

FLOWER POWER MOM

The *secret* life of a sixties child who became a millennium mom

The Truth About Motherhood After 40

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FPM NEWS

Vol. 1, Issue 3. (Quarterly)

Saturday 30th January, 2010

Welcome

Welcome to FPM Issue 3—we've got a full digest this issue combining news, blogs, letters and highlights for Dec '09 and January 2010!

Join the new [FPM Facebook Fan Page & Discussion Forums](#). It's a great opportunity to discuss and debate topics as they arise in blogs, such as rates of postpartum depression in older mothers, or why over-40 mothers fear home births.



Please forward FPM News on email to family, friends, pediatricians, pre and postnatal care providers, etc., as well as post the [Flower Power Mom](#) link on your website or blog—remember, everyone is just one or two degrees of separation from a mom having children after 40!

Please [email me](#) and share content with *FPM News* readers—news, products, books, research, links, advice, personal stories, commentary and humor are welcomed. Submit your **FREE listing** for the new *What's On For Over-40 Moms* for social groups, events, or classes for over-40 moms where ever you are, around the world.

Angel La Liberte, Founder and Editor

FPM News Updates

The Santa Cruz Sentinel strikes again and FPM is in the news, January 11th 2010....

Sunday, January 17, 2010 SANTA CRUZ, CA News: 5099 | High: 5099 | Low: 4298 | 5-Day Forecast Login | Register | 8-Edition | Subscriber services | Mobile edition

Santa Cruz Sentinel

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We're on Facebook

Angel La Liberte: Turning life's challenges into positives

By Justine DeCaste
Posted: 01/11/2010 01:30:35 AM PST

Angel La Liberte is not one to shy away from a challenge.

In October the now 49-year-old mother of two launched Flower Power Mom, a Web site aimed at providing information and support for mothers older than 40. The site has since taken off, she says.

"It's gone gangbusters since then," said La Liberte, who has a 7-year-old son and 4-year-old daughter. "We're a growing demographic, but no one's talking about it."

For La Liberte, who's lived in Santa Cruz County about two years, the site is an extension of her desire to reach out to people in need, something she's been drawn to most of her life. After earning a psychology degree in her native Canada, she thought she'd likely become a psychotherapist. Instead, she found herself moving to the United Kingdom at the age of 25, where she settled into a career in health care public relations. Less than two years later she was married. The marriage was short-lived, and she found herself struggling through the divorce.

"There was a lot of social stigma about being divorced," she said.

Instead of rolling over, she faced the divorce head on and decided to reach out to others in the same situation. She began producing a newsletter that focused on the realities of divorce and offered support for people going through the emotional transition. What began as a one-page flier soon turned into "Single Again," an organization aimed at helping people cope with the many aspects of divorce. The nonprofit kept

growing and after several years of doing everything from producing newsletters to speaking on talk and radio shows, she called it quits.

"I wasn't getting any sleep," she said.

The experience solidified her belief that she

Advertisement

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Do NOT Bleach Teeth
The dentists don't want you to know about THIS teeth-whitening DISCOVERY...

San Francisco Mom Discovers \$3 Whiting Trick
Dentists DO NOT want you to know about this teeth-whitening secret. Get details...

San Francisco Local Mom Makes \$77/hr Online!
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The dentists don't want you to know about THIS teeth-whitening DISCOVERY...

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Mary Domash, Online
mduchwa.com_42_9038



[Angel La Liberte: Turning life's challenges into positives - Santa Cruz Sentinel](#)

Angel La Liberte is not one to shy away from a challenge. In October the now 49-year-old mother of two launched Flower Power Mom, a Web site aimed at providing information and support for mothers older than 40. Read more....

Little Lucy Lei Tops The Charts!

FPM's blog [All The Way To China And Back](#) in January 2010 on the Butler family's desperate race to raise enough money for life-saving open heart surgery for their adoptive daughter, Lucy Lei caused a *record high in site traffic*. Over three days, the number of visits topped the previous high from media coverage.

To save Lucy Lei, and bring her home from China by March 2010, the Butlers still need over \$14,000 USD. To donate or send a message to over-40 mom, Sylvia Butler, [visit her blog](#).

