

FLOWER POWER MOM

The *secret* life of a sixties child who became a millennium mom

The Truth About Motherhood After 40

Visit the FPM Website at: <http://www.flowerpowermom.com>

FPM Blog at: <http://www.flowerpowermom.com/blog.html>

FPM NEWS

Vol. 1, Issue 2. (Monthly)

Friday 20th November 2009

Welcome

Since its official launch on 9th October 2009, FPM has been featured in over 13 newspapers around the USA, growing readership and recognition in only two months.

Please feel welcome to forward FPM News to family, friends and contacts on email—remember, everyone is just one or two degrees of separation from a mom having children after 40!

Over 40 moms are voicing their opinions and needs and FPM is listening. Blog features will focus both on social commentary as well as informative articles. We had a strong reaction to the controversial blog: [Who's In Charge Of Whoville Now?](#)—it seems few can be neutral about “Christmas”.

After the enthusiastic response to [Midlife Momtov Cocktail](#), we'll also be doing much more blog feature writing on perimenopause, menopause and aging, their effects on our parenting capabilities, and how to prevent or reduce debilitating symptoms.

Please [email me](#) and share content with *FPM News* readers—news, products, books, research, links, advice, personal stories, commentary and humor are welcomed.

Angel La Liberte, Founder and Editor

FPM News



Flower Power Mom in the press around the country....

After Oct 8th when the launch of FPM was featured in the [Santa Cruz Sentinel](#) and picked up by the [San Jose Mercury](#) on the same day, the feature kept popping up in newspapers around the country including: [AARP](#) (national), [Deseret News](#), [Vermont Times Argus](#), [Rutland Herald, Vermont](#), [Whittier Daily News \(California\)](#), [Pasadena Star News, California](#), [Pennsylvania Times Leader](#), [Poughkeepsie Journal, New York](#), [Kingsport Times News Tennessee](#), [What to do in ABQ](#), and this week on 16th November by the [Detroit Free Press](#).

The FPM beat goes on.....

New! What's On For Over 40 Moms?

In this issue we are starting a directory of groups, classes or events for over 40 moms around the country. Submission is free until 31st March 2010, so spread the word! Anyone wishing to submit an event, please email with photo/graphic, brief description of event, and contact info to: editor@flowerpowermom.com.

FPM Blog Digest

Below are **direct links** to blog features published since the last issue.



[Midlife Momotov Cocktail—Posted 18th Nov 2009](#)

Perimenopause or menopause and raising young children combine to make a lethal Midlife Momotov Cocktail for Flower Power Moms. How to cope.



[Who's In Charge of Whoville Now?—Posted 14th November 2009](#)

I never dreamed that "Christmas" would be banned in American elementary schools from a supposed drive for "tolerance"? Who's hypocritical now?



[The World According to Murphy—Posted 11th Nov 2009](#)

Does "Murphy's Law" mean your house is awash with McToys? Are you 'not lovin' it'?



[*The Cheerleader Dad—Posted 8th Nov 2009*](#)

Is your husband a Hockey Dad or a Cheerleader Dad? What were you expecting when you married later in life?



[*Sugar and Spice and Everything Nostalgic—Posted 5th November 2009*](#)

Nostalgia is a prominent feature of midlife motherhood. I remember my mother, back in the 1960s before the term "SAHM" was invented, and the special legacy she left behind for me and my daughter.



[*Legislating Larry?—Posted 2nd Nov 2009*](#)

Larry King is a top US TV presenter who fathered his last child at 67. Since then scientific evidence has shown older fathers put children's health at risk.



[*Death of a Goldfish—Posted 31st Oct 2009*](#)

Since the death of [María del Carmen Bousada de Lara](#) in July this year, the media has been like a pack of hounds smelling blood and nipping at the heels of every new mother matronly enough to be a candidate for HRT.



[*Trick or Troublemakers?—Posted 28th Oct 2009*](#)

Trick-or-treat or trick-or-troublemakers? Halloween isn't like it used to be in the 1960's.



[East o' the Sun and West o' the Moon: Chasing Death—Posted 25th Oct 2009](#)

Midlife mom, Jan Andersen's gripping, painful account of how she survived her grown up son's suicide on Halloween night –help for suicide survivors.



