

# For real tho, how are parents of young kids doing this?

Presented By:

Keah Perry, Paola Collazos, & Mary  
Catherine Starr

# Introductions



**Keah Perry**  
Owner Of Create A  
Splash



**Mary Catherine Starr**  
Graphic Designer, Content  
Creator, + Author of *Mama  
Needs a Minute!*



**Paola Collazos**  
Mom of Neurodivergent  
kids + Spiritual and  
Energy Guide @colazos

# **Balancing Business and Babies: Navigating Work, Life & Mom Guilt**

# What is Mom Guilt?

- That nagging feeling you're not doing enough at home or at work.
- Common triggers:
  - Missing events for kids
  - Feeling too tired to play
  - Having to choose work
  - Needing alone time
  - Comparing to other moms

# When Mom Guilt Creeps In...

- Pause and reflect: Is this guilt based on reality or unrealistic expectations?
- Replace guilt with grace. You're doing your best and that's enough.
- Your presence, your effort, your love because that's what they remember.

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou

# The Myth of "Having It All"

- Society pressures moms to be everything to everyone, perfect parent, successful entrepreneur, present partner.
- Balance doesn't mean doing everything all the time. Learn the power of "No"
- Balance doesn't mean equal time, it means intentional time.
- Being fully present when you're with your kids matters more than the number of hours.

# Set Boundaries

- Set work boundaries that prioritize your family (schedule staff, automate tasks).
- Communicate with your kids—let them know when work must come first, and why. Helps them build empathy and understanding.
- Schedule family time like a business meeting—non-negotiable.
- Put your phone away during “kid time.”

# Finding Your Village [Virtual & IRL]

*"It takes a village to raise a child, but  
most importantly, it takes a village to  
uplift a mother."*

Nicole Cumberbatch



# Why Do I Need a “Village”?

- Practical/logistical help & solutions (sharing the load of parenting)
- A cure for parental loneliness:
  - 66% of mothers with children under age 5 reported feeling lonely
  - 90% of new mothers felt lonely after giving birth (with over 54% feeling as if they had no friends)
- For your health:
  - low levels of social connection can have the same mortality impacts as smoking 15 cigarettes/day or drinking 6 alcoholic drinks/day
  - social connection increases survival odds by 50% (!)
- “Shared Reality” results when a group of people undergo the process of making sense of the world together

# Finding Your Village 101: IRL Village

- **Includes:** Family, friends, support groups, paid support persons, specialists, etc.
- Your village might just be 1-2 additional adults
- *What's holding you back from finding your people?*
- Putting yourself out there:
  - Help others the way you'd want to be helped
  - Be a joiner, be a giver, be a taker

# Finding Your Village 101: Virtual Village

- **Includes:** Online communities or support groups, experts you follow, people you text or message regularly about parenting, etc.
- Finding a “sense of collective purpose and identity” (Dr. Vivek Murthy) *can* be done online
- Again, put yourself out there (don’t just be a lurker)

**\*\*\*An important note about online comparison\*\*\***

# The Three E's of Connection\*

- **Encounters:** get out of your house + get yourself around other [like-minded] people
- **Engagement:** when you go out into the world, *actually* connect
- **Exposure:** the more exposure we have to something, the more we like it

\*From *I Was Told There'd Be a Village* by Melissa Wirt

# Where Are Parents Actually Meeting Friends?

Top 6 places to find parent friends:

- Reconnect with pre-parent friends
- Workplace
- Mutual friends
- Daycare or school
- Mom Groups

Where the majority of people are *not* meeting parent friends:

- Social media
- Baby groups/parenting classes
- Playgrounds
- Local events

# Self-Care & Inner Connection

The Power of finding balance in life comes from self-love and inner connection.

# 3 Keys to making it without losing yourself:

1. You are not perfect and you don't have to be; practice self-love, mother your “inner-child”
  - self love is the best example you can give to your kids
  - ¿How can I practice Self-love?
  - *Book Recommendation:* The Four Agreements. A practical guide to personal freedom. Don Miguel Ruiz

# 3 Keys to making it without losing yourself:

2. Don't take things personally and pick your battles.

- “Crisis and difficult situations are opportunities to grow”
- “Where you place your attention is where you place your energy.” Dr Joe Dispenza.



## 3 Keys to making it without losing yourself:

3. Trust your intuition and your inner voice.

- “You are the best advocate of your children.”
- Connect to your heart, where the true self resides.
- The mind and ego only know what they’ve learned from past experiences. Their role is to protect you.
- But don’t believe everything they say.

# LET'S CONNECT TO OUR HEART

Heart Coherence: is a high performance and healthy state—physically, emotionally, mentally and spiritually—that brings out the very best in us.

“Heart coherence is essential in stress management and sustainable behavior change.”

# Just Breathe...

5 min Exercise

Heart Coherence

1. 5-count inhale, 5-count exhale
2. Bring a memory to your mind with a high vibrational emotion: (love, gratitude, bliss)
3. Let's expand it.



FOR MORE INFO: [HEARTMATH.COM](https://heartmath.com) CALM MIND. OPEN HEART.

# Discussion and Q&A

- Crowdsourcing Community Resources & Parenting Groups
- Q&A with Panelists