

COUNT TO TEN TAKE THREE DEEP BREATHS LAUGH REPEAT COUNT TO TEN TAKE THREE DEEP BREATHS LAUGH REPEAT

MUM

modern urban mom inspiring honest parenting

Parental Perfection
It doesn't exist

Honouring Anger
Yes, it's ok

Motherhood ABCs
Not what you think



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so easy, it's practically chic!

A mum's to-do list is long enough as it is; deciding what to wear shouldn't be on that list. For an instant, pulled-together look, here are a few fashion staples that any mom can slip into... and look fabulous!

By Wendy Woods, Creative Image Consultant, therefinery.ca

When you put some thought into the pieces you purchase, you will be able to create a pulled-together outfit every morning with little to no effort. Remember, you deserve to look good – these four versatile staples should be in every urban mom's wardrobe to achieve easy, chic comfort everyday.



◀ **accessorize**
Accessories are the finishing touches to any outfit. Slide on a bracelet, put on some earrings, or pin on a brooch like this one-of-a-kind piece by Ashley Winnington-Ball at Shopgirls. Finer details have the ability to impress upon people that you have put some thought into what you are wearing.
BROOCH - \$60, by Ashley Winnington-Ball, jewellery designer, available at Shopgirls, Toronto

dark mid-rise jeans ▶

Elegant and clean – dark denim is a must-have in every wardrobe. Dark jeans convey a polished look without compromising comfort. To add to your comfort, try a pair of mid-rise jeans that sit high enough on your hips that you won't have to worry about exposing yourself while bending and lifting the kids. **AG JEANS IN LOCAL** - \$250, available at covet + crave, Toronto



▲ a blazer adds polish to any outfit

Even if that outfit happens to include a stained T-shirt you've been wearing around the house all day! Throw a beautifully tailored blazer on as you run out the door and you will look instantly chic. **SMYTHE BLAZER** - \$595, available at Canopy Blue, Toronto



◀ comfortable, stylish flats

This summer, put aside the scuffed runners for a pair of comfortable and stylish flats that you can leave near the front door. When you're running out the door to pick up the kids, you can easily slide into your cute flats and arrive looking chic. **LANA YELLOW FLAT** - \$38, available online at luxboutique.ca

H.U.H.? Have u heard?
MOMSHELL - the latest new term for bombshell Mums. Trust us... it's a compliment.