

Celebrity Video Interview: Actress Tia Mowry Says, “There’s No Such Thing as Balance!”



Interview by [Lori Bizzoco](#). Written by Shannon Seibert. Perhaps fans best recognize Tia Mowry from the 1990s television series *Sister, Sister*, but she’s come a long way since then! Currently playing Stephanie Phillips on the popular Nickelodeon show *Instant Mom*, she channels her real life experiences as a wife and mother for the role: She married actor Cory Hardrict in 2008, and they welcomed their son Cree Taylor into their family in 2011. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress about marriage, motherhood, and her busy career, including her current partnership with the National Center for Missing & Exploited Children (NCMEC) and Honeywell.

Related Link: [‘Sister, Sister’ Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting](#)

Tia Mowry on Being a Celebrity Mom

Finding balance can be seemingly impossible when you’re a working parent – but Mowry has figured it out. “Be honest with yourself. In my opinion, there’s no such thing as balance!” the celebrity mom says with a laugh. “Some days, you’re going to be a better mom than other days.” She candidly adds, “I have a three-and-a-half year old at home, but I still consider myself a new mom. I’m still learning new things.”

Of course, there are some days where you just can't do it all. In those situations, she encourages other working parents to lean on their partners. "My husband is extremely considerate," she shares in our celebrity video interview. "That's better than receiving flowers on Valentine's Day!"

Actress Shares Relationship Advice in Celebrity Video Interview

Despite her busy schedule, the star still makes time for her favorite date nights with her man – relationship advice that she says is important for keeping the passion alive in a marriage. "It's when we both get dressed up and get sexy for ourselves, for each other. I put on my really nice, sexy dress and red lipstick, and my husband puts on a really nice suit," she explains. "Then, we go to our favorite restaurant...and really have a great meal and have a great glass of wine."

Related Link: [Date Idea: Spend an Intimate Night Indoors](#)

Mowry also talks with us about her work with the NCMEC and Honeywell and the KidSmartz "Safety Dance" contest. For her, this partnership was a no-brainer. "As soon as you become a mother, you're constantly worrying. My child's safety is my number one priority," the celebrity mom reveals. For more information about KidSmartz and the current contest, check out their website.

You can keep up with Tia on Twitter @TiaMowry and www.facebook.com/TiaMowry.

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