**TARA-MODERN-MOM-PROBS-FINAL**

**tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** self care is really wide, expansive sort of topic. A lot of times people are just like, okay, it's going to the spa or being able to take a longer shower or painting your nails, which all of those things I love and I think is really important, but I think self care is also Important to like making your life easier.

[00:00:19] **INTRO:** Hi, I'm Sarah Kuhn. Welcome to the Juneau women podcast, where I sit down for candid conversations with women who are experts in their field and share their specific knowledge so that we can become better equipped to handle all things. Motherhood,

[00:00:32] a women is an extension of Jonah, a fitness and nutrition app created to help guide you through your trying to conceive pregnancy and motherhood journey.

[00:00:40] Everything we do at Juna is designed to empower and support you through one of the most incredible and challenging times of your life.

[00:00:48] Today's episode, I'm talking with Tara Clark from modern mom bribes, modern mom problems is a parenting humor and lifestyle Instagram account developed by Tara Clark.

[00:00:57] She presents realistic issues facing modern parents and a humorous, heartwarming and light way. She is set to release her first book, a survival guide for 21st century mothers on April 19, 2021.

[00:01:08] Tara gives great levity to mom life, and I thoroughly enjoy chatting with her. I hope you enjoy.

[00:01:16] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Tara, I'm very excited to have you here on the Juneau women podcast. So thank you so much for joining.

[00:01:21] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** thank you so much for having me. I'm really excited to be here today.

[00:01:24] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. Yes. So why don't you start by introducing yourself and telling us a little bit about you and your family.

[00:01:30] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Sure. My name is Tara Clark and I'm the creator and manager of the Instagram account called. Modern mom probs. I'm also, which is random that I forget the name of my everything. I have one eight year old son. His name is Jack and I paused briefly actually, cause I could hear him running into his virtual class. And so that was took my attention away is because he was telling Alexa, Alexa, I'm heading back into school because Alexa had sent a timer, set a timer so that he would know when to go back into his class.

[00:02:03] And it's right now.

[00:02:05] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** will we do without technology?

[00:02:07] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I know it's like how much of a modern problem mom, modern mom problem is that I had to set a timer to remind him to go back into class anyway. So yeah, I run modern mom prompts on Instagram. I recently authored a book under the same name, modern mom prompts. And I'm working on my website now as well, also underneath the same name, which is funny that I couldn't get the name out in the first time.

[00:02:30] I tried to say it.

[00:02:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** It could be a tongue twister when you got the double M's.

[00:02:33] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Can be. Yes.

[00:02:35] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** So why don't you tell us, because I've been a long time follower of you, obviously it's just so relatable. But I want to hear the Genesis of your platform and what, how did, how it came about.

[00:02:46] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Sure it, I do have a background in social media. I used to work at Nickelodeon before my son was born, but then when he was born, I stayed home with him. And then when he was about three. Oh three. I said, I'm some sort of creative outlet. And so I said, this there's this new platform called Instagram.

[00:03:05] It wasn't actually really there when I was even working at Nickelodeon. And so I didn't have experience in that. At that time, we were doing more Facebook and Twitter. And fast forward to when I said, Start this Instagram account. And at first I was like I'm just going to make some jokes, make some memes.

[00:03:19] And I was looking for a way to connect with other moms, make them laugh. And at the same time, like I said, have a creative outlet who would have known that the account would have grown the way that it has in the past four years. And so here we are now, talking about this in the book and the website and all that kind of stuff.

[00:03:36] And what I'm so thrilled about with the platform is that it went from. Just having jokes about motherhood, too, having the tough conversations surrounding modern motherhood. We talk about lighthearted things. We talk about serious things and everything in between.

[00:03:55] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. How did you like how fast make that transition? Like when did you start seeing the tougher, harder conversations come about?

[00:04:05] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Probably about two years ago, I made a concerted effort to put out different kinds of content. I started collaborating with my good friend, Mary she is my good friend and illustrator. She was like, she's funny because she started thinking about illustrating and I said, Mary, do it. Like I was.

[00:04:23] Acting as if she was like a little birdie that I had push out of the nest. And I said, why don't you start illustrating my names? And she thought, Oh, that's a great idea. I would love to. So Mary and I started collaborating and she was illustrating my memes and illustrating my words. And in that we started having more of the tougher conversations.

[00:04:43] And I feel like that collaboration really transitioned and changed my account better.

[00:04:50] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah, no, it's I find that it's. It is really hard to navigate both, but your account has done such a great job of that. Like I there's some mom meme accounts that are just strictly meme. But you guys have transcended that. So I'm very impressed.

[00:05:05] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** you. I appreciate that because there, there really was a conscious effort in doing that because I didn't want to just be a meme page anymore. And so when Mary started illustrating and like I said, I'm always like her biggest cheerleader. So I was like, yeah, Meryl, let's do this. Let's do this together.

[00:05:20] And like I said, she would illustrate and I would put words to it. And then it really just took off and people, it, no one else at that point was doing that. And it really took off from there. So I'm so thrilled.

