

Media Questions -- Claudine Wolk

1. So many women tell new mothers that..."It Gets Easier." Does motherhood get Easier....?
2. Many women often say "If I had known then what I know now?" From answers to this question you have developed Five Baby Commandments. Tell us about them.
3. We are always telling moms to "take time for themselves." Easier said than done. Do you have any suggestions for how a mom might do this?
4. Why do you suggest that a new mom have some 'non-family members' on the sitter list? Isn't it better to have family there when the baby is newborn?
5. I understand that you have free baby schedule available for download for new moms from your website. Aren't schedules out of fashion? Can you tell us about the schedule and how it works?
6. You have lots of information for new moms on your website www.help4newmoms.com. What drew you to create this website?
7. You also have a new book *It Gets Easier! ... and other Lies We Tell New Mothers*. What was the driving force behind writing this book? Who can benefit from this book?
8. How did you gather your research?
9. Coming home from the hospital can be a harrowing experience for new moms, how can your "New Mom Mantras" help?
10. Sleep Deprivation is a big issue for first-time moms. What are the effects of sleep deprivation? What if anything can be done to alleviate it?
11. How can Motherhood affect a woman's relationship with her spouse?
12. What can the nurse do and say to the spouse at the hospital that can help the new mom when the family gets home.
13. We understand that you use Maslow's Hierarchy of Needs to describe how a Mom might struggle with her role as mother and her desire to achieve other goals?
14. Do you think there is a difference between the new mom experiences for an "at-home mom" vs. a "working mom"?
15. Moms pass a lot of judgment on to other moms. Why do you think that is?
16. Do you think motherhood is tougher today or when our mothers were mothers?
17. You use humor and honesty to teach. How can humor and honesty transform the way we talk about Motherhood?
18. Are you the one spearheading this movement of Honesty and Humor in talking about motherhood?
19. Where can our audience get a copy of your book *It gets Easier...and other Lies We Tell New Mothers*?

**For more information, review copies, full media kits or an interview with the author
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