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**ESSENTIAL GUIDE FOR LATE-IN-LIFE MOTHERHOOD PERFECT
RESOURCE FOR MOMS OVER 35**

**AUTHOR SAYS LATE START OR RESTART AT MOTHERHOOD BENEFITS
MOTHERING ABILITY**

**NANCY GRACE (47), SHARON STONE (47), JANE SEYMOUR (44), SUSAN SARANDON
(46), CHERYL TIEGS (52), JULIA ROBERTS (39) CELEB EXAMPLES OF TREND**

**“Those three words [Advanced Maternal Age] are just another way of saying I’m old.”
– Beth Vogt, author *Baby Changes Everything***

Beth Vogt (pronounced ‘vote’) joined the club of “mommies-come-lately” when, at age 41, she gave birth to her fourth child. After navigating the precarious, and often hilarious, journey she trademarked the term mommy-come-lately and began a website devoted to the specific needs of older parents, www.mommycomelately.com. Beth is a prime example of the dominant birth trend over the last decade—women over the age of 35 becoming moms. From 1990 to 2002, the CDC reports that birth rates for women 35 to 39 increased 31 percent. For women ages 40 to 44, the birth rate increased an amazing 51 percent!

Through her experience encompassing both struggles and triumphs, and through those of other late-in-life moms chronicled in her new book *Baby Changes Everything*, (Revell, August 2007) Beth reveals how to deal with the challenges (and embrace the joys) of being an Advanced Maternal Age (AMA) mother. Addressing issues such as health risks to an AMA mom and baby, emotional issues, demanding work-life balance topics, sibling relationships and the special needs of a late-in-life dad, Beth’s new book is the essential handbook for those welcoming, or wanting, children past age 35.

Along with tips for overcoming the challenges, Beth writes of the blessings of late-in-life motherhood, including the hard-earned maturity she’d gained in her thirties. “I felt a freedom and special blessing in loving Christa that I had not experienced with my other children. As I held my caboose baby, I was grateful that I no longer wrestled with the anger and bitterness that sometimes had spilled out onto my first three children. If for no other reason than this, I am thankful I am a mommy-come-lately.”

Packed with practical advice, tips, and personal stories that will encourage and bolster AMA moms, *Baby Changes Everything* is a must-read resource for the burgeoning numbers of late-in-life parents.

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About the Author

Beth K. Vogt is a writer whose work has appeared in *Discipleship Journal*, *MOMSense*, and *Crosswalk.com*. She is the author of a website and blog, *MommyComeLately.com* and is an expert on the issue of motherhood after 35. She lives in Colorado Springs, Colorado, with her family.

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