

Mom Strategist Throws Moms a New Lifeline for Daily Survival

By Mia Redrick

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New mother's handbook: solutions for finding personal time, growth, strategies & connections"

Baltimore, MD; 06/23/2008 – Mothers everywhere are suffering from the “Mega-mom Syndrome often resulting in stress, anxiety, guilt and frustration associated with managing work and family life and little time for themselves.

As the dominant family care-taker, moms devote time and energy to everyone else and are in never-ending searches of how to find time for themselves. Mom strategist, author and mom, Mia Redrick offers moms sensible solutions for finding time for “mom”; me through *Time for mom-Me: 5 Essential Strategies for A Mother's Self-Care*, an easy read, self-care manual for all moms.

Time for mom-Me: 5 Essential Strategies for A Mother's Self-Care is a practical and inspirational guide for mothers to reflect, release, renew and resolve. Written with an understanding of the busyness of a mother's life, the book offers moms powerful resources to help them navigate the rigors of daily life through the process of releasing, renewing and resolving life's pressures.

In the book, strategy # 3 helps moms find solutions to getting through each day by abandoning old strategies and DIPPING into new ones: Delegate responsibly to others; Incorporate helpful people into your space through a supportive network (other moms; mother's helper, babysitter, grandparents); Plan your day or week in advance to maximize your time; and always Purge – rid yourself of things that add clutter to your life and space.

Redrick is living example of the “Mega-mom” experience. As a working mom, pregnant with her first child 10 years ago, she developed self-care routine, including setting aside exclusive time for herself and creating consistent rituals to blend her needs into the family's schedule. During this time she also discovered that many moms gave little attention to the most important aspects of their own personal care. As a result, she began her mission to help mothers find more “me” time that includes the exploration of: three areas of personal growth, ways to redefine and create change, the link between self connection and feelings, and step by step easy solutions to implement a self-care routine.

“My goal is to help mothers adopt the belief that self-care is non-negotiable,” says Redrick. “It's necessary to be the best you and the best parent you can be.”

ABOUT MIA REDRICK

Mia is the President of Finding Definitions, LLC a company that provides coaching services, tele-classes, e-books, audios and articles to help mothers create more fulfilling lives. Redrick's created a self-care program for mothers to help moms transition throughout motherhood successfully. She teaches the “Time for mom-Me” strategies at workshops, tele-classes and with coaching clients all over the country. Her book is supported with an on-line tool kit as well as self-care forum. Additionally, she provides book clubs, work and mom organizations resource guides to conduct successful six weeks discussions, focusing on the 5 Essential Strategies of Self-Care based on the her book. Redrick has provided more than a book to mothers; she has provided a comprehensive self-care system.

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She is a lecturer, radio personality, personal coach to mothers and columnist. Mia's website www.findingdefinitions.com is a leading web community authority, exclusively devoted to promoting

mothers' self-care. Her workshops on all subjects of motherhood include" time for mom-me" and "mastering the transition of motherhood," are informative and insightful. Redrick lives in Maryland with her husband and their three children.

Time for mom-Me:5 Essential Strategies for A Mother's Self-Care, retails for \$14.95 and is available nationally at BarnesandNoble.com and Amazon.com as well as popular bookstores everywhere.

Contact: Mia Redrick P.O. Box 68045 Baltimore, MD 21215 1-(866)226-2607
www.findingdefinitions.com; e-mail: Mia_Redrick@findingdefinitions.com

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ABOUT FINDING DEFINITIONS,LLC

Finding Definitions, LLC, helps busy moms balance the rigors of parenting while providing the essential tools for a mother's self-care. Finding Definitions is the authority web community exclusively promoting a mother's self-care. The company offers popular individual/ group coaching services, teleclasses and seminars on topics relevant for a mother's own personal growth on her journey throughout motherhood. Mia is the author of Time for Mom-me, 5 Essential Self-Care Strategies for a Mother's Self-Care.

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Tags	time for mom-me, time for mom, mom time, mom self-care, mother care
Email	Click to contact author
Phone	1-(866)226-2607
Fax	410664-2936
Address	P.O. Box 68045 Baltimore , MD 21215
City/Town	Baltimore
State/Province	Maryland
Zip	21215
Country	United States
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