[00:05:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yes. So what prompted you to write your book?

[00:05:36] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I was featured in a local magazine and I'm totally going to preface this, that like by trade, I am not a writer, I would say, yes, I'm a content creator, but I'm not necessarily a writer first and foremost. So I was featured in a local magazine. And then shortly after that, an editor reached out to me and he said, you know what?

[00:05:57] This would make a great book, like your Instagram account, but like in a book and simultaneously to that, Mary and I were having a conversation about, if Instagram went away tomorrow, like where would we display our work? All of our work would just be gone. And so she said, I really think that we should like.

[00:06:14] Put a book together of our means and illustrations. And I said, that's a really great idea, mayor, coincidentally, this editor, came to Maine. Long story short, I was able to secure a literary agent and she was able to secure a book deal during the pandemic, which was bananas because it was like March and April and shoe shopping.

[00:06:35] Book around. And a lot of the publishers were like no, no bookstores are closed. We don't know what's going to happen in the world. And so they were really tightening their belts. But luckily for me, there was my publisher post Hill press said, yes, this sounds like a super fun project. Let's do it.

[00:06:50] And so then I had six weeks to write the book. Which was during the summer of the pandemic. So the summer of 2020 and my son was home. He didn't have camp or anything. And so I was like throwing him snacks and like putting a show on for him while I was like frantically trying to write this book and it's 240 pages.

[00:07:08] So it was a lot to do But I think that was like the epitome of like modern mom problems and like pandemic parenting to write this manuscript about a book, excuse me about parenting. And so here I am writing about parenting, but then also trying to balance, like being a good parent at the same time and not ignoring him and his needs.

[00:07:29] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah, it's funny that none of these publishers were intro you're like, this is the type of content you should be looking at, putting out right now, because this is something that everyone who is a parent is gonna want to read.

[00:07:44] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I think so. Obviously I'm a fan of it, but it had to do with, funny angel things and the bookstore is being closed. Like I said, back in the spring and they said, we don't know what the world's going to look like. And they were right. If you could remember back to March of 2020, it was all, everything was just so overwhelming.

[00:08:01] And the publishers, thought the same thing.

[00:08:03] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. So what would you, I, we're gonna go dive into some of the specific topics in your book, but before we get into it, I want you to give the what's the tone of what we're about to be talking about. So I guess for those that don't know your account,

[00:08:21] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yeah. Sure. What I love about this book is it's like the embodiment, the analog version of modern mom probs, the Instagram account. And so it's a perfect combination of both lighthearted content. But then also more serious topics and conversations. And so it has a certain cadence to it.

[00:08:41] Whereas one chapter maybe funny and lighthearted, and then the next one will be serious and we'll touch important topics such as postpartum depression. And then two chapters later, then we're laughing again. And so it has a really nice cadence to it. And the whole book is wrapped around the premise of we got 99 problems, but motherhood ain't one.

[00:09:00] And so 99 problems, a lot of different things to talk about.

[00:09:04] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. Yes. Yes. Isn't that the truth? Do you now I'm curious, is it going to be available on audible?

[00:09:09] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** It is funny that you should say that Sarah? No joke just today. Audible made the announcement that I'm going to be on audible. Yes,

[00:09:18] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** And are you going to read it?

[00:09:19] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I am.

[00:09:22] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Oh, I love when authors read their books and I feel like for your book, it's going to be so much better because you're reading it.

[00:09:29] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Oh, thank you. I appreciate that. Very excited because I've never done anything like that before.

[00:09:35] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. I am excited for you. I think there's some especially if you're not a writer by trade, then hearing like all of the way that you want to deliver the message is the most important thing. And so that's exciting. I'm

[00:09:50] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** really good point. I always tell people that I'm a better short form writer. I write memes, I w write quotes. That's my Mo so to write a 250 page book was, a new experience for me but you're definitely right. I know what to emphasize. Uncertain chapters more than others.

[00:10:06] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** sure. So let's dive in. I want to I want to get into the nursing and baby formula debate.

[00:10:12] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes. We're going to preface this by saying fed is best. That's the first thing that we're going to say, but, I remember when my son was born, I was like, okay, I'm going to nurse. I'm going to do it. This is it. I'm going to do it. This is what society expects of me. This is what I expect of myself as a new mom.

[00:10:31] And so I went in there and I went to the lactation class and the nurses were so mean and they like squeezed my breasts, like really hard. And they were like, this is how you do it. And It was like absolute torture. And so I struggled in the first couple of days with nursing, my son, but then after a while, he latched on and then I got more.

[00:10:52] Accustomed to it and he got more accustomed to it, but then I started getting really nervous that he like wasn't eating enough. And so I was then pumping into bottles so that I could see it in quantify how much milk he was taking in each day. So then I was like nursing and pumping. And then I think we went to Florida on vacation when he was about three months old and then I introduced formula.

[00:11:15] And so I was doing all three for a long time. I was like nursing and pumping. And giving him formula. Ultimately he ended up nursing for two and a half years. So he was pretty big when we stopped. I also was a late nurse or I guess it just runs in our family. And and so what I often tell people is that fed is best.