FPM reaches out to Midwives and Doulas across the USA, Canada...

In December 2009, FPM reached out to over 500 midwives, doulas and lactation *consultants* across the USA and Canada to make a positive, supportive connection with those vital, initial caregivers in our journey to becoming over-40 moms. The initiative was a resounding success and FPM has begun a series of blogs on doula and midwifery care for older mothers including [risk factors](#), [postpartum depression](#) and [over-40 mother practitioners](#). The [Links section](#) on the FPM site has now been updated to include “over-40 friendly” doula and midwife services. It’s just the beginning!

FPM begins initial discussions with CAPPAA...

Also as a result of the campaign, FPM has begun introductory discussions with the [Childbirth and Postpartum Professional Association \(CAPPAA\)](#), in the USA, to explore and raise awareness in areas where over-40 mothers may differ in their needs for pre and postnatal care from younger mothers.

Laurel Wilson, IBCLC, CCCE, CLD, Executive Director of CAPPAA Lactation Program, has responded enthusiastically to FPM’s initial efforts to start a dialogue:

“With today’s average age of first time mothers increasing, childbirth and birth professionals have a chance to offer unique support to women over 40. These mothers offer the birth and breastfeeding professional world a possibility of thoughtful exchange and the opportunity to look into current research unique to this demographic.”

Their needs are specific” she continues, “and their situations are unique, and this above all helps our professions seek out better ways to help all families.”

New—FPM Website Updates!

FPM now has a new [Useful Links](#) page, [Newsletter archives](#) so you can check out back issues, and [FPM In The News](#) containing PDF’s of back issues. If you have suggestions for site changes, please email editor@flowerpowermom.com!

What’s On For Over 40 Moms?

In this issue we are starting a directory of groups, classes or events for over 40 moms around the country. **Submission is FREE**, so spread the word! Please email with photo/graphic, brief description of event, URL and contact info to: editor@flowerpowermom.com.

The FPM beat goes on....

FPM Blog Digest

Below are **direct links** to blog features published since the last issue.



[All The Way To China And Back](#). It is said that when men die on the battlefield, their yearning to slake a dying need for solace turns—not to sweethearts, wives or even offspring—but to their mothers.



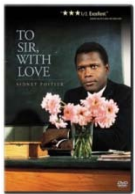
[The Pioneering Poster-Mom of Over-40 Motherhood](#). Fifty-year-old Jan Andersen, Founder of the UK website Mothers Over 40, has had a lifetime of defying the status quo—and setting the gold standard for learning from life’s experiences.



[The Champ?](#) The burning question of who poses a greater risk to unborn children in the battle of sexes between “old” men and women has yet to be asked.



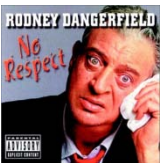
[From Midwife to Midlife Mom.](#) Until recently, I perceived the 1970s show *Eight Is Enough* as the sort of idealistic drivel dished up to a TV nation still in its relative infancy, naïve and gullible.



[To Sir, With Disillusionment.](#) A lifetime of schooling has convinced me that teaching, at its heart, is like poetry—more a gift than it is an art or a science.



[On Golden Funds.](#) When I imagine retirement for Frank and me, I envisage Henry Fonda and Katherine Hepburn doddering companionably on the edge of the lake, lingering with the loons, or entwined upon the hammock in their romantic retirement idyll, On Golden Pond.



[Midlife Postpartum Depression Gets No Respect.](#) When he was growing up in the 1970s, my youngest brother (now 45 years old) had the benefit of exceptional instruction, along with a fine example of role modeling, from three older sisters—it was character forming, although not in the way we might have desired.

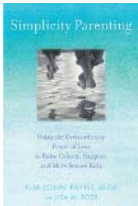


[The Salad Days Of Menopause.](#) It hasn't fully hit me yet, but I know that it's encroaching—like hearing the faint whistle of an oncoming train that is a few bends away on the mountain tracks, still out of sight.



[Courage Under Fire.](#) All of my life, I've lived in awe of women like 49-year-old midlife mother, Cheryl-Ann Henning. She's a lady who can take mere Wal-Mart woolly mutton and dress it up like the fine fleece of a Chanel lamb—her unrivaled fashion sense driven

by a marriage between the economic necessity of a single mother and the innate aplomb worthy of a member of the Jackie Kennedy clan.



