

# Neha's notes

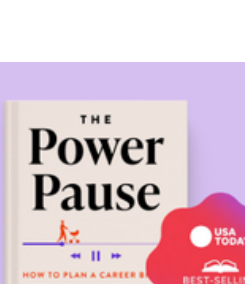
YOUR WEEKLY GUIDE TO STAYING CALM,  
CONFIDENT, AND CONNECTED

by Mother Untitled

I can't believe we did it: Together, we made *The Power Pause* the first national bestseller about career pauses for motherhood. I am so proud of this community!

Whether we've met on the book tour or spoken via DMs, you and your stories have reminded me of what Mother Untitled was always about—seeing the language spread and women owning the possibility and power of a pause.

This book is for you and because of you. Thank you for rallying in support of this launch, this movement, and this community. I will never forget it. And if you haven't already, please consider leaving an honest review of *The Power Pause* on Amazon or Goodreads—these are enormously helpful in making sure the book continues to reach mothers and families across the country. Thank you!



**Neha Ruch**  
Founder, Mother Untitled, Author *The Power Pause*  
instagram | linkedin



**The first national bestseller  
about career pauses for  
motherhood**

ORDER NOW

## Something for yourself..

Proving our greatest resource in motherhood is one another, the Auggie platform is a level-headed parenting community (on desktop and app) that makes seeking advice and vetted product recommendations a breeze.

And a workout that sounds particularly appealing in January: Cozy cardio.

## Something for your kids..

If your little one is wary of veggies, go the sweet route with these roasted sweet potatoes with cinnamon (a game-changer!).

And heads-up that Hanna Andersson—home of high-quality, sustainably made wardrobe staples—has up to 40% off its Valentine's Day shop.

## Something for your group chat...

Honestly, what parent *can't* relate? When you're overstimulated, but trying to be nice. And 'Pinch yourself. You built this life. It's far from perfect, but it is perfect for you. You did it, you're doing it.' And 39 more mini life lessons every mom should take to heart.

## Something to inspire your next chapter...

7 tiny hacks that can improve your to-do list and make it all more achievable.

And this free worksheet will help you read between the lines on job descriptions and find the right keywords to pepper throughout your resume and interviews.

**The Power Pause**  
CHANGING THE NARRATIVE FOR STAY-AT-HOME MOTHERHOOD



Last week, *The Power Pause* hit national TV with an appearance on The Drew Barrymore Show. The conversation highlighted how overdue our culture is for reframing stay-at-home motherhood for the modern, ambitious woman.

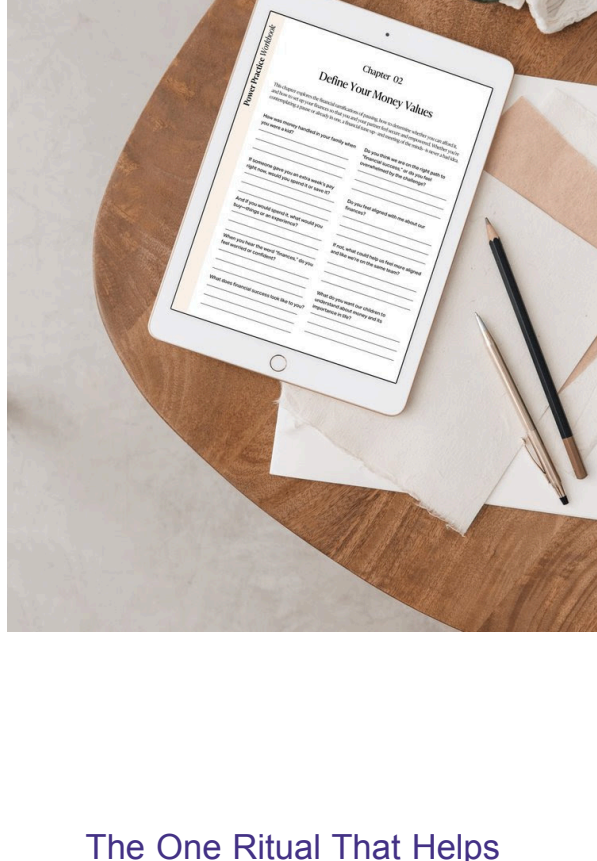
During the segment, Drew recalled the moment she first laid hands on the book:

"I freaked out, because I hadn't seen [anyone] classify what seemed just so *daunting, unfamiliar, and unknown* when I became a mom."

Thank you to Drew and the entire team at The Drew Barrymore Show for amplifying this movement and ensuring more women have the language and support they need in this stage of life!

[Check out the segment here](#)

## NEW FROM MU / NEW FROM MU / NEW FROM MU



Audiobook Listener? Download Your **Free** Workbook!

This free workbook is a companion guide to *The Power Pause*—perfect for audiobook listeners who need access to each chapter's Power Practices. (Please scroll down to access!)

[Read More](#)

## The One Ritual That Helps Me Switch From Work to Mom Mode

The dramatic shift in energy from focused work to parenting can be jarring and stressful. This simple, expert advice gives me a sense of control—and helps ease the transition when morning preschool is over.

[Read More](#)



## The Gray Area

HOW WOMEN WE ADMIRE NAVIGATE THE SPACE BETWEEN FULL-TIME CAREER AND STAY-AT-HOME MOTHERHOOD

Meet Alicia Carpenter, a mom to two boys and the President of **Forum Education**, a boutique tutoring agency based in NYC. This family-friendly company gives its tutors the highest take rate of any tutoring company in the world, which allows them to recruit and retain the industry's top educators. Alicia works a remote, flexible schedule, toggling between her roles as company president and test prep tutor—all while working around her kids' school schedules. *Here's how she does it...*



*Where in the gray area are you?*

I currently work remotely: part-time as Forum's President, part-time as one of Forum's top test prep tutors, and I'm home with my kids outside of work. I led the company as CEO from 2022-2024. I typically try to fit all my executive work in while my kids are at school/napping so I can spend afternoons with them and much of the weekend, and I tutor in the evenings and weekends as well.

*What's your childcare setup?*

My husband Adam has been a stay-at-home dad since our first son was born. We have tag-teamed childcare by ourselves, which became especially necessary once we had our second son during COVID and I took over as Forum's CEO when he was 7 months old.

Our younger son has been going to a private daycare/preschool 5 mornings a week since he was 2.5, and our older son is now in full-day public kindergarten 9-3. It's been difficult to juggle, but the amount of time we've been able to spend with the kids—and particularly how we can *both* handle them together or solo—has ultimately been priceless for our family.

*How do you simplify life at home?*

My husband and I use a shared calendar and update it religiously— including special school events! I can't tell you how many times I've been saved from being late to a conference call while in the midst of a pile of Legos because of my "10 minutes before" appointment alert.

**The Book Tour**  
Celebrate the game-changing movement we've built together.

FOR MORE INFO AND TO RSVP: [MOTHERUNTITLED.COM/EVENTS](https://motheruntitled.com/events)

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