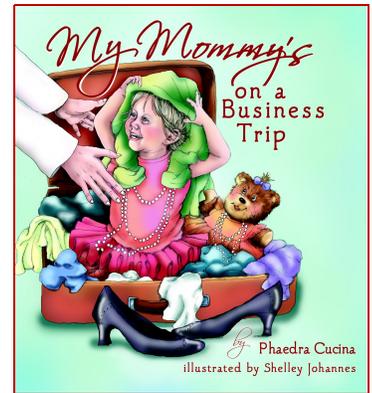


My Mommy's on a Business Trip – FAQs / Interview Questions

What is the book about?

[My Mommy's on a Business Trip](#) is a little girl's rendition of the adventures of business travel with the message that no matter what she's up to, mom loves her and is coming home soon. The book also strives to position work in a very positive light, despite the fact that it takes mom away sometimes. [My Mommy's on a Business Trip](#) helps not only children, but also their moms – typically mid to C-level executives who travel often for work and feel guilty about leaving their kids.



Who should buy [My Mommy's on a Business Trip](#)?

Mothers who travel, their family members and child care providers will want to get this book for children who are anxious when mommy needs to take a trip – for business or other reasons. The book gives children a voice to describe how they're feeling, and makes the idea of mom or dad going away much less scary and more entertaining. It is written for children ages 2 – 6, though slightly older children enjoy it also.

What is the biggest issue facing parents who travel for work?

Moms suffer most from anxiety around leaving the kids. The guilt intensifies if the children themselves are upset and gets even worse if a key family event is taking place while they're gone.

Mothers also worry about the extra work and responsibility their departure adds to the parent or caretaker left behind. It is extremely challenging for moms to balance meeting the emotional needs of their kids while needing to provide for their families.

What are some tips moms can use when telling kids they're leaving for a trip?

There are lots of creative ways to involve the children in the trip and quell their concerns as much as possible. Here are just a few:

- Share with the children where you are going and how you're going to get there. Your goal is to position the trip as an exciting adventure you can't wait to tell the kids about when you get home.
- For longer trips, arrange with the caretaker a special night out while you're gone – to the movies, a play date with a special friend, pizza for dinner, etc. Activities will depend on the age of the child, but you'll know what your child holds special in his or her heart.
- Have the kids come with you to the airport to say good-bye (this works well for Sunday departures and if you live relatively close to the airport). Many kids find airports exciting and it will help them to visualize what you're doing.
- ALWAYS talk about when you're coming back.

What are some tips to stay connected while on the road, besides besides calling home every night?

Tips vary on the technology in the home, as well as the age of the kids. For children between ages 2 – 5, try:

- Placing special notes or cards in the children's room, on their car seats, in the arms of their favorite stuffed animal, or other creative places they're sure to see and have the caretaker read them to the child.
- Giving them a recent picture of you, with them, that they can carry around.
- Letting them pick out a temporary tattoo and put it on them as a special reminder of you.

Finally, using the phone, try to time your call home with bedtime and read them their favorite story over the phone (be sure to pack a copy of the book in your suitcase!).

How do I purchase the book?

My Mommy's on a Business Trip is available online at www.mommytrip.com and www.amazon.com.

What age group is best for this book?

My Mommy's on a Business Trip was written with 2 – 5 year olds, though slightly older children have responded positively to it as well.

Why did Phaedra write the book?

Phaedra wrote *My Mommy's on a Business Trip* after her first child was born and she began traveling for her job. Phaedra couldn't find a book to help explain to her own young daughter what was happening. Determined to find a solution for herself and other working parents, Phaedra set out to write a book that would explain the adult concept of work to young kids.

What is DolceVita Media?

DolceVita Media, a subsidiary of DolceVita Woman, LLC, is dedicated to explaining the adult world of work to young children in ways that capture their imagination and excite them about their futures. We do this through our unique children's book series, Playgrounds and Offices, and other mediums.

DolceVita Media wholly supports working parents and the efforts they make every day to support their families. By creating a simple and positive way to speak with kids about what is work, why we do what we do, and why we're not always available for them, these books help shape kids' healthy attitudes about the workplace and spark their curiosity.

For more information, go to www.dolcevitawoman.com/about.html

What are the book details?

- Number of pages: 24, full color
- Binding: Hardcover
- Size: 9" x 9"
- Publisher: DolceVita Press, LLC
- Publication date: October, 2008
- Price: \$18.99
- ISBN#: 978-9818807-0-9
- Age range: 2 – 5 year old children
- Where to purchase: sold online at www.mommytrip.com and www.amazon.com

[Click here](#) to read what people are saying about this unique book.

For more information about *My Mommy's on a Business Trip*, DolceVita Woman, or Phaedra Cucina, email press@dolcevitawoman.com or contact:

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For author and illustrator bios, interview FAQs, and photos, go to: www.dolcevitawoman.com/press.