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If you are a work-at-home mom, here are some of my tips on how you can find that perfect balance.

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### 1. Find your own space.

I actually got rid of my laptop and got a desktop computer and placed it in my office. That way I could only do my work in my office. This helped me focus and stay concentrated. I could also close my office doors, and everyone in the family knew that meant that mommy was working.

### 2. Make your own office hours.

Since your schedule is somewhat flexible, give yourself specific times of the day or night when you will work. That way you will be more productive in a smaller amount of time, but you will also be able to stay on top of your work and not feel overwhelmed trying to get all of your work done on the same day.

### 3. Get help when you need it.

If you find yourself drowning in work, find a way to get help. Whether it's an assistant or a babysitter once a week, find a way to get help from outside sources. Your brain, heart, and body will thank you.

### 4. Put your phone away.

If you're anything like me, you are on your phone way too much for work. This can take away the attention that your kids need when you are with them. I try to put my phone upstairs in my bedroom while I hang out downstairs in the family area with my children. That way my notifications, emails, messages, etc. can wait for another time when I'm not spending quality time with my children.

### 5. Don't put too much on your plate.

Business is important, but business is not THE most important thing. Be okay with turning down deals or offers. Know that if it's too stressful for you to balance everything it's okay to say no to job opportunities or social obligations.

## Mommy-Time Journal

You can jot down small mommy time activities you want to accomplish (getting your hair done, going to the movies, or reading time) to bigger me-time activities like a vacation, a concert or a nap.



4.

## The Best Buttermilk Pancakes Ever!

When I lived in Ukraine for 18 months as a missionary, I made these buttermilk pancakes all of the time. It was a taste of home for me and my fellow missionaries. It's simple and doesn't require any difficult ingredients. It's become a staple for Saturday mornings here at the Pearson home. It's also best served with homemade buttermilk syrup.

### Ingredients:

- 2 eggs
- 2 cups buttermilk
- 4 Tbsp. oil
- 2 cups flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 2 tsp. baking soda
- ½ tsp. salt

### Instructions:

Beat the eggs and add the other ingredients in the order given. Mix until smooth. Grease heated skillet. Pour batter from the tip of large spoon or from pitcher onto hot skillet. Turn pancakes as soon as they are puffed and full of bubbles but before bubbles break. Bake on other side until golden brown.

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I will never forget the day we found out. The test was positive and we were ecstatic. We were pregnant! I was 26 years old at the time and my husband was 23. We couldn't wait to take a picture of the test and share it someday soon with our family and friends via text and social media.

I remember hearing that it was not socially acceptable to announce your pregnancy until you were out of your first trimester. This proved difficult, as I worked side by side with my mother and sister every single day. I wanted to follow what I was told, because what if I had a miscarriage? I did not want to go against what I had heard. Nonetheless I gave in. The smells and the bustling Thai restaurant that my family owned proved to be a difficult place for a pregnant woman in her first trimester. I had to tell my family. So I did. Before I was 12 weeks along. I somehow felt like a rebel of sorts.

The moment we posted on Facebook and Instagram that we were pregnant, the congrats and "you need to's" started coming our way. I remember feeling extremely overwhelmed. I was told that I HAD to read "What to Expect When

You're Expecting." Oh, and I just HAD to stay away from fish, deli meats, and soda. Of course, I was extremely excited to finally be a mother too. And I was excited to meet my baby boy. But oh, how I felt the need to do what I was told by lots of those around me for fear that I was not doing it correctly or that I wouldn't fit in.

On Sunday, October 24, 2010, we welcomed William Peter Pearson to our family. Labor was perfect. He was perfect. I, on the other hand, was swollen and about 70 pounds overweight.

I still laugh when I look at my pictures from that day. I felt so small because I no longer had my child inside poking my ribs all day. I could lie on my stomach again. But I was still so far away from how I looked nine months before.

Once Will was born, my husband and I announced it to the world via our cell phones. We were so excited to FaceTime our relatives who lived in different states. I remember my phone blowing up with notifications from old friends, long ago ex-boyfriends, and current acquaintances. We were in heaven and were so excited to share our baby boy with the world.

I remember asking the doctor to be checked out a day early from the hospital. My husband and I were anxious to get home and start living our lives as parents. We couldn't wait to figure the whole parenting thing out.

Within a few weeks, I learned how little I knew about motherhood. Of course, I figured out changing a diaper quickly and how to bathe my



cleaning towels, or essential oils to buy. While I feel it is wonderful to be able to do those things from home, I can definitely say that it is too highly saturated in the area that I live. I am proud of the women I see doing it because they are pursuing their work to better their lives and the lives of their family members.

I can't speak for all mothers who work outside of the home because I have never been one. I can say that I know that everyone has their reasoning, and I more than respect that. There are more women than ever in the workplace, and I love hearing what they are achieving. I can only imagine the joy and pride they feel to be able to handle both work life and family life.

## Every Millennial Mom Is An Influencer

In 2014, business.com had their Influence Central Consumer Insights team study the millennial market. What they found out was:

Millennial Moms lived their lives "steeped in technology and social media", and 95% of them owned a smartphone! Millennial Moms loved online reviews when it came to shopping and getting the right products for themselves or for their family.

Millennial moms also LOVE to share their experiences. "They have a very powerful need to share their experiences and pass these insights on

- with 90 percent of Moms posting reviews often/ occasionally. In fact, Millennial Moms - more so than Millennials - use social media to share insights and expertise."