[00:11:33] We did all three, like I said, I nursed, I pumped, I gave him formula. You have to do what you need to do to make your baby grow and thrive. And that's it. That's, there's no shame in any of those things.

[00:11:45] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Totally. I, yeah, it's it, is it. It is sad to me that we even have to say fed is best because it's like, yeah, obvious. Obviously, right? Who cares? How you feed your baby, if as long as your baby is getting fed.

[00:12:00] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Absolutely. And I think the shame of it is the pressure that we do feel we as mothers feel one way or the other. And it's really heartbreaking cause I see a lot of times, if there is a certain meme or piece of content out there, that's pushing someone one way or the other and not even it, I it could pretty innocuous and pretty innocent, but it is definitely a trigger point because it's seared into our brains that we should be doing this thing or that thing.

[00:12:25] And so it's hard to break that sometimes.

[00:12:27] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** totally. Anytime that we post about the benefits of breastfeeding, we will inevitably get people who are upset that we're. Pressuring moms, or it's been triggering to hear about the benefits of breastfeeding because they weren't able to breastfeed. And I, like I'm always a little bit shook by those comments because I'm like, look I a hundred percent.

[00:12:50] Believe that fed is best. However, like breastfeeding is really hard. And if like we're here to provide helpful tips and different ways. If this is something that you're committed to and that's always been our perspective. And so it's I, we'll get into, don't be troll, but

[00:13:07] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** that's an important conversation too.

[00:13:09] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yes. But it's I think you're totally right, like at all the, like the more that we're okay with, what, whatever way we feed our baby than the last we'll have to have this debate.

[00:13:19] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I agree.

[00:13:20] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** So th continuing on the discussion of feeding your baby, cause it doesn't get any less stressful whether you're nursing, you're feeding formula or you're feeding your kids food what's your take on making, feeding your toddlers less stressful.

[00:13:38] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** now when my son first started eating solid food, he ate everything and. And when I say everything, mostly at this point, I was feeding him organic fruits and vegetables. Many times I was making it myself or I was buying the packets, oftentimes buying the packets, but I thought, I got this baby like food processor thing for a baby shower gift.

[00:14:01] So I might as well use that. So I was like steaming food and I was like cooking it. And, he had everything. Sweet potatoes and blueberries. And we used to joke that he would eat a pack of blueberries a day. So we were saying he had a pack a day habit of blueberries, which wasn't very expensive by the way, very expensive.

[00:14:18] And I really went out of way again because I felt societal pressure. And also, I didn't know better. I was like, this is what I'm going to do. He's going to, eat nothing but organic food and nothing, X, Y, and Z stuff. No BPA. That's not right. So fast forward now he's eight.

[00:14:33] He's the, one of the most selective eaters that you could meet? He probably has about five or six foods that are his like go-to foods. He doesn't necessarily like to try other things. He doesn't necessarily have a really big appetite. And so I laugh when I think about that, because back on, the.

[00:14:54] Toddler like me as a toddler mom. I was like, Oh man, I have a great eater and he's doing this and he's covered in mashed potatoes and blah, blah, blah. And now I'm like, he wouldn't even look at mashed potatoes. And so we laugh because all of the things that he loved to eat, he won't even go near. Now.

[00:15:10] He won't go near blueberries, won't go near sweet potatoes. And so he jokes when I mentioned that kind of stuff, he jokes and he's I eat so much of it. Then mom, that I don't want to eat it. Now. I was like, okay, two, two Shay buddy to Shea. But I think, going back to that, cause like I said, we do deal with a very selective eater, is that I think we need to not make food in make it, not make it a thing.

[00:15:30] That's what we say at home. We can't make it a thing because we don't want, we offer a lot of options. We will let him control it, but we don't want to control his food because we don't want it to be an area of strife or an area of conflict. But so saying that yeah. We do still eat organic and I do still try to make a lot of different, healthy options, food options for him, whether or not he always eats it is his own prerogative.

[00:17:34] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. It's funny. I forget who I had on the podcast a couple weeks ago, but they were like, yeah, there's the three things that you can not control when your kids sleeps. You can not control what your kid eats and you cannot control when they go to the bathroom. And I'm like, yeah, those are the three things that are, I think are most stressful to parents.

[00:17:52] And behold, the three things we can't control.

[00:17:56] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** No, it's definitely true because I know that if If I try to control one thing, whether it's the sleeping or the potty training or whatever, not potty trained, but going to the bathroom or the food, like then, it's going to backfire on you, and so you want the locus of control to be on them.

[00:18:12] You can't be the locus of control for them all the time, because it's not going to be healthy for them in the long run. So the earlier that we can instill that control for themselves, the better off they're going to be.

[00:18:24] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah, I it's, I think it's so funny. Cause I, I also love all of these like pediatric nutritionists, like that have wonderfully informative accounts that are like, introduced. You know this food 15 times in 15 different ways and don't, and I'm always like, this is so well-intentioned, but for some reason, with my toddlers, it does not work.

