



REVEL TOP 10

August 2024

Summer is coming to a close which means it's back to school time and schedules will soon be full with drop-offs, pick-ups, sports, and meetings. In our August edition of Revel's Top Ten, we asked local Working Moms for their top tips on how best to balance professional life with mom life.



Chelsea Thornton is a native Orange County Mom of 3 kids (twens/teens) who provides time saving tips, a comprehensive collection of resources, activities, recipes, family trips, hosting Mom's Night Out events and product reviews while building a community where the Mom (and Dad) talk continues. Her Mantra is Giving Moms the Gift of Time.

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CHELSEA THORNTON

SouthOCMoms, Mom Blogger

01 *Sleep Schedule*

Get your child back on a sleep schedule at least a week before school starts. Don't suddenly put your child to bed early the night before school starts and expect their little bodies to wake up bright and early the next morning for school. Start at least a week before the first day of school, by going to bed on time and waking up early. This will make the first day of school a breeze for both Mom and child.

02 *Meal Prep*

Not only is going back to school a change for the kids, but it is also a change for the parents too. Start on Sunday by meal planning for the kids lunches for the week. Ask for input from your kids what they are hoping to have in their lunches this school year. If they like hot food, make a large bowl of spaghetti on Sunday that you can just heat up each morning before school. I like to prep all of the dry foods the night before, so that everything is a little less chaotic in the morning when trying to help the kids get ready for school.

03 *Organize School Clothes*

I always lay out my kids' school clothes on the foot of their beds the night before school. That way neither of us are looking for missing clothes in the morning or unsure what to wear that day. It makes for a much smoother morning for the kids and the parents.



Born in Cleveland Ohio, Dr. Glenn holds a Bachelor of Arts degree in Psychology Miami University in Oxford, Ohio, and a Master's degree in bioethics at Case Western Reserve University. Dr. Glenn completed her medical degree at Ohio University College of Osteopathic Medicine. Dr. Glenn completed an extensive four-year emergency medicine residency at the University of Pittsburgh Medical Center (UPMC) Hamot, and is board certified in emergency medicine through the AOBEM. Outside of running two successful businesses and raising her three children alongside her husband Raymond, Dr. Glenn enjoys reading, fostering kittens, and spending time with friends in beautiful SoCal!

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DR. BRITTANY GLENN

Founder of CQ Medical Gym Aesthetic & Weight Loss Clinic

04 *Smaller is Better*

Setting smaller more obtainable goals daily will help you not to get too overwhelmed. It's easy for our minds to be overcome with anxiety thinking about how much we have to get done in a week or month. I like to take our family and even my work schedule week by week and then tell myself to focus on one day at a time. Ask yourself what needs to be prioritized that day and focus on those things. Having smaller, more obtainable goals will help you feel accomplished at the end of the day too.

05 *Self Care is not just a Vibe*

This isn't my company's slogan for nothing! If you are not taking care of yourself at the end of the day, you won't have anything left to give anyone else. This can be something small everyday such as stopping for your favorite coffee or tea, reading your favorite book before bed, connecting with a loved one, getting your nails done, just something to help you de-stress and be the best you possible. Running yourself into the ground or allowing yourself to become overwhelmed and stressed doesn't do anyone good, especially your health.



Dr. Ashley Kising is a first time mom and startup business owner of SOCO Pediatric Dentistry and Orthodontics. In addition to Doctor, mom, and business owner, Dr. Ashley is a social media content creator with over 350k followers, a podcaster, and a keynote speaker for all things related to braces, Invisalign and kids oral health.

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DR. ASHLEY KISLING

Pediatric Orthodontist, Business Owner of SOCO Pediatric Dentistry and Orthodontics, Speaker

06 *Delegate*

Whether at home or work, delegate tasks to ease your load. Hire help for mundane household chores or involve your spouse in home and childcare responsibilities. Delegate at work too. As a business owner, we wear many hats especially in the startup phase when we financially aren't capable of hiring high level positions. However, I hired a COO before maternity when our business was not at that level of growth yet but, if you hire right they will pay for themselves in that first year and allow more precious time home with my family.

07 *Set boundaries*

Avoid working around the clock; establish a cut-off time for emails and non-emergency calls. Maintain a work-life balance by respecting personal time on evenings, weekends, and vacations.

08 *Listen to your body*

Recognize signs of burnout and seek support when overwhelmed. It's okay to ask for help and take breaks. Hire a babysitter for "me time" to recharge with activities like workouts, time with friends or date night with your partner.



Polly Vallone, PA-C is a Certified Physician Assistant who received her degree at Stanford University. Polly completed her undergraduate degree at the University of California Santa Barbara where she majored in Biology. Polly has over 20 years of experience in dermatology and cosmetic dermatology. She treats sun-damaged skin, diagnoses and treats skin cancer, as well as an array of common dermatologic conditions. She has a strong knowledge base of all types of lasers and enjoys the art of fillers and Botox, striving to give her patients the best version of themselves by enhancing their natural beauty. Polly is mom to three kids and wife to a fireman. With a fireman's busy schedule, she and the kids really depend on each other, which has become a superpower. "We are stronger because of it."

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POLLY VALLONE

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09 *Give up the Guilt*

Every mother has guilt. It comes naturally. We tell ourselves falsities:

We are never doing enough. What we do do is subpar. How are we going to raise well mannered, moral, loving, and kind children that will be successful in life if we aren't "doing it all?" This way of thinking is not going to get us anywhere. We need to encourage ourselves, and other moms that what we are doing is enough. The myth that parents are doing their kids a disservice by working is false. Teaching the value of hard work, achieving goals and dreams, is not a disservice. We must come together as woman and empower each other and get rid of the guilt.

10 *Teach your kids to fish*

Teach your kids to be part of the family team. They can do more than you think they can. By teaching your children to pick up after themselves, you are teaching them to be aware of their footprint. Every person makes a mess, and if you can encourage them to recognize their mess and clean up after themselves, your life will be easier because of it. They may not make the bed the way you do, but let it be lumpy and bumpy and allow them to be proud of themselves for doing it. Over time, they will pull the covers tighter and neater. Allow them to cook for themselves and you. Who said peanut butter sandwiches can't be dinner? Eventually, they will be making the salad and using the BBQ. As a working mom, your team will come together with pride. You just have to smile and overlook the spilled jelly for a small amount of time. It will all come together sooner than you think.

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