And finally:

Millennial Moms use social media to:

- Be an influencer (86%)
- Express opinions (83%)
- Connect with the community (79%)
- Give advice to others (72%)
- Make brand recommendations (71%)
- Share stories with others (70%)

I cannot tell you how many times I have posted a picture of myself, my family or my home, and then one of my subscribers, friends, or neighbors has left a comment asking me where something in the picture was from.

I also cannot tell you how many times one of my friends has posted a great find or a sale that was happening. I also am a little embarrassed to admit how many times I have seen the post, hopped in my minivan, and headed straight to said store to get the very same deal. More times than not (to my husband's horror), it has been online and so much easier to make my purchase.

There is something magical about being able to share something you love with others and feel like somehow you are helping them. It means something to have your opinion validated and your taste respected.

While women in this generation have never been so intertwined and connected, they have never felt so alone at the same time. Relationships feel like they don't need as much work because of the quick day-to-day interaction via social media. Many times I have found myself talking to multiple friends via text and/or slack but feeling so unfulfilled and distant. We all need human interaction. Especially when the only other humans we see all day are speaking about things like Pokémon and Shopkins.

So there you have it! Some of the many reasons why Millennial Moms are different than any previous generation. While we are lucky to have all of the wonderful connections that modern day life gives us, we are also faced with challenges that our mothers and grandmothers never had to face.

## CHAPTER ONE

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How To Become The Mom  
You Want To Be





seen any of the movies the kids talked about at recess or visited any of the places where they vacationed. I remember wanting so badly to fit in. It was rough.

For some reason fitting in during any time of our lives feels good. It feels wonderful to be accepted and cared about. Most importantly, it feels good to belong.

As a new mother, finding a mama tribe is key. It is imperative to find other women who are in the thick of it with you. Some may have older kids and others might have only one. It is good for the soul to be able to complain about last night's lack of sleep or how tired you are trying to juggle work and motherhood.

How does one find a mama tribe? I can definitely tell you from personal experience that it is no easy task. It takes a lot of guts and a thick skin. It takes determination and a desire to make an effort outside of your relationship with your husband and children.

When my husband and I bought our first home in 2011, we were so excited to finally live in a place of permanence. We wanted to live there for a minimum of five years. I so desperately wanted to feel like a part of the community there.

I wanted to have friends, and I wanted my two little boys to be able to have play dates and feel comfortable in the area. I took matters into my own hands and started a playgroup and a joy school in the neighborhood. It was so wonderful to have one day a week to look forward to. We would



**T**he interesting thing about motherhood is that you never fully enter a stage where you feel like you have it all together. There is always growth, and there is always constant change in our lives and in the lives of our children.

The fabulous thing too is that we are not the first ones to mess up as mothers or wish that we had known more after the fact. Thankfully, there have been women before us who we can learn from and take note of what mistakes were made.

The role of mother has evolved a lot over time. While most women in the 1960's were stay-at-home moms, now 70% of women work outside of the home. Thanks to modern medicine, women who once were not able to conceive can, with the help of fertility drugs, and become the mother they have always wanted to be.

Motherhood is one long learning process. There is always a new situation to be handled and new products to try. Do not be discouraged by all of the unknowns. Look to women from your past and present and learn from them.

My mother is from Bangkok, Thailand, and moved to the United States when she was 24 years old. She met my father soon after, and they were married in 1980. My parents had four children, my brother being the oldest, me being the second child, and then two other sisters following me. Raising children in a biracial home (my father is American) was no easy task for my mother. She was constantly trying to find a balance between what she had always known and what she wanted to change since she now lived in a different country.

If I have learned anything as a mother, it is that adaptation is key. My mother taught me this in many ways. She is an incredible cook and her Thai dishes are the best I have ever tried. She is gifted. Since we were living in Utah, she learned to cook more Americanized meals as well. We appreciated this; American food to us was a special thing. To most kids, mashed potatoes, pot roast, and casseroles were what they grew up on. I, on the other hand, had Pad Thai, som tum, and massaman curry as my go-to dishes growing up.

My mother was also stricter than my father and most American moms out there. As my siblings and I grew older, she grew to become a lot more comfortable with the way American teenagers acted and loved being involved with our social activities and events. Adaptation was key to her happiness as a mother in a completely different culture.

I feel like it's also important to remember to always have balance as a mother. Try to not be too much of one thing. I have found that putting

## *Exercise #2:*

Now that you have listed positive qualities about yourself, I am going to ask you to do something a little uncomfortable. Talk to your spouse, your mom, or your best friend. Ask them to write down a list of wonderful qualities that you have. Write those down here.



off and listed dozens and dozens of positive qualities that I had. I realized in that moment how little I appreciated who I was and what I had accomplished in life. It was such a good reminder to me that I needed to be less harsh and less critical of the person that I was.

On those days when it seems that all is lost and that you are not enough, I encourage you to look back on these two lists. It is a healthy reminder of who you are and who you are capable of being.

Now that you have answered the previous questions, it's time to take a second and think about the answers you gave. Are you spending enough time with yourself? Are you making time for your partner? Are you making time for socializing? Other questions tell you more about what is most important to you as a new mother. Once again, there is no right or wrong answer to any of the above questions. I hope that answering those has helped you think about motherhood as more than just being a mom.

As a new mom six years ago, I would have been stumped by a couple of those questions. I was rarely seeing friends and never took time to myself. I was confused about what kind of mother I wanted to be, because everyone told me different versions of what they thought was the "perfect mom."

In this last section, I want to focus on goals. I find it is most important as a mother to set goals for yourself every day, every week, every month, and every year. Goals help give us a sense of purpose beyond just the duties that come along



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