our society, many moms are more concerned with our kids' emotional wellbeing. We look out for symptoms of depression and anxiety, and that might make us feel like we have less control in our homes than our parents did. But we also have much more trusting and enriching relationships with our children as they grow up.

Our fears are real—we all see the same steady stream of mind boggling news. We know we are raising a generation of children who will face incredible challenges in a world that can't even promise clean air or water. Raising them with confidence, empathy, and emotional intelligence is almost the entire job. Almost. I want every woman who sees motherhood in their future to be prepared.

Empowering women (and consequently children) means being honest and open. Talking about how even partnered motherhood may feel like single parenthood most days, about risks based on how you speak to your children. But the beautiful thing about millennial motherhood is that you won't be alone. We have villages and communities and we are mere clicks away from information our mothers didn't have access to. Knowing what I know now about motherhood, I wouldn't change a thing about the path that led me here. I love how motherhood looks on us—it makes us wiser and more confident and more aware of our role in the universe. It is a beautiful mess we can never be fully prepared for, but one we can conquer nonetheless.

BEST Instagram ACCOUNTS TO FOLLOW RIGHT NOW

FOR INSPIRATION, ENCOURAGEMENT, AND A BIT OF RELATABILITY, MAKE SURE TO FOLLOW THESE AWESOME INSTAGRAM ACCOUNTS.

Instagram isn't just a place for teens and young adults to post selfies or pictures of their dogs. Moms have started their own Instagram accounts as a way to connect and give other mothers advice, as well as show them all mothers go through the same ups and downs. This rings true to the millennial mom or dad who grew up reading blogs and are connected to a variety of different social media platforms. Instagram has become a rising platform for mommy bloggers to give their followers mini peaks into their lives. Read below and you will find some amazing Instagram accounts every millennial mom should be following. This Instagram account features two moms, Kristin Hensley and Jen Smedley, who met while at LA comedy show. The moms realized a need for funny, unfiltered, motherhood banter, so they started IMomSoHard. Launching their YouTube channel in 2016, Kristin and Jen's hilariously relatable videos covering a variety of parenting topics from body battles with stretch marks to more serious issues like postpartum depression. Together they have created an audience with 350K+ Instagram followers and 90K+ YouTube subscribers. Not to mention they have a successful podcast called the '#IMOMSOHARD The Podcast' and a tour that was unfortunately postponed due to COVID-19. The two are always posting hilarious content that is sure to put you in a better mood.

continued on page 14



continued from page 5

I recently had the pleasure of sitting down with Jess Myhre on the Mama Needs a Moment podcast. Jess is co-host of the wildly popular

Only You: A One and Done Podcast. In this interview, she points out that many of her listeners are one-and-done because of struggles with infertility, which can be incredibly painful and expensive. “Anytime you’re calling an only child parent selfish, it’s kind of a slap in the face to people who have lost their children, or to people who have tried and failed to have a baby, or to someone who worked so hard and spent so much money to have this one kid.”

Jess also points out that America isn’t set up in a way that maximizes support to families. Between finances, the housing crisis, the lack of support for parents who work, and having no maternity leave resources, a lot of people simply can’t comfortably afford more than one.

For many, the decision to be one-and-done is not an easy one. It is a long and hard deliberation filled with doubts and fears. For others it was never a choice they made for themselves, but rather the result of life situations well beyond their control. For still others, it was an easy decision and they knew from the beginning that a singleton was all they ever wanted.

Regardless of how a family has arrived at their one-and-done status, there are both joys and struggles that come with the territory.

THE NUMBER OF WOMEN WHO REACHED THE END OF THEIR CHILD BEARING YEARS WITH ONLY ONE CHILD DOUBLED IN THE LAST GENERATION, FROM 11 PERCENT IN 1976 TO 22 PERCENT IN 2015

THE JOYS AND STRUGGLES

My partner and I are one-and-done and I couldn’t love our little triangle family more. Growing up, I myself was an only child raised by a single mom. Both of these have clearly demonstrated to me the joys and struggles of being a one-and-done family.

I remember as a child how much I loved to visit my cousin’s house. It was always loud with a horde of rambunctious kids everywhere. I enjoyed my time sitting around a large and rowdy dinner table, but I loved coming home to our quiet little house even more. The peace and solitude was a welcome respite that I relished after every family gathering.

I see that in my daughter already. She loves playing with her friends, but she is also solidly comfortable on her own. Her independence is beautiful to witness and her imagination knows no bounds.

As a child I loved getting lost in books, could hold an adult conversation with my mom’s friends from an early age, and began “planning a business” at the age of 9. Happy side note - I do actually own my own business now as an adult. The self-starter in me never went away, and I already see the blossoming of this quality in my soon-to-be five-year-old. She is compassionate, self-reliant, thoughtful, and filled with joy.

As a parent I appreciate that we can travel and enjoy a level of financial freedom we would likely not have with multiple kids. I love that we are able to give all our attention to our one and only. My spouse and I also acknowledge how helpful having a singleton has been for our marriage. Our home feels like a happier place when my partner and I are able to take time for our relationship. I have also been able to pursue my personal passions and career goals, something that is very important to who I am as an individual.

Are all of these things selfish? I don’t think so. My child is much happier when I am happy, well-rested and in a good state of mind. That is of course, not to say that it’s all sunshine and rainbows being or raising an only.

As a mom of an only child, the judgment and uncertainty was the hardest part. Was this the right decision? Were we making a mistake? Were we doing a disservice to our daughter?

