



## Putting the Mommy-Come-Lately® Life into Perspective

By Beth K. Vogt

The media can't get enough of Gov. Sarah Palin, the Republican candidate for Vice President.

People on both sides of the political arena wonder how Gov. Palin will parent three children under 18 while being "a heartbeat away from the presidency."

Actually, Gov. Palin is no different from thousands of other moms, like you and me, who juggle competing time demands. The daily challenge starts the minute we hear someone yell, "Mom!" and lasts until we collapse into bed at night.

If I had the chance to enjoy coffee and conversation with Gov. Palin—just one Mommy-Come-Lately® to another—I'd encourage her to remember a few key principles to keep life in perspective:

1. Priorities don't fall neatly into 1-2-3 order. Often life is about balancing things of equal value. Your teenagers are just as important as your newborn son, Trig. Yes, Trig has Down syndrome, requiring extra time and attention, including more frequent medical appointments. Your other children have their own needs—and their emotional and physical needs are just as significant as their baby brother's.
2. There's no Superwoman costume hanging in your closet. Politics aside, you're obviously an intelligent, capable woman—but nobody expects you to have super powers. Don't be afraid to admit you're exhausted. It's okay to need a nap or a good night's sleep. Or two. If you must pretend you're a superhero, get a sidekick and delegate responsibilities on your "To Do" list to someone else. In the real world, sidekicks are called "assistants"—or they're teenagers who don't mind earning some spending money by babysitting or running errands.
3. Be a savvy Mommy-Come-Lately®. A wise woman knows her limitations. Realize you can't do it all. As author Elisabeth Elliot said: To say yes to one thing is to say no to a thousand others. Accept the fact that saying "Yes" to some things—like marriage and motherhood and running for the vice-presidency of the United States—means you have to say "No" to some other things. You just might miss hunting season this year.
4. Straddle the parenting spectrum the best you can—and give yourself grace when you lose your footing. You're mothering children of all ages—from a 19-year-old son stationed in Iraq to a newborn. Meeting the needs of a 7-year-old and a 17-year-old can wear a mom out. Buy each one of your kiddos a "Mom Loves Me Best" t-shirt just so they know who your favorite child is. Give Track, Trig, Bristol, Willow, and Piper your undivided time and attention as often as you can—and tell them you're sorry when work trumps family.

Every Mommy-Come-Lately® faces challenges. Me. You. Gov. Palin.

Each one of us does our best. Embrace the struggles and the joys that make motherhood over-35 worth the effort!

At the end of the day, when the kiddos are tucked in bed and you're wondering, "What did I accomplish today?" you'll probably realize you didn't get everything done. That's okay. Juggling competing time demands—with grace, not perfection—is one of the realities you come to accept while loving late-in-life motherhood.



Contact Beth at: Beth K. Vogt , 7685 Calloway Court, Colorado Springs, CO 80919 <http://mommycomelately.com> | [beth@mommycomelately.com](mailto:beth@mommycomelately.com) | 719.238.9849