



**Suggested Interview Questions for Jennifer Grant,  
author of *MOMumental*  
(Worthy Publishing)**

Why did you write *MOMumental* when there are so many parenting books on the market?

When did you first start to become disabused of the “myth of the perfect mother”?

How did your experiences during childhood, with your mom struggling to pay bills after she and your father divorced, shape your ideas about family life?

What is “Velveteen parenting”?

What do you wish you knew when you were a young mom that you know now?

Why do moms judge themselves and other moms so harshly?

What are some ideas about parenting that you’ve changed your mind about as your children have gotten older?

Why did the movie “There’s Something about Mary” make you get rid of your TV?

Was getting rid of TV a good parenting decision?

How do you monitor what the culture at large is feeding your children?

Why are female friendships so important for mothers?

What are some signs of burnout? What is your advice for moms who are burnt out?

What are your three essentials for family life?

How do you nurture the spiritual lives of your children?

Why is it so important for families to eat meals together?

What are the challenges of raising hopeful, optimistic kids in the anxiety-filled post-9/11 world?

Why do you hold family meetings?

How do your kids feel about the book?

**For an interview with Jennifer Grant, please contact Kelly Hughes,  
312-280-8126 or [kelly@dechanthughes.com](mailto:kelly@dechanthughes.com)**