[Living The Life Of Finn](#). When I hark back to my childhood, I can just about reach out and grasp the wistful, fleeting notes of the theme from the Andy Griffith Show with the yearning of an old woman towards the precious relics enshrined in the dusty, airless attic of her lost youth.



['Twas The Nightmare Before Christmas](#). As I finally succumb to my armchair this Christmas Eve—the children having crawled eagerly into bed after dining gleefully on apple cider and red sprinkled cupcakes and checking Santa’s last position with NORAD one last time—I know this will be a week to remember for a very long time.



[The Emerging Voices of Midlife Motherhood](#). Four months ago, when I virtually knocked on the door of the “mommy blogosphere”, I did so with the blind ignorance of a new neighbor introducing herself with a plate of daintily presented bonbons.



[Pregnant, Paranoid and Feeling Past My Use-By Date](#). I’ll never forget the day I signed on the dotted line at the age of 44, consenting to an amniocentesis, and feeling like Christopher Walken in the 1978 film Deer Hunter, putting a gun to my head while in a smoke-filled den during a big stakes game of Russian (Miscarriage) Roulette.



[Pearls of Prevention Before Swine Flu](#). Like every other parent around the civilized world—I’m pig-sick of lurking fearfully in school hallways, armed with a bottle of hand sanitizer, wondering if today is the day we’ll be hosting an unwanted, invisible guest coming home from school to play havoc with our health.



[Spilling Chocolate Around The Christmas Tree](#). It’s taken a few seasons, but I’ve learned that sepia-toned, bittersweet *nostalgia*—rather than Christmas cake with mulled wine—comprises the holiday fare of midlife moms.



[Karoshi, American Style, Part II: A Bob Cratchit Christmas](#). It's early Sunday evening and already I'm feeling the creeping dread that grows as the night wanes—Frank must return to Silicon Valley in the morning, and a Grind that is no longer satisfied with hard work. It must have blood, bone and breath.



[Stepping Out On Stepford Moms](#). When I started hanging out with baby Alex at the playground at 43, I remember thinking that—sometime during a surreal, Rip Van Winkle-style afternoon nap—I must have landed the role of understudy for Nicole Kidman's part in the 2004 film Stepford Wives.



[When It's Not Nice To Fool Mother Nature](#). That 1970s margarine commercial came back to haunt me last week during Thanksgiving when the wrath of Mother Nature descended upon our house with a virtual cornucopia of disease and malaise—enough to satisfy even the most plague-obsessed sensationalist historian.



[Why I Married the Tortilla-Faced Man](#). It's a different dating game when you meet and then marry in your forties. The back-dipping silver screen kiss may be followed by a rock for your ring finger, but neither man nor woman takes anything for granted when it comes to the notion “and baby makes three”.



[Gratitude in the Great Recession](#). After a year of incremental belt-tightening that would inspire the envy of the most hardened anorexic—overshadowed by a pandemic plague of kid-killing swine flu—it's hard to muster up enough gratitude to choke a chicken, let alone garnish a turkey.



[Being Walter Matthau's Twin Sister](#). Who ever invented the admonition “Be sure to get your beauty sleep”, wasn't the bent stepmother hocking a poison apple in Snow White after all.

What's Up In The Media?

For older features, check out the [FPM News Archives](#) as well as the [Hip News, Features & Facts on 40+ Moms](#) page in the [40+ BABY BOOM](#) section.



The Daily Mail (UK)—17th January 2010

Woman, 59, becomes oldest person ever to be offered IVF treatment by a British clinic.

<http://www.dailymail.co.uk/news/article-1243839/Woman-60-oldest-person-given-IVF-treatment-British-clinic.html>

Doctors at the private London Women's Clinic on Harley Street, one of the most successful IVF units in the country, have unanimously agreed to help Susan Tollefsen conceive. Mrs Tollefsen, a retired teacher who turns 60 in October, said: 'I'm still so full of life and healthy at 60. I don't see any reason why I shouldn't be treated.' (Read FPM blog: [The Champ?](#))

The Sun (UK)—18th Januar 2010

Oldest Brit IVF Mum: I'm full of life at 60.