[00:18:45] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes. No, I agree. And the interesting thing is, speaking as someone who has an older child now, their tastes change. Like my son ate everything in his infancy and toddler years, and it probably wasn't until maybe he was five or six when he just straight up said, okay, I'm not eating this stuff anymore.

[00:19:04] And so that really changes. That's a big, it's a big factor because a lot of those pages, God bless them and I love them and I follow them myself and I still follow them because I need more information. But the thing is that is often geared towards toddlers. And like I said, I've only in my personal experiences that change, his tastes changed after toddler years.

[00:19:25] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. I, my it's funny when you talk about sweet potato, because my son used to we would give him sweet potatoes every day. He loved sweet potatoes. And then all of a sudden that Three and a half, he just decided he didn't like sweet potato. Maybe his taste buds change, but he just would not eat sweet potatoes anymore.

[00:19:42] And and he truly doesn't like them. He'll try them every single time. And he's I don't like these

[00:19:48] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** That's my son to us, but sweetie, you used to eat them all the time. He's I know, but maybe I got sick of it. So I guess their tastes change. Maybe that happens to us. My husband and I, the other day, we're joking about when we were kids, we both independently of each other, went on a kick of eating sloppy Joe sandwiches.

[00:20:05] And like we so many sloppy Joe sandwiches, I probably haven't had a sloppy Joe now in 30 years. And I don't even think I could even look at a sloppy Joe sandwich. So sometimes that happens with food and I, I guess that might be true for the children's still now.

[00:20:20] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** I guess that plays into the recommendation that all these dieticians are telling us to make sure that we're offering a variety of foods so that they don't get sick of it.

[00:20:28] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes, that probably makes sense. Maybe variety is the spice of life, but I don't know. I, like I said, I love those pages because I still need all the help I can get sometimes.

[00:20:38] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Oh, totally. The more I can find the more I follow. And then, I just want to touch too. Cause I think for me, when I think about. I think the pandemic did a lot for me in that. Like I used to try and not like I I used to try and not give my kids chicken nuggets every night.

[00:20:55] I was like, I'm going to be offering variety. And I feel like an awful person if I'm just giving them chicken nuggets and whatever they're asking pasta with pesto. Cause that's their thing. But I think like after like in the middle of the pandemic, at some point I was just like, This is not something I can make myself feel guilty about.

[00:21:11] And if they want chicken nuggets, then they can eat chicken nuggets.

[00:21:15] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes, no, I agree. First of all, I'm going to say Sarah, that I'm impressed that the pesto sauce so well done to you because mine only eats pasta with butter. Kudos for that. But I agree with the pandemic now, Survival is key, right? So I think that really comes into it and not beating yourself up over those things, as long as they're getting the nutrients that they need and they're gaining weight and they're thriving, I think they should be okay for now.

[00:21:41] It's only one year and also too a lot of foods were actually hard to find during the pandemic too. Even like the proper resources were challenging for a time.

[00:21:52] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** it's funny that you mentioned that because like my, like I mentioned, my kids love pasta and we went to the, I went to six different grocery stores, when March like when we were all locking down and I could not find pasta anywhere there wasn't pasta on Amazon. Like it was.

[00:22:07] And so we ended up having to go to the specialty Italian store and spend like an exorbitant amount of money, like on just pasta that no one should have to it was like the specialty Italian pasta. And and by the way, we still, we bought so much. Cause we, we were like peep, we were hoarding pasta the way people were hoarding, toilet paper that we I'll have a pasta.

[00:22:28] It's just insane.

[00:22:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** That's amazing.

[00:22:32] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Anyway, I w the next topic, I'm excited to hear your perspective on it. Cause I, I have some funny stories about the importance of teaching your kids. Good music.

[00:22:43] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes. So this one's funny, who knew that I was raising a little music critic. He, my son will come out of like with these comments and I'll get to those in a second, but the importance of teaching your kids, good music, I think is this it's for your own sanity. It's for their own sanity. The more music that you introduce them to, whether it's rock and roll or pop music or reggaeton or anything, the less chances that you're going to have to listen to baby shark on the radio.

[00:23:12] So yes, give them some baby shark. But then also give them some Madonna or Britney Spears. They need to mix it up. So I really am a firm believer of play as much different kinds of music for your children as you possibly can. So two stories about my son. One, one time he listened, we were listening to Holland oats on the radio and he said, mom, this is the kind of music that people listen to when they've hit rock bottom in life.

[00:23:45] Hey, and then like I said, he's opinionated. And so then his other one, a couple. Days later we were in the car again and Billy Joel came on the radio and he was like, mom, if poop could sing, this is what the song would sound like. I couldn't believe that because first of all, I really liked Billy Joel, but second of all, I can't control what he says, but he was like, yeah, poop could sing.

[00:24:05] That's what the song would be. And I don't even remember,

[00:24:08] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** That's a, we that's such amazing, like when he said that's an amazing

[00:24:11] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** He was seven at the time when he said those comments. Yes, brilliant. The whole notes. One. I just couldn't believe that it was like, this is what people listen to when they hit rock bottom.

