



Beth K. Vogt

Motherhood: Perfection Not Required

Biography – Beth K. Vogt

Beth K. Vogt is a leader at helping women love late-in-life motherhood. She coined the phrase “Mommy-Come-Lately®”, and serves as an advocate supporting mothers over 35 learn how to:



- Decrease the isolation often felt after having a late-in-life child
- Reduce the anxiety about the medical risks and tests of an over-35 pregnancy
- Promote understanding of the concerns affecting late-in-life dads and “caboose” children
- Simultaneously parent toddlers, teens, and twentysomethings with confidence

Beth is a national speaker and author of *Baby Changes Everything: Embracing and Preparing Motherhood after 35*. Her message provides women with a “whole family” perspective to recognize how a late-in-life pregnancy affects other relationships. A mother for more than 25 years, Beth understands the challenges and advantages of being an older mom.

An encourager at heart, Beth has more than 18 years experience teaching women at retreats, churches and other events, including the MOPS (Mothers of Preschoolers International) Convention and the Hearts at Home national and regional conferences. She is the editor of *Connections*, the leadership magazine for MOPS International, and a regular contributor to *MomSense*.

Beth earned a journalism degree from San Jose State University. Her publishing credits include: *Discipleship Journal*, *Virtue*, *The Christian Communicator*, and *Crosswalk.com*. She is also a contributor to *Chicken Soup for the Soul: A Tribute to Moms*.

Beth met her husband Rob when he knocked her down at a karate studio. They’ve been married for 28 years. They have four children, ranging in ages from 25, 22, 20, and – thanks to a funny thing happening on their way to the empty nest—a 7-year-old. The Vogt Team, which now includes a “daughter-in-love”, enjoys hiking and camping in Colorado.



Interview Questions for Baby Changes Everything

1. Why did you write a book about late-in-life motherhood?
2. You said becoming a late-in-life mom made you a trendsetter. What's fueling the trend of moms over 35?
3. Is it true that having a baby later in life is risky for both the mom-to-be and the baby?
4. How did you come up with the term "Mommy-Come-Lately®"?
5. You mention late-in-life motherhood is a "whole family affair" that affects other people. What are some other relationships that are changed by an over-35 pregnancy?
6. You mention in your book that older moms can struggle with feeling isolated. Why is that?
7. Why did you include the chapter "It Takes Two to Tango" for late-in-life dads in your book?
8. What are the challenges of being a first time Mommy-Come-Lately® versus a repeater Mommy-Come-Lately®?
9. You have three older children and your "caboose kid," as you call her. What's so different about raising a child later in life?
10. You offer three secrets to loving late-in-life motherhood. What are those three secrets?



Endorsements

“Beth Vogt offers just the right blend of personal experience and professional expertise to encourage and equip women to embrace their roles as later-in-life moms.”

Dr. Kevin Leman, author, *Making Children Mind Without Losing Yours*

“If you are a mommy- (or daddy-) come-lately, you’ll find some wisdom and encouragement from Beth. Your times are in God’s hands—and you are unique, but you are not alone.

Twila Paris, Christian recording artist and late-in-life mom

“Beth K. Vogt offers a look at motherhood from a slightly different perspective—through bifocals. She provides the perfect blueprint for your new adventure called ‘midlife mothering.’”

Jane Jarrell, author, *Simple Hospitality*

“Beth Vogt uses humor, real-life stories, and facts to give a warm but unvarnished journey into the joys of late-in-life motherhood. You will laugh out loud and learn all about the pressures of becoming a ‘mature mommy’ in today’s world.”

Byron C. Calhoun, M.D., high-risk OB-GYN specialist

“Beth Vogt has vital information for older moms who share in this late life, joyful journal.”

Gail Hayes, author, speaker and proud Mommy-Come-Lately®