

Condessa®

Breastfeeding is Beautiful
www.condessainc.com



ABOUT TFG
CONTACT TFG
FREE TFG
ADVERTISE TFG
SHOP TFG
SEARCH TFG

THE
FAMILYGROOVE™
GET IT

HOME

LIFESTYLE & HOME | FASHION & BEAUTY | WELL-BEING & HEALTH | BUMP WATCH

LIFESTYLE
& HOME

LIVE
GROOVY

APRIL 08

THE MOTHER NATURE

THE FAMILY GROOVE'S PROFILE OF A MOM WHO'S MAKING IT HAPPEN

Gone are the days of the traditional coffee clutch because at THE FAMILY GROOVE we're doing it new school, bringing people together to laugh, learn, share and commiserate in the global village called the Internet.

This month we want you to meet Seema Reza, a Maryland mother of two with a passion for individuality, freedom of spirit, versatility and saving the environment; a passion that she's sewn into her eco-friendly kiddie clothing company. Here, Reza waxes enlightened on life sans compromise, letting a cool head prevail, the importance of listening to your own voice—despite convention—and how dancing keeps her and her husband in the groove.

1. Who are you?

Seema Reza

2. How old are you?

27 years old

3. Where do you live?

Rockville, MD

4. How many children do you have? How old?

My boys are two and eight.

5. What time do you get up?

I get up at 7:30ish—though I really should wake earlier.

6. What daily rituals must you do to feel normal?

I have to make something—a loaf of bread, a skirt, a painting.

7. What do you wish you'd do everyday, but haven't been able to incorporate into your routine?

Dance, write, meditate

8. Do you work?

Yes

9. What do you do?

I design and run a line of children's clothing, UglyFish Organics, with my husband.

10. Tell us about it.

UglyFish is about good design with no compromise. Every piece is produced in the United States from sustainable, eco friendly fabrics, and is built with fashion, comfort, durability and a child's individuality in mind.

11. What's the best thing your mother ever told you?

The best thing my mother told me was not to waste time or energy on anger. It's not advice that I always take, but I admire her cool-headedness and aspire to it.

12. What does being a good mother mean?

Being a good mother means having patience—lots and lots of patience and a sense of humor.

13. What's your mantra/personal philosophy?

All great people start small. It's our company motto and it is obvious how it relates to children, but it's also what I tell myself when I feel frustrated.

14. What do you tell other mothers?

I tell other mothers that this too shall pass. Everything, from flushing cosmetics down the toilet to refusing to sleep to long bouts of moodiness, is a phase. Kids are such transient beings. I also tell people that cloth diapers aren't as scary or difficult as they seem, but no one seems to believe me.

15. Finish this sentence: I want my children to know...

...that they should never feel ashamed to change their minds about something—it's a sign of a thinking



person.

16. Who inspires you?

People who make it through incredible loss and can still find things to laugh about and to love about life inspire me. Resilience inspires me.

17. What are you passionate about?

I am passionate about learning. I have taken classes at the nearby community college in chemistry, design, drawing, metalsmithing, astronomy, calculus—and every new subject changes my perspective. I also listen to NPR and keep a running list of things I want to research and learn more about.

18. How do you balance your life as a woman, a mother, a friend?

I try to balance my life over the course of a week or month rather than a day. There are some days when there's non-stop mothering required, but then I'll take some time off and head out with a friend or have breakfast out by myself with a good book.

19. What do you wish you knew then that you know now?

I wish I knew to listen to my instincts and question everything. I was 19 when I became a mom and I followed convention against my judgment at times when I now know I shouldn't have.

20. How do you get your groove on?

I love to go dancing with my husband. We try to get a babysitter and hit the city every other month or so. It's so great to be just the two of us in beautiful clothes dancing to an amazing DJ and letting everything else fall away for a bit.

Go to www.uglyfishclothing.com for trendy togs that look good and do good, too.



Marmalade ink

It's as easy as 1.2.3
select a design
add photo & personalize
click to create

unique
trendy
artistic
colorful
happy
chic
creative

birth announcements, invitations, holiday cards, thank you notes,
note cards, note pads, child stationary & a little something for mom

www.marmaladeink.com