[00:24:22] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** It's funny. Like my first kid, we listened to like, all we listened to was kids music. And like when we were after having our second kid, when we would be in the car, like trying to listen to our own music, my son would have not as eloquent commentary about Get this off of the I don't want to listen to Taylor Swift.

[00:24:40] I don't like this music. And I'm like, that's it like, we're not listening. I'm just like, put my foot down. I'm like, we're no longer listening to children's music in the car. You will listen to what we listened to. And that is it. And so our poor third kid will never hear a child.

[00:24:54] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** go for it. Good for you. He's going to be like baby shirt. Who, what? I don't even know what you mean. What's Kidz bop.

[00:25:02] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** He's I just, we listened to a lot of Taylor Swift in this house. I am a big fan and now my daughter is just, obviously a big Taylor Swift fan

[00:25:13] **INTRO:** I don't know about you guys, but eating healthy foods in the first trimester of pregnancy seemed like an impossible feat. That's why I started ordering bumping blend smoothie cubes. These smoothies were absolutely life-saving for my first try symptoms of constipation and nausea made by a mom.

[00:25:28] A friend of mine. These super easy smoothie cubes are designed by dieticians to support common sense. Pregnancy symptoms like mine, but also Dysport mama lows, like mood swings and anxiety, low energy and trouble sleeping,

[00:25:40] All you have to do is pop the bump and blends into your blender, add liquid and enjoy a delicious smoothie made just for you.

[00:25:46] They have over 20 flavors. So I never got bored of them and are made with a hundred percent, all natural whole real foods. So they're safe to share with your kiddos and even your babies.

[00:25:55] However, I used to make my smoothies when the kids were in school, so I didn't have to share, but that's just me.

[00:25:59] You do you seriously? They're vegan cookie dough flavor. I made the mistake of letting my daughter eat once and I couldn't open the freezer around her with, without her demanding them.

[00:26:08] By everywhere.

[00:26:09] They were nice enough to pass along a special discount for our listeners. You can use the code J U N a@checkouttosaveonyourfirstorderatbumpandblends.com.

[00:26:18] Again, had to bump in blends.com and use the code J U N a to get 20% off your first order.

[00:26:25] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I love it. I think that's fantastic. My son is big Taylor. We listen to Taylor Swift as well. My son also hates the Beatles. I, it just sounds like he really has a grudge on classic rock music. That's what it, that's what it is. He's this music makes me want to fall asleep.

[00:26:39] And then my husband is desperately like playing all different, like kinds of classic rock bands for him. And he's Nope. Okay. I do Ozzy Osborne. Nope. Okay. It's my son has a very like hard, he likes hard music. He likes it like hard and loud. He likes EDM. He likes electronic dance music, which I think is funny.

[00:26:56] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** I like I'm, I'd be friends with your son.

[00:26:59] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yeah. He's a pretty cool kid. I got to say.

[00:27:03] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Is he in third grade?

[00:27:04] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** No second.

[00:27:05] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. It's I feel like that's a stage of parenting that I'm ready. I don't want to rush it, but I'm ready for it. I need like an AIDS. I need all my kids wiping their butts.

[00:27:13] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** It's crazy. Say, I obviously am fully immersed in motherhood all the time because of modern mom probs and the book and everything like that. And so I'm always talking about motherhood. I'm always thinking about motherhood. And when people ask me Terrell, what's your favorite stage? I always say right now, Because seven and eight is wonderful.

[00:27:33] They're independent enough that you don't have to wipe their butt. I do wipe his butt sometimes when he asks me to. But that's just cause that's my own fault. But but yeah, no, it's, I have to learn. I have to learn some time, but it's wonderful because they're independent and he could sit on the couch and read a book and then I could also sit on the couch and read a book or flip through a magazine and we could just have a nice quiet time.

[00:27:54] We don't always have to get on the phone. Floor and play like we used to, like it was a lot of getting on the floor and playing. So it's much less of that now. And it's wonderful because he's still snuggling and he wants to cuddle and he wants to sleep with me and he wants to like lay on the couch and, he'll, he's just the same love bug that he always was when he was two, three and four, but now he could wipe his own butt.

[00:28:13] And so it's great.

[00:28:14] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. Yes. I like, I don't want to like speed time up, cause I want to slow time down at the same time, but it's like the physical demand right now of mother that is, is just exhausting.

[00:28:26] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I could promise you that it does lessen. It doesn't go away all together, but it definitely is less intense as they get a little bit older. And so I think that I'm lucky that I'm in the sweet spot right now, because he is still sweet and loving and somewhat independent, but he's not like a jerk, like a 13 year old,

[00:28:45] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** it's still funny. Everyone says that seven and eight is the sweet.

[00:28:48] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** It's great. It's great. I just want to freeze him in time right now.

[00:28:53] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** So let's talk about mommy wine culture.

[00:28:56] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** that is an important topic because when I started my Instagram page several years ago, mommy wine culture, I feel was almost like at the height of it, where, when I joined online and I got to make friends and stuff like that, like everyone seemed to be drinking and everyone seemed to be like talking about drinking and all of that kind of stuff.

