

Our juggling mothers

OBVIOUSLY my juggling skills aren't up to scratch - I knew this and can admit that on occasion I've dropped one or all of the balls. I'm talking, of course, about the working mother's juggle - kids, work and all other life issues.

Well, an interesting book was passed on to me by The Editor this week (I don't know what exactly made him think to pass it to me) - but it's called *MotherWho?* Personal stories and insight on juggling family, work and life.

Just the title had me opening to the first page to see just how other women managed. The book tells the personal stories of well-known and not-so-well-known women who speak honestly and candidly about the many problems they have faced. Women included are: Senator for South Australia Natasha Stott Despoja; athlete

Mum's the word

with Nadine Fisher

Nova Peris; radio presenter Madonna King; performer Kate Ceberano; foster mother Melissa Davies; and NSW police officer Karen Hennessy.

But it doesn't stop there - it goes further to include practical information on support networks, childcare, working with employers, starting a business, working from home, health and relationships, social pressures and dealing with change.

It sounds like every mother's bible has arrived and should be delivered along with the baby. It contains thoughts and problems that many of us are afraid to say out loud yet alone discuss with other women for fear of judgement. Authors and

mothers Diane and Sharon Evans (who are sisters) quickly realised that being a mum had its own unique set of challenges and experiences - and there was no instruction manual provided - so they joined forces to compile this book to give hope and advice to other mothers.

I can say after reading many of the stories and tips it seems that all mothers face similar hurdles that they must overcome.

If you're a mum grab a copy - it can give you renewed vigour to continue the battle and know you are not alone.

And there's the chance you may pick up a few ideas to implement in your own life to make the juggle that bit easier.

MotherWho? is available from all good bookstores or online at www.motherwho.com.au and a percentage of all sales is donated to Barnardos Children's Charity.