This was a struggle for me as I let the words and fears of others weigh me down. However, once we finally made our decision and began to own it I was better able to let the criticisms from others roll off my shoulders.

I will admit that my daughter does ask me to play with her - a lot. I play with her as often as I can, but of course there are times I simply can’t. The guilt has a way of setting



in during those moments of “boredom,” but over time I’ve realized what an incredible skill she is developing as she learns to play independently.

I must also acknowledge that sometimes I feel left out of conversations with other moms. There is a certain air of “Oh, you ‘just’ have one kid. What do you know?” While I will happily agree that parts of my life are undoubtedly easier because of our decision to stop after having one child, I am also still a mother contending with tantrums, picky eating and sleepless nights.

Myths about only children abound and have seemingly followed me my whole life.

THE MYTHS

I cannot tell you the number of times people have said “Oh, you’re an only” with a knowing look in their eye, insinuating they knew things about me before even taking the time to get to know me.

Typically only children are perceived as selfish, narcissistic, socially inept and lonely. In fact, Granville Stanley

Hall, an influential psychologist and the first president of the American Psychological Association, has been quoted as saying “being an only child is a disease in itself.”

Yet, these stereotypes have been repeatedly debunked over the years. According to research shared in *Scientific American*:

Toni Falbo, a psychologist at The University of Texas at Austin, and an only child, opposes the idea you need brothers and sisters to grow into a decent person. In her 1986 survey, for which she examined more than 200 studies on the subject, she concluded the characteristics of children with and without siblings do not differ. The only difference, she found, was that only children seemed to have stronger bonds with their parents compared with children who had siblings.

And according to research published in *The Journal of Marriage and Family* as found in *The Conversation*:

If we look at personality, no differences are found between people with and without siblings in traits

such as extroversion, maturity, cooperativeness, autonomy, personal control and leadership. In fact, only children tend to have higher achievement motivation (a measure of aspiration, effort and persistence) and personal adjustment (ability to “acclimatise” to new conditions) than people with siblings.

In my conversation with Jess, she points out that the number one stigma she sees parents worrying about with their onlies is that they will be lonely.

If you dig a little bit deeper into those only children who really resented their childhoods, it’s not so much about the lack of siblings, it’s about the parenting. A sibling shouldn’t exist to be a caregiver to a child... It’s a really easy scapegoat to say, I was an only child and that’s why I was miserable, when a lot of things can go wrong in your childhood. You can have five brothers and sisters and still be lonely. You weren’t lonely because you’re an only child, you’re lonely because a parent or caregiver wasn’t emotionally available to you. A sibling may have helped, but it would have been a placeholder for the parent that should have been there.

Research findings continue to show that only children have the same number and quality of friendships as those with a sibling. In all cases, it really comes down to how well the parent is setting their child or children up for success.

Being an only child has pros and cons, just like being the eldest, middle or youngest child in a large family. Raising an only child is filled with love and laughter as well as tears, frustration, and overwhelm, just like parenting multiple children.

The truth is, we are all doing the best we can. It is never our job to judge or comment on another person’s journey. And for the record, I do not “just” have one child. I have one beautiful, amazing blessing and she is the light of my life.

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continued from page 11

The woman behind “The Traveling Child” Instagram account is Monet, a full-time working wife and mother of two beautiful children. She is a contributor for a number of online blogs and recently wrote her own children’s book series “The Traveling Child Goes to”. When Monet was pregnant with her first child, she heard so many times that her and her husband’s love for travel would come to an end once their daughter was born. They knew that couldn’t happen and wanted to continue traveling with their kids. They took their eldest on her first flight at 6 weeks and traveled to Colombia with their 2nd at 10 weeks. Monet knew parents thought it was impossible to travel with children so she started her “The Traveling Child” blog. Monet created her blog to inspire parents to explore the world with their kids and provide tips to make travel with children easier. Her Instagram further showcases how much her and her family bond and learn through traveling.

Search less, play more is the mantra behind the SoCalMoms Instagram account. Tracy Fredkin, the founder and CEO, set out solving the problem of always searching and never finding what she was looking for. She founded SoCalMoms as online community for parents to come together and find the best local resources and activities going on around them in Southern California. SoCalMoms shares curated products, a variety of services, family traveling opportunities, and daily up to date content on their fabulous Instagram. Their focus is on bringing attention to healthy foods, services and experiences, all while supporting their local businesses.



#IMOMSOHARD

BEGAN AS A POPULAR WEB-SERIES BY REAL-LIFE BEST FRIENDS, COMEDIANS, AND MOMS KRISTIN AND JEN. ONE NIGHT, OVER A GLASS OF WINE AND MANY TEARS OF FRUSTRATION, THESE TWO FRIENDS DECIDED TO TELL A DIFFERENT KIND OF STORY. WITH A CAMERA, TWO HUSBANDS, A BABYSITTER, AND BOTTOMLESS MIMOSAS, KRISTIN AND JEN DECIDED TO SPEAK OPENLY ABOUT THEIR FEARS AND FAILURES AND PROVE THAT THE ONLY WAY TO SURVIVE MOTHERHOOD IS THROUGH LAUGHTER AND FRIENDSHIP.

THEY’RE TAKEN THEIR SHOW ON THE ROAD WITH THE #IMOMSOHARD GETAWAY TOUR 2022 IN CITIES ACROSS THE US AND CANADA. VISIT WWW.IMOMSOHARD.COM FOR TICKETS AND MORE INFO.