[00:29:15] And I am not. Really a drinker. I do occasionally we'll, have a glass of something, but it's not something that I do often, but I found myself doing it more frequently because I thought that's like what we were doing on Instagram, and so then I found out that's not necessarily the case and I should really, be true to myself.

[00:29:36] And if I don't drink that often, then don't be, feel the pressure to drink that often. And I'm glad now that people are starting to have this conversation about it, because I don't think inherently that being a modern mom means that you need to be drinking wine. And if you are, that's fine too. But I don't want people to feel pressured, unnecessarily thinking like everyone's doing it all the time.

[00:30:01] And so I know that there has been in the last like year or so, a lot of backlash on this and you're seeing less. Memes about it, less jokes about it because people are starting to catch on and be like, you know what? Hey, this isn't really cool.

[00:30:12] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. It's interesting. I remember like that transition from there being like an okay mommy wine culture to there being a total backlash and just I'd get lost in comments and I'm like, wow, people are really going hard on this one.

[00:30:28] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yeah. Grab your popcorn for that.

[00:30:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yes. It is interesting though. Like I, I, and I also think that like ebbs and flows of their stage of motherhood, like I think there was a point, especially in the middle of the pandemic after I, know, I was no longer pregnant and I was like, Oh man I'm having a lot of wine and I don't.

[00:30:47] Want to, and so I just we just stopped drinking in our house. Not that it was a problem, but I was just like, yeah, I want to like, not have alcohol. And now it's interesting. Cause it's like never something I would reach for in the midst of three meltdowns and during dinner

[00:31:01] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** No I understand. I think like in the beginning of the pandemic, that was the thing too. Everyone was like, okay, we're drinking. This is what we're doing now. Like we collectively as a society, and I think it really pulled back. Cause, cause I agree, cause I don't really drink wine per se, but I do like Ivanka and Like Pellegrino like the juice.

[00:31:18] And yeah, we've really pulled back on that though.

[00:31:22] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Which I think it's like funny. Cause I think it, as everyone was like, Oh this, like this thing is here to stay for a bit. This is not healthy. Like when we thought it was going to be like three weeks of lockdown, that was one thing. But now that we're going on one full year we can't treat our bodies like that.

[00:31:38] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Absolutely. I agree. A thousand percent.

[00:31:41] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** So on that note, let's talk about self care.

[00:31:44] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yeah, self care is really wide, expansive sort of topic. A lot of times people are just like, okay, it's going to the spa or being able to take a longer shower or painting your nails, which all of those things I love and I think is really important, but I think self care is also Important to like making your life easier.

[00:32:01] And what I mean by that is that sometimes you need to take things away to get ahead. So if you take things off of your to-do list or you say no to people in your life that aren't as important that you don't need to be doing. X Y and Z things like right now, you don't need to go run out and do this Aaron or run out and do that favor for somebody.

[00:32:20] I think saying no. And like I said, taking things off of your plate and off of your to-do list is just as important. And if not more important than getting your hair blown out and painting your nails.

[00:32:32] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah it's interesting. I don't think I've heard that perspective around self care, but I love that because I think like paring down to the absolute, what needs to get done to, to keep this house humming is so important to giving yourself time back.

[00:32:49] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Exactly. I love how you said that's really what it is because. What you want to focus on is yourself, right? In self care. You want to focus on yourself. And so what's going to make yourself feel better. And so if it is doing your hair and your nails, then that's awesome too. But then take it one step further and say, okay, what can I take off my plate?

[00:33:07] That makes me feel even better, can I ask my husband to fold the socks and put his underwear wear away in the drawer? That's going to make me feel better. So it's like those sort of smaller little tasks and nuances that might make your life easier.

[00:33:21] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. I also have taken this sounds ridiculous. And whoever's listening is going to be like, that's not self-care, but I have to I have to. Like I do our laundry and I've, that's a project that I do on a daily basis, but now I just I take my phone in, I put on a show, I have my headphones in and I just like slowly and methodically fold laundry and watch a show.

[00:33:46] And I get to tune my kids out. I get to do with my husband out. And it's like a nice 15 minute moment for myself. But if you were to like ask people, they'd be like that's not, self-care, that's just a chore. I'm like, you know what? I made it. Self-care.

[00:33:58] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Exactly. I call BS on anyone. Xact says that's not self-care because it is self care. If it makes you feel better about yourself, that's self care.

[00:34:08] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Funny. My husband will say cause he'll do the dishes and he's I never understood why my dad did the dishes when I was younger. And he's now I do get it because it's I get to put my headphones in and I just. It gets he's it's almost like just a meditation.

[00:34:21] I just sit there. I washed the dishes, I've washed the dishes and I don't, I can't hear my kids yelling behind me cause I've got my headphones in and

[00:34:29] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Oh, my God. I love that. Can you teach, my husband had to do that.

[00:34:32] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah, I think you just got to pick a show, but in front of the, put it in front of the sink and that's been the way I've gotten my husband to do our dishes.

