

## **The Internet's "Go-To Mom" Helps Moms and At Risk Children**

*By Anne Killeen*

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*LA Mom and founder of [www.TheGoToMom.tv](http://www.TheGoToMom.tv) gives back through charitable efforts by donating a portion of her book proceeds to organizations that help heal children who have suffered trauma and abuse.*

Los Angeles, CA, March 1, 2009 -- Kimberley Clayton Blaine, The Internet's Go-To Mom announces the release of her new book, *Mommy Confidence: 8 Easy Steps to Reclaiming Balance, Motivation and Your Inner Diva*.

Kimberley is a licensed Family and Child Therapist and executive producer of the grassroots webshow, <http://www.TheGoToMom.TV>, where she offers 'on demand' parenting advice via 2-minute video segments.

A portion of the book's proceeds will be donated to nonprofit organizations that provide healing and care for abused and at-risk children.

"I'm proud to promote my book knowing that I can also help a needy cause. Children are malleable, innocent, brilliant, vulnerable, and so worthwhile. I created the Go-To Mom enterprise to better the lives of America's children. The book, <http://www.MommyConfidence.com> is just one more piece of the charitable pie and I plan to write many more."

### About the Book:

Blaine believes that a mother's inattention to self-care can greatly hamper the quality of the parent-child and the wife-husband relationship. She wrote *Mommy Confidence* to empower all moms who are going through what she is going through.

Even when times get difficult, whether due to economic or unfortunate circumstances, Blaine states, moms need to accept and find peace in their lives. There is always time for change. She says, "Children learn invaluable lessons when they see their mother toughing it out and still being a cheerleader of life." Children inherit maternal strength and confidence.

"Taking time off is essential for good mothering," Blaine explains. "No one really ever plans on being a martyr-mom. We all know that in the end that this type of mom will eventually burn out and her children may witness her unravel." Taking time off from chores, work and family can be very 'mommy enhancing.' A happy woman makes a happy mom.

"Mommies do a great job managing their families and children," and Blaine encourages moms not give up hobbies and activities that invigorate them. "I see mommies waiting to pursue their dreams until their children are much older, but then it's too late." Blaine believes moms should pursue their dreams now—it is never too late to be your children's best role model by showing them how you take care of yourself and actively seek optimal well being.

What sets, *Mommy Confidence*, apart from others books in the self-help arena, are the unique and innovative steps that offer moms a new perspective on how reclaim balance, motivation and their inner diva. Kimberley concludes, "It's a fine balancing act, but I have faith that moms can do it."

About the Author:

Kimberley Clayton Blaine is a national parenting expert who specializes in working with children ages newborn to six years old. Kimberley is the founder of the web show at [www.TheGoToMom.TV](http://www.TheGoToMom.TV). Kimberley is the anchor for ePregnancy's BabyTV. She also teaches Early Childhood Brain Development UCLA Extension Education Department. She is currently the Social Marketing Director for a L.A. based Early Childhood Mental Health Campaign funded by the US Dept. of Health and Human Services.

<http://www.MommyConfidence.com>

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The Go-To Mom is an online shows for parents with young children, [www.TheGoToMom.TV](http://www.TheGoToMom.TV). Kimberley is a national parenting expert, licensed child therapist and author.

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