

# HybridMom

WINTER 2008

*It's a revolution*



## Thinking of Commuting?

HERE'S HOW TO MAKE IT WORK FOR YOU.



**STAY CONNECTED.** Cynthia Gordon has set times each day to call her family: 7 a.m. and 9 p.m. where she reconnects through video conferences with her kids, “so I could see their little faces,” she says.

**LEVEL WITH YOUR KIDS.** Debbe Taylor, a commercial real estate developer and founder of [workingmomlifeline.com](http://workingmomlifeline.com) and mother of two, advises, “Give [your kids] something concrete to hang on to. If you look them in the eye and be as level as you can and say, ‘I’m not going to be there to tuck you in tonight, but I’m definitely going to pick you up from school tomorrow. Then we’ll do this [thing] together.’ Give something instead of just taking away.”

**TREATS AND SURPRISES.** Taylor leaves little notes and surprises for her kids. I’ll tape a little note to the bathroom mirror or I’ll put something under my daughter’s pillow, things that make for fun little surprises, a little smiley face or a sticker,” she says. Or a note in a lunchbox wishing her son good luck on a test. “It sort of takes away from the distance,” says Taylor. Kelly Vendetti brings candy for her son and lets him rummage through her handbag looking for it; he’s happy to see her and the treat, which lets him know she’s been thinking of him.

**REACH OUT FOR SUPPORT.** Commuting can be isolating, but it doesn’t have to be. “Reach out to other women,” advises Taylor. You’re going to need a good support system at home, and you never know when you might need another moms help for pickups or drop-offs or helping out in a pinch. Gordon has two sets of friends: her colleagues in Florida and her kids’ friends’ moms.

**TRANSITION BETTER.** Only on her flight to work will Vendetti think about her to-do list, not on Saturday or Sunday when it could ruin her weekend. And, on her return home, she uses the time to do something personal, like plan her family’s weekend. This way, she says, “when I walk in the door I’m already in the mindset of ‘I’m at home’ whereas if I was on the plane and trying to do work I think the transition would be harder.

COMMUTER MOMS

## Is Flying the New Driving?

*While they may not be there to tuck in their kids every night, women have found that extreme commuting can work for families – and ultimately, themselves.*

**BY CHRISTINA BOUFIS**