[00:34:41] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Oh, very nice. Very nice. I like that hack.

[00:34:44] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. So let's talk about screen time.

[00:34:48] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yeah the screen-time pre and post pandemic, I've really been two totally different things. Because even, for, as a working mother, there are times where, you have to. To do a call at a certain time or join a podcast or something. And so you're like, here's your tablet, or here's a show.

[00:35:03] And you need to have them be babysat for a couple of minutes while you're able to accomplish your goals. And so that's definitely a reality for most parents during the pandemic. I think the important thing about screen time one, now we have to tell ourselves don't feel guilty about it for right now.

[00:35:20] This is not forever. It's a temporary fix until right. The world goes back to normal and then, we'll be in school and then we'll be doing activities and all of that kind of stuff again. So you know this isn't forever. But then the other thing that's important too, is sending boundaries around screen time.

[00:35:35] There's a woman I follow she's fantastic. Her name is Dr. Becky at home is her Instagram account. Dr. Becky. She always talks about Setting boundaries around screen time to prevent meltdowns later on. So meanings, if you hand the tablet over and you say, okay, you get this for 30 minutes, I could set an Alexa reminder to tell us that it's going to be over in 30 minutes.

[00:35:59] And then. When you're done, you're going to hand it back. I know it's really hard to give back the iPad. I understand. I like watching my favorite shows too, but we're going to set it for 30 minutes now, and then we'll go and you could play something else. And so setting those. Barriers are the the boundaries early prevent any kind of like surprise later on.

[00:36:22] Cause if you let your kids just play and play and play and play, and then all of a sudden you go give it on the iPad too long, shut it down. Then they're like, wait, what? Huh? What are you talking about? So I think it's really important to have that conversation before you even hand it over.

[00:36:36] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** I totally agree. It's w my son like gets really like the meltdowns are so big when you interrupt him without expo when he doesn't have any expectations managed. And he's so good when you're like, look, you can watch one show when that show is over. You have to turn it off and so much so that he'll come into the room and he's it's rolling into the next episode.

[00:36:59] Can you turn it off? Can you turn it?

[00:37:00] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Oh, that's so sweet.

[00:37:03] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** yeah. And it's I don't know why I don't do that every single time. Like sometimes I just forget or whatever, but yeah, I guess that is a really great tip is to set the boundary before and make it clear.

[00:37:13] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** yeah. Dr. Becky at home is honestly, one of my favorite Instagram accounts definitely follow her. Cause she has like so many fantastic strategies about meltdowns and just anything you could think of from a therapist, she has it on her page.

[00:37:27] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Okay. Yeah I will definitely follow her. Thank you for the recommendation.

[00:37:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** of course.

[00:37:31] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Okay. My last topic from your book is don't be a troll.

[00:37:36] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Oh, people don't be a troll. Let's respect everyone. Let's not mom shame. You never know what is happening in someone else's life when whether it's posted online or whether you're standing at the grocery store. And you want to make a comment for the lady with three kids who seems like she has her hands full.

[00:37:56] Like she knows. Trust me. She lives her life. You don't have to, you don't have to tell her. And so I think it's just really important to, respect people, respect, opinions and even like a photo, if someone posts a photo on social media, there's no reason to jump in and, rip it apart.

[00:38:10] And like I said, whether it's, saying about three kids or, Oh, you have your handful, or, Oh, this one looks fat or whatever it happens to be. It's there's no reason for that. And so I think it's really important to pull back on the mom shaming and the judgment.

[00:38:24] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. It's I don't think I realized how bad it was until we like. Established a presence on Instagram. As I, as my own personal consumer to Instagram, like I never commented on people's pages. I honestly like don't even I just scroll. And then I, when we started June a moms, like we had to start engaging, we had to start reading our comments and I'm like, Oh wow.

[00:38:50] Like people are mean,

[00:38:52] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yes, they really can be. And they're real people on the other end of those Instagram accounts, right? Like you have a social media manager or somebody on your team that is reading those comments and, we have feelings too. And so I think it's just so easy, many times for people to write negative hideous things, because it's so easy just to, write it on your computer.

[00:39:11] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** And I'm also like, I like, for some reason, I don't understand the mentality that like, everything is for you. And I think that's like the way people, like it's like, Oh, this post was for me and I disagree with it and it's if you disagree with it, then this post wasn't for you and you should just keep scrolling.

[00:39:28] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Bravo Lauder for those in the back, Sarah.

[00:39:32] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. It's just, every time that happens, I'm just like, I don't know if I had to put every single caveat into this post then or every like variation of what this who this could be for then the post is no longer going to be effective. So yes we'll talk about that in another poem, I just it's, it drives me insane and it makes me.

[00:39:52] Like it makes me think that the world is worse than it is.

[00:39:56] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** It's the, that's the story of my life. I really, sometimes I am like parallel and not even just me. I'm saying all of my friends on this platform, all of my friends that do the same thing as content creators. Like sometimes we're just paralyzed with concern for what we create or what we curate on our pages.

