

# REDBOOK

**5 SEX SECRETS**  
every woman should know

**HOT, NEW BEAUTY HOW-TO**  
4 looks to try (find the best one for you)

**“WE CAN’T HAVE ANYTHING”**  
how to win the war

**simple healthy foods**  
(& tasty!)

## hot mama



**Lolita Carrico, 34, founder of ModernMom.com**

When her son, Jaden, was

born five years ago, Carrico was desperate for advice on juggling motherhood with her work as a public-relations executive in Los Angeles. “But most of what I found was about taking care of baby, preparing for baby, what to buy for baby,” says Carrico. “Nothing addressed *me* and the issues I was facing.” So she launched ModernMom.com, where women can not only get advice on preparing for maternity leave or getting their husbands to pitch in more but also network with other mothers.

More than 150,000 moms across the country connect through the site’s Modern Moms Club, which consists of local support groups that hook up moms for playgroups and nights out, and the Modern Mom Network, where mom-preneurs help each other launch businesses. Carrico has corralled corporate sponsorship from Mattel, AOL, and Clorox, and has expanded into off-line events, such as spa days. But the site has also become a lifeline for Carrico, who recently separated from her husband. “I’ve met other single mothers, and I show my kids examples of other happy single-parent families,” she says. “I never realized my business could help me so much on a personal level.”

8 ways to get a **GOOD NIGHT’S SLEEP**

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