



WORKING MOM LIFE

Balancing motherhood and work, along with all the other things in the busy world we live in, can be a super sized challenge. We asked six Keānue moms for their take on maintaining their sanity. "Read More" to find out what they had to say.





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Dr. Jasmine Waipa

- Set boundaries in your work and personal life that help you to live aligned with your values and prioritize what matters, even if others aren't pleased. Your kids will follow this example.
- Embrace that you and your kids are perfect and worthy just as you are. There's no prize to win if your kid magically sleeps at 8pm, starts reading by age 3, or your house is immaculate. Messy imperfection is human and wonderful, and you get to set your own bar.
- As they say, comparison is the thief of joy. You have no idea what's going on behind the lens of an instagram reel. Focusing on the abundance in your life and not what's missing is a shift worth making.
- I heard this from a mom who quoted Dr. Becky: Just 15 min of your undivided attention is like gold to your child. So if you put your phone away, are 100% present, and don't ask your child any questions or make any requests but instead let them guide your interaction, the impact of that brief, regular connection can be exponential.
- Prioritizing your health and well-being teaches your kids (especially your daughters) that their health and well-being matters, that they don't need to sacrifice themselves for others, that they matter too.



Hannah Hyun

- Set boundaries: Create realistic expectations for work and home life, and learn to say no. Overcommitting never ends well.
- Build your tribe: Whether it's for playdates, carpooling, or swapping the joys and woes of motherhood, having a support network makes life so much easier (and keeps me sane!).
- Plan ahead & make lists: Making lists (groceries, daily to-do's, appointments to make, school forms to fill out, etc.) help me stay organized and prevent things from slipping through the cracks. This includes meal-planning, which eliminates the dreaded daily 4pm-ish question of: what's for dinner? It also saves time and money because I end up sticking to my shopping list. :)
- Give yourself grace: Let go of the mom guilt of not being able to do it all. Some days I kill it as a mom and some days I kill it as a business owner - rarely do I kill it at both at the same time... and that's ok.
- Wake up before your kid(s): Even if it's just 15 minutes earlier, getting up before my daughter means alone time (my husband leaves for work super early), which helps me feel balanced and allows me to start my day as me. I like to spend the quiet time catching up on news, stretching on my yoga mat, or making myself a matcha latte.



Dr. Suma Metla

I'm 9 months in and still figuring it out! Becoming a working parent is really hard and I struggle to find the balance between family, work, and making time for myself. The one thing that has worked for me is putting everything in my calendar. I make sure to calendar my personal time and friend time. If it wasn't in my calendar, I would completely ignore those parts of my life.



Kainani Collins Alvarez

As a working professional and business owner who is also a mama, I found that work life balance is the golden standard that we moms are always attempting to achieve. At times it feels that one area of our life has to suffer in order to give another area the proper attention it deserves. And sometimes this is true. It has helped me to step back and look at the big picture. No one is perfect, no one really has that instagram picture-perfect life. We are all just trying our best as mamas to be there for our child and also be that strong female role model they deserve to have. I do everything as best as I can, but also realize that it's okay to have laundry that needs to be done, clothes that need to be folded, and dishes that need to be put away. Balance is finding that inner peace with yourself in letting go of perfection and just being present the best way you know how.



Aya Leslie

I've always wanted to be a mom, and while it happened later than I originally planned (by choice), I'm grateful for the timing! I was able to live my best life in my 20's, embracing the "work hard, play hard" mindset while building a career I love. I'm fortunate to have a job that excites me and offers flexibility, but when I became a mom, I was intentional about maintaining that life. I didn't want my life to revolve around my child; instead, I wanted her to adapt to my world.

From the start, I made it a priority not to compromise my work schedule--whether that meant working late, attending events, or making time for the gym. So, from the moment Baby Grey was born, she has been along for the ride. Whether it was nap time or feeding time, we were on the go. Fortunately, she was an easygoing baby, happily tagging along to meetings, lunches, the gym, and events. As she's grown, she understands that Mommy has work to do and has learned to keep herself occupied (without an iPad!) That said, our one house rule is from dinner time until her bedtime, our phone is put away and she gets our full undivided attention. No matter how busy life gets, those moments are non-negotiable.

Since my job is seasonal, I've learned to communicate with Baby Grey in ways that she understands. I explain when "Mommy's busy season" is coming up and let her know I need her help so that I can be fully present with her the rest of the year. I'm also fortunate to have a support system of trustworthy friends and family who step in when I'm away.

As the saying goes, it truly does take a village. But above all, I believe it's important to prioritize yourself, treat your child with respect--not as a "baby"--and make sure they always feel loved.



Kirstin Tran

- **Keep a Family Calendar** - Use a shared digital or physical calendar to track appointments, events, family activities and work deadlines. Keeping everything in one place helps me prevent scheduling conflicts and last-minute stress.
- **Prioritize Self-Care** - Taking care of myself is a necessity. Whether it's a workout, reading a book, or a quiet cup of coffee, small moments of self-care help me recharge for my family and work.