Susan Tollefsen will be the oldest treated in a British clinic aware of her age. She said: "I don't see any reason why I shouldn't be treated." The ex-teacher, who is actually still 59, had a daughter after having IVF in Russia in 2008.

<http://www.thesun.co.uk/sol/homepage/news/2812068/Oldest-Brit-IVF-mum-Susan-Tollefsen-Im-full-of-life-at-60.html#ixzz0dCLK7PXD>



New York Daily News—6nd November 2009

Marie Osmond Contemplated Suicide During Severe Postnatal Depression...

[http://www.nydailynews.com/gossip/2009/11/06/2009-11-](http://www.nydailynews.com/gossip/2009/11/06/2009-11-06_marie_osmond_contemplated_suicide_during_severe_postnatal_depression_walked_out.html)

[06_marie_osmond_contemplated_suicide_during_severe_postnatal_depression_walked_out.html](http://www.nydailynews.com/gossip/2009/11/06/2009-11-06_marie_osmond_contemplated_suicide_during_severe_postnatal_depression_walked_out.html)

A revealing profile of [Marie Osmond](#) uncovers the severe post-natal depression that lurked behind her megawatt smile. (Marie is an over-40 mom—read also [FPM blog](#) on higher incidence of postnatal depression in older mothers.)



NBC Philadelphia—13th January 2010

Monica Malpass Is Having Twins

http://www.msnbc.msn.com/id/34819356/ns/local_news-philadelphia_pa/

"I've been wanting to expand my family for a few years," she told viewers on Monday's 5 p.m. newscast. Malpass said she's expecting in June. She has one son, Jake, who is 9. "My little son is excited too." Malpass is single and turns 49 in April.



Time Magazine—20th November 2009

The Growing Backlash Against Overparenting.

<http://www.time.com/time/nation/article/0,8599,1940395,00.html>

The insanity crept up on us slowly; we just wanted what was best for our kids. We bought macrobiotic cupcakes and hypoallergenic socks, hired tutors to correct a 5-year-old's "pencil-holding deficiency," hooked up broadband connections in the treehouse but took down the swing set after the second skinned knee. We hovered over every school, playground and practice field — "helicopter parents," teachers christened us...



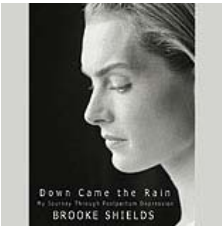
<http://www.dailymail.co.uk/femail/article-1242856/Our-little-miracles-Twin-boys-couple-spent-25-years-100-000-trying-conceive.html#ixzz0cbPl5ecu>

Mail Online (UK)—15th January 2010

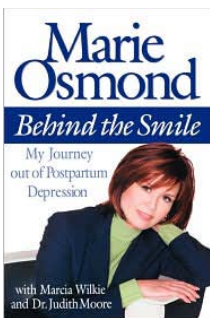
'Our little miracles': Twin boys for couple who spent 25 years and £100,000 trying to conceive

Anybody with children knows that raising a family can be an expensive business. But for Neil and Monique Ward, simply starting a family has proved a staggeringly costly exercise - in terms of both time and money.

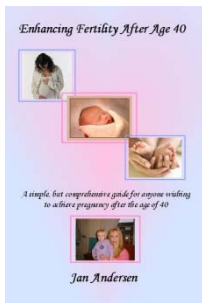
Products & Books



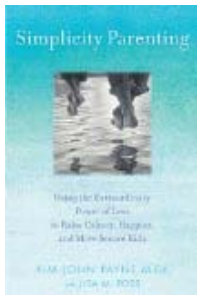
[Down Came The Rain](#) Over-40 mom Brooke Shields' journey through postpartum depression. ([See FPM blog](#)).



[Behind The Smile—My Journey Out of Postpartum Depression](#), by over-40 mom, Marie Osmond, with Marcia Wilkie and Dr. Judith Moore.



