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Mommies Dish Serves Up Education, Activities For Region's Moms and Expecting Mothers

New Community Group Combines Expert Speakers, Social Outlets for Moms and Kids

Merion, PA – April 24, 2007 –With more than a half million children under the age of five, and hundreds of thousands of young moms throughout the region, Philadelphia may soon be known as the city of “Motherly Love.” And now thanks to a new community group called Mommies Dish, there will be more opportunities for those moms, expecting moms and their kids to meet, eat, play and learn at some of the area’s top locations.

Described as part speaker series, part play group and part support group, Mommies Dish caters to moms and soon-to-be moms with specialized events at restaurants and other venues throughout the area. Leading pediatricians and parenting experts point to loneliness and lack of confidence as two of the biggest challenges facing young mothers – especially stay at home moms -- in the early child rearing years. Mommies Dish hopes to provide moms with activities and information that can help address those issues.

“Being a mother is the most rewarding experience a woman can have, but it can also be scary, humbling and lonely,” said Mommies Dish founder Corinn Rocker. “We want to create a new kind of mom’s community -- one that gives every mom or expecting mom an outlet to meet woman just like them, listen to experts and take part in great activities with their children. We know babies don’t come with instruction manuals, but at Mommies Dish, we’re here to help every mommy discover their own recipe for success.”

Rocker is an MBA and former successful publishing executive. When she left the business world to raise her daughter Fallon, she found that there was a shortage of resources and social outlets for new moms. She founded Mommies Dish to help fill that gap. Rocker is joined by her best friend and business partner Lindsey Morgan. Before having her son Jake, Morgan worked in the hospitality industry, most recently in Corporate Sales for Four Seasons Hotels and Resorts. The two represent a new breed of Momtrepreneurs, young mothers building businesses geared toward women and often mothers specifically.

The first Mommies Dish event will take place May 10 from 3-5 p.m. at Youth Movement Fitness in Bryn Mawr. The event called “Cookin’ at the Gym” will cater to toddlers. It will include supervised gym time, an interactive snack lead by a professional chef and an arts and crafts activity where children will decorate their own picture frames to give as gifts just in time for Mother’s day. Upcoming events will include a lunch and learn lecture series where experts such as renowned sleep expert and author Dr. Jodi Mindell will speak on key parenting topics. For more information on Mommies Dish and upcoming events visit www.mommiesdish.com.

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