



HOME ▾ ABOUT ▾ TV ▾ ARTICLES ▾ BLOG ▾ MILF ▾ QUESTIONS ▾ EVENTS ▾ CONTESTS ▾ JOIN ▾ SHOP ▾ BOOKS ▾ ERICA ▾

THIS MONTH



The Momoir Project

by Cori Howard

Let's Take the Stress Out of Food

Fall Colouring Pages

Top 5 Ingredients To Always Look for In Skincare

Top 5 Ways Nutrition Fact Labels Lie

Developing a Positive Lunch Box Rapport

Recipe: Apple Frittata

Recipe: Colman's Easy Lemon and Mustard Chicken

YMC Members Dish On How to Stay Sane While Baking with Kids!

When You Least Expect It...

An Interview With President Obama's Sister: Maya Soetoro-Ng

What To Do When Your Child Will Not Eat

Ten Years After 9/11

Eight Alternatives to Hitting Children

I Did a Cleanse

Put Some Lovin' in Your Oven with The Casserole Queens

Help Your Child Deal With School Test Anxiety

A Gluten-Free Life

How to Reduce Back to School Stress While Co-Parenting

Boost Your Confidence in the Gym

Top 5 Things a Facial Can Never Do

Recipe: Fish Tacos

Be Supermarket Savvy

Recipe: Slow Cooker Chicken Stew

Managing Your Exercise Hunger

Away-to-School Tips

Becoming a Grandparent at Age 42

No More Meal Time Woes - Seriously!

How to Curb Your Sugar Cravings

How to Always Pack a Healthy Lunch For Your Children

Be the first of your friends to like this.

It seems the best ideas come to me in the playground. That's where, pushing my one-year-old on the swings, I met another new mother with whom I started a conversation that inspired me to publish my first book, ***Between Interruptions: Thirty Women Tell the Truth About Motherhood***. Within just ten minutes, we'd talked about our post-baby identity crisis, our shockingly diminished ambition and our diminished and distressed sex life.

If you'd told me in my pre-baby days the playground would become not only my main networking site, but also a source of inspiration, I would have laughed in your face.

But I've had so many great ideas and friends evolve from conversations in the park. And it was there that my idea for writing classes for mothers took shape.

It was last fall and I'd recently published the anthology and was getting dozens of emails a day from mothers who wanted to write their own stories, mothers who wanted to know if there would be a sequel to which they could contribute, or a magazine that I might be starting. I had always resisted teaching, focusing instead on my own writing career. But watching my kids dangle precariously from the monkey bars, I realized that getting a group of moms together to talk about motherhood and writing, my two passions, might just be a great idea.

In my first class, held at a Vancouver coffee shop, eight women showed up, all relatively new moms, all raw and emotional. That first night, each woman talked about her major struggle with motherhood and why it was important to her to turn those struggles into words. We talked about our marital stress, the transformation in our ambition, our identities, our friendships. It was like therapy, with some writing thrown in. There were tears and laughter and I couldn't believe the quality of writing that came out of spontaneous assignments, asking the women to sit quietly and write on a set topic such as The First Time, or The Things We Carry.

If you, too, are up for a new challenge and want to start writing, here are my **Top Five Tips** to get started:

Read. There's a ton of fantastic (and trashy) literature on motherhood out there. Pick up a book by Anne Lamott, Rachel Cusk, Catherine Newman or any of the numerous anthologies on motherhood published over the years (especially mine!). They will inspire you, or at the very least, make you laugh, and probably cry.

Buy a notebook and take it with you wherever you go. You never know when you might get five minutes—at the park, in a coffee shop while your child takes an unexpected nap.

Start writing. If you can't think of what to write, you can use what I call a Writing Spark and just riff on a particular topic like Saying No, Faith, The First Time. You'll be surprised what comes out.