[Enhancing Fertility After Age 40 Author Jan Andersen](#), founder of [Mothers Over 40](#), compiled this E-Book taking into consideration all aspects of health and natural therapies to enhance fertility. ([Read FPM Blog.](#))



[Simplicity Parenting. Using the Extraordinary Power of Less To Raise Calmer, Happier, and More Secure Kids \(Ballantine Books\) by Kim John Payne, M.Ed., with Lisa M. Ross.](#) This book is taking us back to the 60's, re-defining the future (consciously or not) from the notion past was best. Life was simpler then. The truth was easier to find. Innocence longer kept. ([See FPM Blog.](#))

FPM Letters

Do you have something to say? Please send in your feedback, suggestions and ideas on FPM for this page to: [Flower Power Mom Editor](#).

Dear FPM

Nice website! I had a son at 42 and a daughter at 44—she is 6 months old and I turn 45 this month. I conceived both naturally with no problems. Why so late? The right guy did not come along until then. I wish you had a community type of place on the website. *CK, USA*

Dear FPM

I'll be getting married next year. I'm 45 and my fiance is 35. I have a child from a previous marriage and am looking forward to having a child with my future husband. I'm grateful for a site that will offer encouragement to women giving birth after 40! *LH, USA*

Dear FPM

Hi! I just discovered your site. I have two kids, ages 6 and 11, and am turning 50 (!) in a couple of weeks. Needless to say I'm the oldest mom in 1st grade! I am looking for a chapter of your group in my area - I wasn't really sure how to find a link on your website. I live in the Santa Cruz, CA area. Thank you for your blog - it's nice to know there are others like me out there. PS - The photo of you and your children is lovely. *KH, USA.*

Dear FPM

I am a 45 year old first time mom to Myles Isaac (6 1/2) months—the greatest experience of my life—the greatest miracle. I cry a little every night when I say his bedtime prayers. How blessed we both are to be together in this world. *JEL, USA.*

Dear FPM

,

I found your blog last week and love it. My husband and I adopted a daughter when I was 42. I'm turning 47 next month and she's 4 1/2. I'm single again and feel really moved to foster-adopt another girl, but am wondering if I have the stamina to do it. I just started the process and will see what happens. Anyway...I'd love to see an interview with a 55-60-year-old Flower Power Mom with tweens/teens to see how they're faring and what the issues are and how we can prepare. I've heard it takes a lot of energy to bring a teenager into adulthood but I'm not sure what that means...
Love your site! *LB*, USA

Dear FPM

I began the adoption process when I was 70. You can just imagine the reactions I got from friends and family. However, now four and one-half years later, I have two great teen-agers, both on the honor roll, in the drama club, volunteering at the hospital and headed for college. Being a Mom at my age is tiring, but very rewarding. *LC*, USA.

Dear FPM

I am a 47 year old woman trying to conceive her first child and currently on my third month of clomid and gonadotropin. I would love to hear others' stories, other than the negative ones I keep reading on the internet. I look forward to receiving your news. *JE*, United Kingdom.

Dear FPM

I'm a 40 year old woman trying to conceive for the first time. It is wonderful to find sites that support older mums. Thank you. *Newmum*, Australia.

Dear FPM

I just finished reading your story "My Story". Wow! It was enlightening, funny, witty, and made me feel smarter for reading it. I appreciate the personal perspective.

I turned 28 the year my first child was born. While no one told me specifically that I was starting older, I felt that I was. My own mother was 28 when she had me, and I'm the youngest of 4 children. I compared myself to her a lot during the transformation into becoming a mother.

I thought that I was starting late, and had concerns about how my child would feel about me, as she grew older. Now I'm not concerned, and am very happy that I waited. I think I'm a better mother to my children than I would have been, had I started at a younger age, and not had been ready to be a mother. My husband and I have three daughters now, and we're pretty good parents. *MS*, USA.

Dear FPM

Thanks for your blog! Great info, super encouraging, and timely advice! I don't feel so alone anymore! I am a 49 yr. old SAHM with a 6-1/2 yr. old daughter and a 3-1/2 yr. old son. Thanks! *KP*, USA.

Dear FPM

Hi! So happy to have found your site! I had my son at 45 and it's great to know there is an informative and engaging forum for moms like me.... *DE*, USA.

What's On For Over-40 Moms?

Submit your **FREE** listing! Please send us your directory listings for over-forty moms groups, classes & events around the USA! Email to: editor@flowerpowermom.com. (Listings will be published at FPM discretion.)

