



**For Immediate Release:**

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## Is a Late-in-Life Mom the Best Choice for America?

*Author reveals how Gov. Sarah Palin represents a growing trend of mothers over 35 influencing American culture.*

**September 1, 2008:** Alaska Governor Sarah Palin's bid to become America's next vice president is more than just a historical step for women. She also represents the changing face of motherhood as a late-in-life mom of five children, ages 19 to four months. Statistics show growing numbers of women over 35 embracing motherhood. For example, from 1990 to 2002, the birth rate in America:

- Increased by 31% for women ages, 35 to 39.
- Increased by 52% for women ages, 40 to 44.
- More than doubled for women ages, 45 to 49.

*(Source: Centers for Disease Control, November 23, 2004)*

Beth Vogt knows the challenges faced by Gov. Palin and millions of older women across America. As the author of *Baby Changes Everything: Embracing and Preparing for Motherhood after 35*, Beth is a leader at helping women succeed as late-in-life moms. She coined the phrase "Mommy-Come-Lately®," and serves mothers over 35 by teaching how to:

- Decrease the isolation felt from having a late-in-life child.
- Reduce anxiety about the medical risks and tests of a late-in-life pregnancy.
- Promote understanding of the concerns carried by fathers and siblings.
- Simultaneously parent toddlers, teens, and twentysomethings with confidence.

Beth is available for interview and ready to encourage the women in your audience through engaging interview topics, such as:

- **A Mommy-Come-Lately® Makes History:** An insightful look at the parenting challenges faced by Gov. Sarah Palin and other trendsetting late-in-life moms.
- **Secrets to Loving Late-in-Life Motherhood:** How to thrive when you give birth over 35.
- **What Happened on the Way to the Empty Nest?** Handling the surprise of a newborn when you didn't expect it.



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