[A Generation of Precious Snowflakes—Posted 22nd Oct 2009](#)

As much as I admire [Scarlett Johansson](#), [The Nanny Diaries](#) was as rife with stereotypes about wealthy, morally bankrupt employers, unrepentantly neglectful of their children as it was about self-abnegating Jane Ayre-knock-off nannies packing self-appointed halos the size of potty seats.

[Real Moms Got Milk?—Postcards From The Ledge—Posted /](#)



Is there any rite of initiation along the childbearing odyssey that is not liberally endowed some new incarnation of excruciating pain? Learning to breast feed in your forties is a new brand of “fun”, but there's help at hand.

What's Up In The Media?

These are features not yet included in FPM archives. They will be featured in the [Hip News, Features & Facts on 40+ Moms](#) page in the [40+ BABY BOOM](#) section.



New York Times—2nd November 2009

Fathers Gain Respect From Experts (and Mothers)

<http://www.nytimes.com/2009/11/03/health/03dads.html>

“As much as mothers want their partners to be involved with their children, experts say they often unintentionally discourage men from doing so. Because mothering is their realm, some women micromanage fathers and expect them to do things their way....” Good advice on how we can get our dads more involved—after all, we need all the help we can get!



The Guardian (UK)—24th October 2009

[*I'm Having A Baby At 47*](#)

A really uplifting “diary” style piece on a surprise, happily embraced pregnancy in the life of an over 40 mom, UK. A must-read for expecting midlife moms. (Strange, I too suspected I was menopausal when pregnant at 44 with Lizzie—pregnancy just seemed beyond the reach of prayers!)



The New York Times—3rd April 2009

[*Your Old Man*](#)

A serious, compelling piece by Lisa Belkin, outlining a compendium of research in the last decade revealing that older men are more likely to have children with lower I.Q. scores and a higher risk of schizophrenia, bipolar disorder, and autism as well as miscarriage in their partners. It suggests such a double standard for men vs. women on fertility risks that inspired my blog feature: [Legislating Larry?](#)



Newsweek—22nd July 2009

[*How Old Is Too Old?*](#)

Journalist Raina Kelley discusses how the death of [Maria del Carmen Bousada de Lara](#), “the world’s oldest mother” who had twins at 66, turned her from cheerleader for the older mother’s cause to dissenter when Bousada orphaned her children just two years after their birth. This powerful comment inspired the blog: [Death of a Goldfish](#), as I reflected upon my children and their coping with death.

Products & Books



[Baby Next Time](#)

Many people across the world are diagnosed with "unexplained infertility" without ever finding out the reasons why. IVF does not necessarily prevent miscarriage or result in pregnancy.

Baby Next Time, by [Nicole Klieff](#), was written to reach out to couples across the world undergoing IVF treatment with limited monetary resources and who might be suffering heartache and one disappointment after another.

This complex subject has been written about by the author because she experienced infertility over a nine year period. During that time she pursued a journey that would find the answers for re-occurring failure to fall pregnant, and indeed, to carry full-term. This is an easy and compelling read for such a complex subject and has been written for non-medical women to understand even the most technical of terminology on infertility. "Baby Next Time" is written as a best friend's diary, populated with human interest stories and even with humor on such a dark and taboo subject.

Most importantly, the book reveals treatment known as reproductive immunology which is still very new and not as well-known to the medical profession. It is the author’s belief that awareness of this course of treatment will help to reduce the occurrence of infertility and miscarriage.



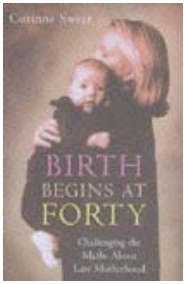
[Surviving Eldercare: Where their needs end and yours begin](#)

It’s easy to forget that many of us are in the “sandwich generation”, having to care for aging parents, raising our new family and coping with our own midlife issues. Ellen Besso’s insightful book provides awareness of the physical, mental and spiritual needs of women who are caregivers to an elder parent or relative.