[00:40:13] And yeah, you absolutely hit the nail on the head because not every post is for every person. I try to make my posts as relatable and universal as possible, but sometimes that. It's just simply not the case.

[00:40:25] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** I'm just thinking of I think I posted something like something about like mom life being hard, or maybe it was Oh, I think it was like how I split things with my husband and was in relation to a podcast and. Like someone was like, I would never ask my husband to do any of that. He works 60 hours a week and blah, blah.

[00:40:43] And I was like, okay, if that's what works for you, that's fantastic. This is how I squirt things with my husband. That's why I don't under. And it's just like the attacks and you're just like, okay, we all live life differently. And we have to respect that

[00:41:00] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Yep, exactly. And then just move along. Just simply move along.

[00:41:08] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** two final questions.

[00:41:09] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Sure. Hit me.

[00:41:11] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** what is a mom life or Parenthood trend that you wish would go away?

[00:41:17] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** because I'm so like immersed in this mom, hashtag mom, life, world, and the parents Parenthood world. I sometimes call myself like a modern mom culture expert because I feel like I just see it and digest it and think about it all the time. And one thing I really would love to see go away or gender reveals in my book, I wrote a chapter about how I wish that gender reveals went away and that, and then I showed some like newspaper headlines of like catastrophes that have happened.

[00:41:46] Ironically, I wrote that before the California. Wildfires that were caused because of a gender reveal. So I wrote some, and then there was like even worse ones. And then just last week in New York state, a man was the father to be, was killed in a gender reveal accident, freak accident. And so it's just strange, I wrote that about it in the book, and then there was these terrible wildfires.

[00:42:15] And then this poor gentleman dies and I think it was some sort of like blaster cannon blast or something, but it was a freak accident. But so I would definitely say gender reveals would be one the mommy wine culture could probably, go away. Yeah. I would add that one too. And then judgment, like we said, being control.

[00:42:32] I don't know if that's a parenting trend, but it does seem to be trending. And so I would say, let's just scoot those off move along.

[00:42:40] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Agree. Agree. All right. And what is a Parenthood trend that you would like to see stick around?

[00:42:44] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** Comfortable clothes. How do we ever go back to wearing uncomfortable clothes ever again?

[00:42:52] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Totally agree. Oh my God. I was just thinking that yesterday, when I was looking at my closet and I was like, you have not worn a single thing that hangs on a hanger a year. a full year.

[00:43:07] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** I never wear anything with buttons. And so I have all of like my blouses hung up. I'm like, Oh God remember blouses. And I'm saying that with anything with buttons or anything like that. It's crazy. So I would definitely say comfortable clothes. Let's ride that as long as we possibly can.

[00:43:22] And another thing that I love is kindness, there's a lot of people and accounts that talk about kindness and spreading kindness. And I think that is a really good movement and I want to continue to see more of that. And then lastly, I would say normalizing mom truths and normalizing.

[00:43:40] The challenges and the realities that can come with parenting, 10 years ago on social media, no one was talking about this kind of stuff. You had a Facebook account and you'd post like a hamburger and you'd be like, this is what I had for lunch today. And it'd be like picture of a hamburger or you're like checking into the gym or something like that.

[00:43:57] That's what social media was 10 years ago. Now, fast forward to where we are now. And we're having the hard conversations, We're talking about infertility and pregnancy loss and postpartum depression and how hard it is to have three kids under six and all of those things. And I'm so happy now that people feel the confidence to be able to speak about this.

[00:44:20] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** I could not agree with you more. I think it's beautiful how open we're all being in. Cause it, it makes you feel not alone that we're all in this together in some way. And that net makes it much easier to go through the experience.

[00:44:37] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** exactly you are not alone.

[00:44:39] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Yeah. Yeah. Tara, thank you so much for coming on the podcast. This was so fun. I'm so excited about your book. Tell us when it is going to be amazing.

[00:44:50] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** modern mom probs, a survival guide for 21st century mothers launches April 20th, but it's currently on pre-sale at Barnes and noble.com and amazon.com.

[00:45:04] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** amazing. And then just to, you've mentioned it, but tell us where we can find you.

[00:45:08] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** sure on Instagram, you could find me@modernmomprobsandmywebsiteismodernmomprops.com.

[00:45:16] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--skuhn4:** Awesome. Thank you so much, Tara.

[00:45:18] **tara-modernmomprobs\_recording-2\_2021-02-24--t07-11-08pm--tara-clark:** you so much for having me. This was an absolute pleasure, Sarah.

[00:45:24] **INTRO:** Okay. That's all for today. If you like today's episode, please share it with a mom and friend and leave us a review. If you're pregnant, postpartum, or trying to conceive, you can download the Juna app completely free for seven days.

[00:45:35] The app is available for iOS and Android and is designed to be your guide for all things, health and fitness for this very special time of your life.

[00:45:42] If you have any suggestions for episodes you would like to hear, or anyone you think would be a great guest on the show, please email me directly@sarahatjuna.co. Thank you so much for listening and I'll see you next week.