

# Let's Get Real

RELATE. REJOICE. REACT. REMINISCE.

• THIS LIFE

## So True!

We asked some of our fave moms and dads: **What's one thing no one told you about parenthood?**

**"The patience and mental stamina you need. Each age and phase comes with its own set of challenges and triumphs, requiring a totally new rhythm and flow. Just when you think you have one phase figured out, your child evolves."**

—cookbook author **Gail Simmons**, mother of two, judge on *Top Chef*

**"How hard it was going to be for me to keep my lips off of them! Every chance I get, I'm kissing their sweet little faces. I just can't help myself!"**

—author **Lauren Akins**, mother of three, whose book *Live in Love* is out August 18

**"Your children will teach you as much as you teach them. The experiences you face as a parent will redefine who you are as a person."**

—former boxing champion **Laila Ali**, mother of two, creator of *Laila Ali Lifestyle*, and contributor to the downloadable *4-H Fresh Chefs Cookbook*

**"How satisfying it is to see your child learn new things. Birdie recently told me that Saturn has a ring around it and Jupiter is the biggest planet, and she told me how long it takes the Earth to go around the Sun. She's 3!"**

—former pro wrestler **Brie Bella**, mother of one and expecting her second, star of *Total Bellas*

**"That zip-up pajamas are the greatest invention ever. And baby powder gets sand off skin."**

—Access Hollywood host **Mario Lopez**, father of three, star of NBC Peacock's *Saved by the Bell* reboot