Social Groups

[Mothers Over 40 Penpals](#)—Connect with other mothers from around the world who are trying to conceive.
Read FPM Blog

[Geezers and Tots, Portland, OR](#), Read [FPM blog](#).

[80s Ladies With Babies, Seattle, WA](#). Read [FPM blog](#).

[Facebook Moms Over 40](#)—a nationwide network of mothers who had their children after 40.

[Yahoo Older Moms Group](#)—For women over 40 who are aiming to get pregnant, are pregnant or who have successfully started families and wish to help others in this age group, national.

[Motherhood Later](#)—National network of social groups for older mothers.

[New Moms Over 40 Support Group—Chicago IL](#). Support group for new over-40 moms is now being launched by Over-40 Mom, Jennifer Levy, LCPC (Licensed Professional Counselor), who currently provides psychotherapy in a private group practice (see [Wellsprings Health Associates](#)), specializing in women's health. To join, email: jenniferlevy@comcast.net.

Classes

Listings are **FREE!** Email to: editor@flowerpowermom.com.



[Hatch Network](#)—The Hatch Network is for women who are interested in entrepreneurship and supporting other women entrepreneurs in starting and growing businesses. San Francisco, USA. (Read FPM Blog.)



[Creative Dance and Movement](#) near Salinas, CA, Now Offers a Social Gathering Place for Over-40 Moms While Kids Dance—*Midlife Moms Coffee & Kids Dance Club*. Launching officially in the New Year (2010), this class has been specially created for the children of midlife mothers, recognizing the growing population of moms having children after 40 who need to network and socialize with their own peer group. Contact: 831 210 6823 or [go to website](#).



Bring your friends for this fun Night Out, just for Moms Over 40! (Santa Cruz, CA)

Over-40 moms are invited to join us at [The Art Factory](#) for a fun evening as you learn all there is to know about the fun, rewarding art form of glass pendant-making. An *Over 40 Moms Night at The Art Factory* includes: music from the 60s & 70s and wine & cheese. Contact: [The Art Factory](#). Call: (831) 688-8862

Flower Power Mom welcomes listings from around the USA for the *What's On for Over-40 Moms! It's free, so don't hesitate to send us info on your over-40 mom group, class or event to:* editor@flowerpowermom.com.

Links This Issue

[Mothers Over 40](#) Over-40 mom, Jan Anderson, pioneered this encouraging and supportive site, first established in the UK, for anyone planning a baby past the age of 40. Informative articles, books, shopping, a penpals' facility and links to invaluable fertility resources. [See FPM Blog](#).

[Menopausal New Mom](#) Canadian mom, Deb, became a first-time mom at 45 and then hit "full blown" menopause two years later—her regular blog. [See FPM Blog](#).

[Stories of Pregnancy and Birth Over 44 Years Old](#) Back by popular demand! A Canadian-based blog website that catalogues news stories about older women giving birth. A useful resource, as well as up to date and well researched—a source of encouragement to older women seeking to have children.

[Momsbloom](#), Grand Rapids, MI. *MomsBloom* knows how exhausted and overwhelmed parents can feel after the birth of a baby. Today, with so many families geographically dispersed or away at work mothers (and fathers) often do not get the help they need. *MomsBloom* was born to bring volunteers and families together to provide physical and emotional support to any family with a newborn—free of charge.

[New Mum Over 40](#) An Australian school teacher blogs about "the journey and discoveries" of becoming pregnant over 40.

Kids' Korner

Where do they get it from?

A 7-year-old's view of divine intervention vs. scientific cause and effect:

Alex: Mom, what would you think if you'd heard there was a tornado in our neighborhood, but came home to find the house still standing?

Mom: (Struggling for a metaphysical answer that a child would understand.) I'd assume that there'd been divine intervention.

Alex: Well, I'd think that either the tornado never happened or it wasn't near our house.

Translations of the vernacular of four-year-olds:

Dunklings. Noun. Dumplings.

Cute-cumber. Noun. Cucumber.

Carrot-giver. Noun. Caregiver.

Bombfire. Noun. Bonfire.

[email me](#) your Kid's Korner stories!

Vintage Quotes

"When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me'".

Erma Bombeck.

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