Author Ellen Besso writes this self-help/memoir from the perspective of both Life Coach and as caregiver for her own mother who has Alzheimer’s disease. *Surviving Eldercare* is the holistic handbook for every woman who is in midlife and a caregiver. The chapters cover areas such as the complex dynamics behind the changing parent-daughter relationship, feelings of guilt and loneliness, and how being in menopause while caregiving often multiplies stress.

[Ellen Besso](#) holds a Master of Arts degree in Counselling Psychology, is a Martha Beck Certified Coach and a Registered Clinical Counsellor. She is a writer and life coach who specialises in helping women access their joy and passions as they navigate the challenges of midlife, including caring for their elders. Her book is available at:

<http://www.ellenbesso.com/books/>.



[Birth Begins At Forty—Challenging The Myths Of Late Motherhood](#)

The first author to actually lay hands on some of the ‘myths’ and key issues facing women over forty and looking menopause squarely in the eye is British author, Corrine Sweet, in her book, [Birth Begins At Forty—Challenging The Myths Of Late Motherhood](#) (Hodder & Stoughton, UK, 2002).

Sweet, who became a mother at 43, challenges ‘[procreational ageism](#)’ with the quip: “[Mr. Right is as elusive as Bridget Jones in a thong.](#)” For the first time she reveals some home truths about why women delay pregnancy until later life—“in the baby stakes 50 is really the new 40.”

She painstakingly (and oh so tenderly, with a hushed “If-you-go-into-the-woods-tonight-you’re-in-for-a-big-surprise...” sort of tone) dispels popular public misconceptions about motherhood, one by one.

However, with mounting public pressure against later life pregnancies, what Sweet seems afraid to do is realistically tackle what happens to older women *after* giving birth. She excuses midlife mom’s complaining of tiredness with “what mother does not?”

It seems that we are all working so hard to find social acceptance and cultural significance as a so-called granny-mom, we’re afraid to upset the appletart within the world of our fragile beginnings.

FPM Letters

Do you have something you’d like to share with other over 40 mom readers? Please send in your feedback, suggestions and ideas on FPM for this page to: [Flower Power Mom Editor](#).

Dear Angel

Thank you for starting this website and newsletter! Until now, I felt so alone!! I do want to say how frustrating it is to be so misunderstood about being a first time mom after 40. No one (except friends and family) know my particular situation and WHY I am so "old". :) I could go on and on. :) Thanks again for the website! *Mary Beth*.

Dear Angel

I was 37 when I had my first baby and almost 41 with my second. When I finally fell in love I did not even think about the risks involved with pregnancy, and I was very lucky to get pregnant right away with my first, she is 12. But when I tried to get pregnant with my second it took more than a year of trying, I guess the older you get the harder it is to conceive. She will be 9 in a few days, November 13, she was born on my Mother's birthday. I will be 50 in January, 2010. The only thing I do not like about this is that I am going through perimenopause at the same time that my daughter is going through her own teenage changes. That is not fun!!!

Both my pregnancies were great, I felt very very healthy after the first trimester. I had to have an amnio for each one of my daughter's and even if I was scared of it at the beginning, the great thing about it was that I learned right away that I was having a daughter right away!! I was jumping up and down all over the house out of excitement!

I had so much fun when I was single, but nothing compares to the love and devotion I have for my kids, I know with all my heart that if I had given birth earlier in life I would not have payed as much attention to them. I needed to live my own life, my own adventures, I needed to travel the world and take my own risks and now I feel that I have done it all!!! And now it is their time and they are everything to me. I LOVE BEING A MOM!!! *Leonora*.

Dear Angel

I became a 43 year old mother for the first time in the late 1980s. My daughter is doing extremely well now studying abroad. She was always independent and capable . However, since I was so much older, I was accustomed to doing "everything" and she will now not learn how to clean, pick up, etc, until she is truly on her own. I wish I had taken a more pro-active approach to teaching her at home skills. One must not be so *grateful* to have a child that one assumes total responsibility...but she will be fine and is a true joy in my life (even if early on people thought I was her grandmother).
Anne.

What's On For Over-40 Moms?

