



CT Working Moms Creates a Mother's Day Kindness Challenge

CTWorkingMoms.com encourages Connecticut moms to participate in random acts of kindness for Mother's Day.

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For Immediate Release

GLASTONBURY, CT (May 1, 2014) – The CT Working Moms website, an award winning online resource for women balancing work and family life, has created a new Mother's Day Kindness Challenge that begins May 1st and continues through Mother's Day on May 11th.

Starting today and continuing through May 10th, CT Working Moms will post a new random act of kindness idea on their Facebook page. Followers can pick and choose which acts of kindness they want to participate in, or they can endeavor to complete all 10. The acts of kindness suggestions include activities like feeding someone else's parking meter and paying for the person behind you in line. To follow the Facebook page click here: <https://www.facebook.com/CTWorkingMoms>.

CT Working Moms founder Michelle Noehren said, "I love the idea of using Mother's Day to remember the kindness of other moms. Motherhood, although wonderful, can be challenging at times and by engaging in random acts of kindness we have the opportunity to raise the spirits of others."

Then on May 11th, Mother's Day, a group of CT Working Moms bloggers will head out to local playgrounds, nursing homes and other public places to hand out flowers to moms. Whole Foods Glastonbury has graciously donated 100 flowers to this cause.

Mary Grace Peak, a blogger for CT Working Moms who will be participating in the challenge said, "I am doing this as a tribute to my mother who is suffering from Alzheimer's disease. I was lucky to have been raised by a wonderful and selfless person who always put her family first. I want to honor and recognize her spirit while showing love and appreciation to all moms on this special day."

Jenn Ford, another CT Working Moms blogger is excited to participate as well. She said, "What's better than doing something special and unexpected for someone, even if it's something small? If we're able to make one person's day it will be worth it."

CT Working Moms maintains a commitment to creating an environment of compassion, kindness and non-judgment for moms in the state. In June of 2013, the site launched their Campaign for Judgment-Free Motherhood which quickly went viral, gaining national attention from media outlets like Yahoo, Shine, the HuffingtonPost and the UK's Daily Mail. The message of the campaign is "Let's Love More & Judge Less" and has helped spread an attitude of kindness to moms everywhere.

About: Created in 2011 by Michelle Noehren, CT Working Moms (CTWM) is an award-winning, online community for women balancing work and family life in Connecticut. The website provides critical resources and information ranging from pregnancy and child-care to health and nutrition. Over 24 bloggers provide daily articles with the goal of talking honestly about how it really is to be a working mother in our modern world. Bloggers provide personal experiences to help provide insight and advice into the challenging, yet rewarding job of being a mother. CTWM's aims to be a place of compassion and support for all moms because the world needs more love and less judgment. While CTWM's is a local Connecticut-based blog, their projects have gained world-wide attention being featured on the TODAY Show, GMA, Yahoo, The HuffingtonPost, The U.K's Daily Mail and more.

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