



The Meaning of Mom Boss

TRUTH BE TOLD, I almost didn't go back to work. Holding my infant son in the final days of my first maternity leave, I turned tearfully to my own mom and shared a nauseating calculation: A caregiver would soon be spending more waking hours with Joey than I would. I felt, preemptively, like a terrible mom. "Your situation may feel terrible, but it's actually typical," my mom reminded me. Then she added an unforgettable message: "Whether you stay home or go to work, you will always be exactly the right mother for your kids." I repeat her words whenever I find myself struggling with the pangs of longing and doubt that come from missing school pickup, naptime, and much more.

We don't often talk about traditional "work" in these pages. After all, raising children and running a home is the hardest job there is. But if you're one of the 7 in 10 moms who are part of the paid workforce, the way you feel about that fact matters. Your career can energize or drain you, distract you or inspire you. In our 14-page package, "Moms at Work," we've set out to help you let go of guilt and make the most of every day.

I have a hunch that you'll adore getting to know Tamron Hall just as much as I did at our cover shoot. On page 54, she opens up with humor and honesty about becoming a parent and launching her own talk show. "Your New Career Mindset," by legendary editor Ann Shoket, is your guide

to nurturing ambition and a family simultaneously (page 62). And because the double shift is nothing if not exhausting, we present "How to Succeed in Business Without Really Sleeping" (page 66), which will also be the title of my autobiography someday.

Sleep deprivation and scheduling headaches aside, I've been surprised to find that parenthood has boosted my career. When I returned from maternity leave, I knew deep in my soul that I wasn't the same worker. I was a mother now, and I would not be underestimated. After all, if I could raise a child, I was more than capable of mastering any new work responsibility. That's what I believe it means to be a #momboss.

I'll never know what life would have been like if I'd called my office in 2015 and said I wasn't coming back. A part of me still thinks about the stay-at-home mom I could have been—a role that would have fulfilled and challenged me in new ways. But I'm proud to be a working mom. And if you're reading this after a long day at work, I hope this issue leaves you feeling proud of yourself too.

Julia

**PEEK INTO
MY DAY-TO-DAY!**



Scan this code with your phone's camera to follow me on Instagram (no app needed), or follow @juliasedelstein.

HOW WE MAKE IT WORK

A few of the wise and experienced moms on my team share their top tip.

"Forgive yourself for not 'finishing' everything at the office. Go home, be with the kids, and wrap up a little work in the evening if you have to."

—Emily Furlani, art director, mom to Enzo, 11, and Eva, 18

"Just keep putting one foot in front of the other. When I look back at all I did—waking up before dawn, commuting two hours each way to get my son to school and me to work—I can't believe it. Don't overanalyze; just keep moving forward."

—Barbara Brandon-Croft, research director, mom to Chase, 21

"When our kids were younger, my husband and I alternated bedtime reading so we each had a moment to ourselves at the end of a long day—and to avoid falling asleep in a kid's bed every night!"

—Agneth Glatved, executive creative director, mom to Nora, 14, and Ezra, 18

"I make a point of talking about why I like my job around my kids. I want them to know that it's possible to find joy in what you do for a living."

—Jessica Hartshorn, entertainment editor, mom to Joe, 14, and Grace, 17

"When you have to share disappointing news—like that you can't come to a class event—timing is everything. Wait for the right moment when your child's not grumpy, hungry, or tired."

—Diane Debrovner, deputy editor, mom to Jane, 15, and Abby, 26