Please send us your directory listings for over-forty moms groups, classes & events around the USA! They're free. Email to: editor@flowerpowermom.com. (Listings will be published at FPM discretion.)



Creative Dance and Movement Launches The Midlife Mom Coffee & Kids Dance Club (Salinas CA).

[Creative Dance and Movement](#) near Salinas, CA, Now Offers a Social Gathering Place for Over-40 Moms While Kids Dance—*Midlife Moms Coffee & Kids Dance Club*.

Launching officially in the New Year (2010), this class has been specially created for the children of midlife mothers, recognizing the growing population of moms having children after 40 who need to network and socialize with their own peer group.

During this hour-long Creative Movement class for young children, mothers are not asked to just sit and wait—they are warmly invited to share, chat, inspire and make new friends with other over-40 moms in this unique and cozy coffee club atmosphere. Join us for tea, coffee, cakes and new over-forty friends while your children dance for joy at the *Midlife Mom Coffee & Kids Dance Club*. Contact: 831 210 6823 or [go to website](#).



Bring your friends for this fun Night Out, just for Moms Over 40! (Santa Cruz, CA)

Over-40 moms are invited to join us at [The Art Factory](#) for a fun evening as you learn all there is to know about the fun, rewarding art form of glass pendant-making.

All the materials and instruction you need to make 4 glass pendants are included in this workshop. \$25 per person, plus a \$10 materials fee for a 1 night workshop.

An *Over 40 Moms Night at The Art Factory* includes: music from the 60s & 70s and wine & cheese. Please bring something to share! Call Yvette to reserve your space. Spaces are limited and these classes fill quickly. Contact: [The Art Factory](#). Call: (831) 688-8862

Flower Power Mom welcomes listings from around the USA for the What's On for Over-40 Moms! It's free, so don't hesitate to send us info on your over-40 mom group, class or event to: editor@flowerpowermom.com.

Links This Issue

[Stories of Pregnancy and Birth Over 44 Years Old](#)

A Canadian-based blog website that catalogues news stories about older women giving birth. A useful resource, as well as up to date and well researched—a source of encouragement to older women seeking to have children.

[Daddy Bluez](#)

Daddy Bluez is a community web portal where dads and dads-to-be can find expert advice and up-to-date information on pregnancy and parenting, ask questions, network with other dads. FPM Founder, Angel La Liberte, is now an [“expert” writer for Daddy Bluez](#)—so don't forget to pass Daddy Bluez info to your husbands for some advice on supporting midlife mom wives!

[Baby Next Time](#)

This website (and book) was written to reach out to couples across the world undergoing IVF treatment with limited monetary resources and who might be suffering heartache and one disappointment after another, and bring a story of hope to all of those who are trying to have a baby (*this* time!).

Updates

Jan Andersen's book, *Chasing Death*—which was reviewed in an FPM October blog [“East o' the Sun and West o' the Moon: Chasing Death”](#)—is now being offered in public libraries throughout the UK. Jan was also invited to provide information on her book as a resource during [Anti-Bullying Week](#), 16—20th November, since many bullied children are at risk for suicide.

Kids' Korner

Where do they get it from?

While I was busily making dinner, I could hear my 4-year-old daughter repetitively jumping up and down in the family room with her Tigger-like bounce. I had only a half an hour to go, but was concerned that she was bored. “Lizzie?” I asked, “Would you like to watch an episode of *Dora*?” She looked out the window for a moment and then replied: “No thank you, mommy. I'm watching the sunset.”

Please [email me](#) your Kid's Korner stories!

Vintage Quotes

When the children were small and engaged in disputes of sibling rivalry for my attention, I would gather them to me and we'd sit together on the sofa. I'd explain it to them this way: "A mother's heart is like a great big pie. No matter how many children there are, there's a piece of equal size for each child."

Marguerite Joan Laliberte Basciano, 1931—1984

Contact Us

Flower Power Mom

343 Soquel Avenue, Suite 518

Santa Cruz, California 95062

USA

Email: editor@flowerpowermom.com

If you wish to stop receiving the FPM News, please email to the editor above.

© Copyright 2009 [Angel La Liberte](#), All Rights Reserved.