

Twitter Mom of The Week: Meet the Go-To Mom!

by Lea Curtes-Swenson on March 22, 2009

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are needed to see this picture.

As a mom, have you ever been stuck -- I mean really-and-truly stuck -- on a child-rearing challenge or two? We know motherhood is chock-full of 'em, so pick your poison: potty training, tantrums, giving up the pacifier, biting, lying, whining, bed-wetting, learning to share... the list of parenting pitfalls sure seems endless. (Especially on the bad days.) Where do you go when you need some solid advice? Turns out, there's a TwitterMom among us who can help!

Introducing our *TwitterMom of the Week*, Kimberley Clayton Blaine, also known as the Go-To-Mom. A licensed family and child therapist in Los Angeles, Kimberley is the founder and executive producer of her own webshow, www.TheGoToMom.TV. She's developed a national reputation in her work as a parenting expert and speaker, and teaches Early Childhood Brain Development and Positive Discipline Strategies at the UCLA Extension Education Department.

Kimberley's recent post, "How Breaking the Cycle of Mommy Competition Can Raise a Mom's Self-Esteem," got some attention on TwitterMoms last week. In it, she broke away from child-focused parenting advice and instead dove headfirst into the heart of the matter: how we as mothers interact and support each other (or not), and how that sets an example for our children. And as the post's title suggests, the more we support each other, the better we feel about ourselves.

"Women need women," she writes. "Little girls need to be taught to celebrate the successes of other girls while still embracing their differences. If women support other women, and I mean confident women, then our daughters will learn that there is no place for clique-ish, catty behavior and that others who exceed far beyond us shall be applauded. This stance starts in the home and is taught by mothers."

This idea of "mommy confidence" goes deeper than a blog post. In fact, Kimberley wrote a book on the subject, titled "Mommy Confidence: 8 Easy Steps to Reclaiming Balance, Motivation and Your Inner Diva."

"I wrote 'Mommy Confidence' to help moms get back on track to being their true, authentic selves -- whether as a full-time mom, working outside the home, or as an entrepreneur," says Kimberley. "There are so many hidden feelings -- attitudes about being a mom that a lot of women have in common -- but for some reason we don't share them or verbalize them with each other. I believe that if all women band together and stop competing, we can gracefully transition into motherhood without incorporating all the unrealistic ideals that society has preserved over the years."

A married mom of two boys (ages 7 and 2-1/2), Kimberley has such an approachable style and tone (she actually vlogs sans makeup, my friends -- a stunt I wouldn't pull unless I were paid hoards of cash under the table)... so we know she'll have a good answer for our final goofy question:

What is your all-time favorite TV show or movie or book, and what would you most like to be eating while you watch/read it?

"I love to watch Jon Stewart and Steven Colbert. Have a crush on them both. But would most likely have a lunch date with Keith Olbermann," she says. "And I love to eat Krispy Kreme donuts. Whenever I teach my courses at UCLA I tell the students whoever consistently brings donuts to class will get the highest grade!"

Freelance copywriter Lea Curtes-Swenson lives with her husband and two little girls in Denver. When she's not featuring the inspiring women on TwitterMoms, she volunteers at her daughter's school, soaks up social media marketing knowledge, does triathlons and blogs at Lea's Blogging Life, Lea Writes and WorkingMomLifeline.com. She double-checked, and sadly, there's no money under the table.