

WORKING MOTHER

HOTSHOTS ANSWER YOUR STICKY QUESTIONS

Q | How do you and your partner carve out private time for each other?

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Kids: Logan, 7, Kyle, 5, and Slate, 2

A: When my husband, Oren, and I started a family, we committed to finding a weekend or two of alone time away from the kids each year. This hasn't always been possible. The past year was particularly difficult given my on-air job at Fox Business and the election. I had to travel a great deal. Since my husband

owns his own business, he joins me on the road when he can. We also managed to escape together for a long weekend trip to celebrate our ninth wedding anniversary. But the bottom line is that couple time is not easy to find.

I wake up at 4:00 a.m., and Oren watches the kids when they wake up until our babysitter arrives. I get home in the afternoon, and he gets home closer to dinnertime. In the evening, I go to bed shortly after my kids, somewhere

between 8:00 p.m. and 9:00 p.m. Given our schedules, Oren and I find time together in the afternoon. We sneak out for a late lunch or a movie once a week. And when we need time together on the weekends or a night out, one of our parents will watch the kids. It helps that all of our parents live fairly close to us. Oren and I are also very fortunate that our babysitter, Olivia, has been with us for six years. She treats our children as though they were her own and understands when we need a last-minute night out on the town.

My advice: Get the best help you can and appreciate those who give your family support. We would be nowhere without Olivia. My second piece of advice: Find the time. The best conversations Oren and I have had about our past, present and future occur when we slip away. I feel guilty leaving the kids, but I know that they will be much happier, much healthier and have much better memories if Mommy and Daddy are connected. Happy parents who love each other are essential. I know I'm blessed to have a husband who still adores me after three C-sections, graying hair and an extra wrinkle or two in all the wrong places.