Keep writing. Writing, like sex (and like motherhood itself), gets better with practice. Try to find some time to write on a regular basis, even if it's only for a few minutes and it's only one or two sentences. Use your notebook to vent, weigh major life decisions, set new goals. You don't have to write a whole story every day.

Take a class. If you really want to learn the art of great writing and how to turn your experiences with motherhood into words, come to one of my classes. There will be an online session starting this fall for those who can't make it to a class-in-person. In the classes, you'll be surrounded by other moms for support and encouragement and constructive criticism, and you'll learn all the rules of good writing, and how to break them.

For more information on Cori's writing classes, please check out: <http://www.themomoirproject.com/>



About the Author

Cori Howard is an award-winning journalist who has worked in newspapers, magazines, television and radio, filing stories from across the world. Her writing (much of it personal essays on motherhood) has appeared in publications including The Globe and Mail, Canadian Geographic, The San Francisco



Join The Club



Sign up for cool contests, groovy giveaways, playful surveys, and sexy tips to survive the multi-tasking life of a Yummy Mummy. No strings attached! [Click to Join.](#)



SEARCH

ADVERTISEMENT



Hot Reads

GAMES ▾ POLL ▾ BOOKS ▾ MILF ▾

- [Should Your Child Be On Facebook?](#)
- [Win \\$250 Worth Of Comfy Clothes!](#)
- [Five Things Your Facial Can't Do](#)
- [How Do You Find Inspiration In The Kitchen?](#)
- [Stimulate Your Brain Between The Covers](#)

ADVERTISEMENT



[51 Year Old Mom Looks 25](#)

Hazelton: Mom Reveals \$5 Wrinkle Secret That Has Angered Doctors!



Weeknight Meals for the Working Mom

Are you Eating a Treat or a Healthy Snack?

How I Got My Picky Eater to Eat Her Vegetables

Gluten-Free Diets and Picky Eaters Don't Mix

Vegetarianism: What's With The Label?

My Toddler, the Foodie

7 Reasons Why I Invest in Community Supported Agriculture

No I'm Not Pregnant, I'm a Food Blogger

Trying To Satisfy My Picky Eaters

Make Balanced Meals With Limited Time

Easing Your Child's Separation Anxiety

Transfer Your Child to a Crib without Having Them Cry It Out

Calming A Child's Fear of Dogs

Changing Your Squirmy Baby in Public

When is it Safe for a Child to Start Using a Pillow?

How to Deal With Tots Who Shriek and Scream

Switching Toddler From Crib To Bed

Healthier Alternative for Your Teething Baby

Creating Boundaries and Expectations

Snack Recipe: Veggies and Pink Dip

Snack Recipe: Hummus & Yellow Popcorn

Mortadella & Cheese Quesadilla Recipe

Family On Bikes: How I Changed Motherhood



Chronicle, The Independent, Maclean's, Chatelaine, Flare and Today's Parent. She is the editor of the very successful and recently published anthology, **Between Interruptions: Thirty Women Tell the Truth about Motherhood**

Based on her experience editing the anthology, she decided to pursue a magazine dedicated to the art of the personal "momoir" (more details to be announced soon), and to begin launching writing courses for mothers interested in translating their experiences into words, either for publication or for themselves.

Comments

Like

Add New Comment

Post as ...

Showing 0 comments

Sort by **Popular now** [Subscribe by email](#) [Subscribe by RSS](#)

blog comments powered by DISQUS

CATEGORIES



HOME: ▾ ABOUT: ▾ TV: ▾ ARTICLES: ▾ BLOG: ▾ MILF: ▾ QUESTIONS: ▾ EVENTS: ▾ CONTESTS: ▾ JOIN: ▾ SHOP: ▾ BOOKS: ▾ ERICA: ▾
ADVERTISE: ▾ WRITE: ▾ MEDIA: ▾ PRIVACY: ▾ CONTACT: ▾

© 2009 Erica Ehm Communications. All Rights Reserved. Reproduction in whole or in part without permission is strictly forbidden.

GlamFamily

