

Author Vicki Reece Offers Love Advice for Moms: “I’m All for Family Date Night”



By [Sarah Batcheller](#)

When we think of motherhood there is one word that comes to mind: joy. Vicki Reece, author of *The Joy of Mom: Celebrating a Mother's Love*, has beautifully depicted the blessings of motherhood in her [book about love](#). She not only believes that childhood should be filled with positivity and inspiring messages, but she has committed much of her life to creating healthy products for children to enjoy, such as an interactive dance and exercise videos. In this exclusive interview, we spoke with Reece about her book, her best love advice, and all things motherhood.

New Book About Love Helps Readers Understand Raising Children

You've done a lot of work to better the lives of children and parents alike. What is the most important message you want readers to take from this book?

Being a mother is the most sacred honor, gift, privilege, and blessing. We are shaping and influencing our children's spirit, growth, soul, and experiences as they navigate through life – even as busy as we are. I've always been a working mom, so I know there's a lot we've got to balance and juggle. Unfortunately, all the multi-tasking can get in the way of being present in the moment. It sounds corny, but it's so important that we are present. When I was younger, I had two miscarriages and thought I couldn't get pregnant, and now, I've got kids in college. When we look back, there are so many things we "shoulda, coulda, woulda." So really be present in the moment because it will pass way too quickly.

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We love that you continually strive to empower women, both with your blog and your new book. What do you think is particularly empowering about being a mother?

Once you become a mom, something inside shifts forever. It's not about us anymore; it's about our babies. The greatest challenge is that we wear our hearts outside of our bodies – from the moment that we know we conceived to our last breath. It's a really tough balancing act!

When is a time that you have been able to let your children shine?

My daughter is in Germany now for five weeks by herself, staying in this tiny hotel. It was a dream of hers, and it took four years for her to save up and be able to go. The

quote that I like about this gift and possibility is by Dorothy Fisher: “A mother is not a person to lean on, but a person to make leaning unnecessary.”

To shift gears a bit, what was your inspiration for your interactive children’s dance and exercise video?

It was the height of negative products, messages, and marketing to children. There were so many violent, silly things, especially television shows. There was nothing inspiring, and if there were, they weren’t that entertaining; they were really dry. Then, there were two incidences of children acting violently in the news, and I was just horrified. Back then, we didn’t hear about those things much; nowadays, unfortunately, we do. So I couldn’t sit on the sidelines and do nothing. I turned my life upside down – that started 23 years ago. I had no resources, so I learned how to make the software. After that, I went and knocked on doors to see if moms could resonate with my idea. Then, those moms told their friends who told their friends, and I sold about 500,000 copies.

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What is your best tip for mothers who are striving to teach their children positive messages?

Our words are so powerful that we need to use them lovingly and wisely. They can be our greatest source of inspiration or – I hate to say this – something that could haunt our kids forever. But positivity is food for the soul. When your kids do wonderful things, highlight and talk about them.

Author Provides Expert Love Advice for Mothers

We’d like to get your love advice as well! How can couples balance romance and parenting in their everyday lives?

Actually, my husband and I hardly do date nights! Every now and then, we'll go to the movies, but I just always want to be with our kids. It's important to have them be part of the special things you do. What may be right for people who get babysitters and go out on the weekend may not be right for other people – just listen to your gut! I'm all for family date night and other family activities. If you and your hubby want to do something special, think of something that's fun for the kids as well.

In what ways do you think the parents' relationship and love influences their children's notions about marriage?

I think it completely impacts it. What our kids see, they will look for – it will be comfortable. As moms, we should only be in the type of relationships that we want our children to be in because they will follow in our footsteps.

For more expert love advice from Vicki, visit JoyofMom.com. Don't forget to pick up a copy of The Joy of Mom: Celebrating a Mother's Love!