

THE FOX NEWS ANCHOR SHARES HER SECRETS ON BALANCING WORK AND FAMILY.

Gretchen Carlson wears many crowns—award-winning journalist, former Miss America, spokeswoman for the March of Dimes, and mother of Kaia, 2, and Christian, 6 months. Last spring, while on maternity leave, Gretchen negotiated a move from the CBS Saturday Early Show to become a daily anchor on the FOX News Channel. Here, Gretchen shares how she and her husband focus on the jewels in their crown: their children.

PULLING DOUBLE DUTY “In the beginning, we had to have a little conference on how to divvy up responsibilities. Just like any family, it’s a give-and-take. My husband, Casey, covers the morning and I take the end of the day.”

READY FOR THE JOB

“Nothing can prepare you for motherhood. You can feel 120 percent ready but until that baby’s in your arms, you have no clue. Even with my second child there are things I’m doing differently.”

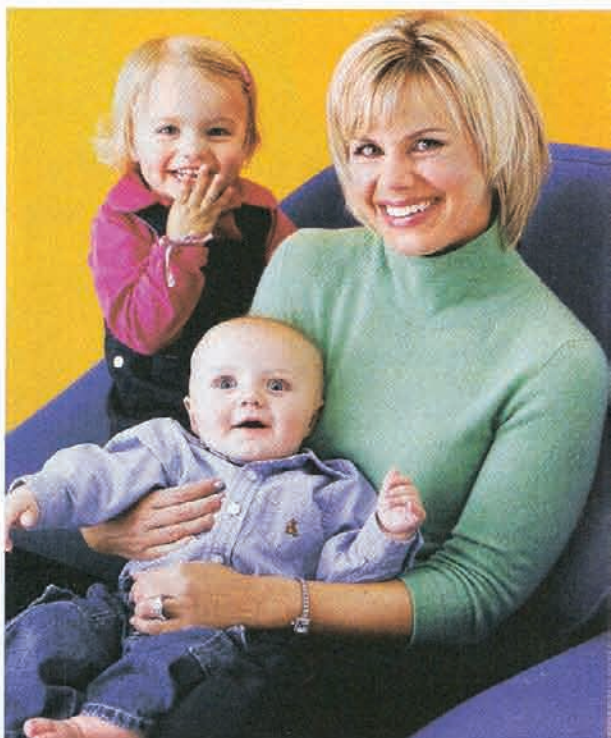
PREGNANCY STYLE

“Whatever fits that’s black! I’m not the most attractive species pregnant. The minute my body finds out, it’s, Oh good, I can be fat. I gained 15 pounds the first trimester. Honestly, with black elastic pants and exercise clothes, I camouflaged my pregnancies for four months before making any announcements.”

THE NAME GAME “Both of my children’s names are Scandinavian. I was reading a name book when ‘Kaia’ jumped out at me. The definition, ‘wise woman,’ definitely struck a chord. And I just loved ‘Christian’ for a boy.”

GOING BACK TO WORK “The first day back is so wrenching. With Kaia, it was all new and separating was very hard. Fortunately, my caregiver and I were able to do trial runs three weeks beforehand so we’d both feel comfortable.”

ADJUSTING TO TWO “I think about how stressed we were with one child. Now, one’s a piece of cake.”



MANDATORY BABY GEAR “I love my Peg Pérégo Aria stroller. It’s one of my biggest mommy crutches.”

MAKING INTRODUCTIONS “Kaia’s first meeting with her brother was very well thought out. My husband got her all dressed up for a special visit to see the baby and me at the hospital. I even wrapped up a few presents to her from the baby. But I don’t think she got it. For her, it was more fun going to the hospital playroom.”

SIBLING RIVALRY “It’s been a challenge. She loves him dearly and he’s starting to giggle at her. That said, sometimes she can be too rough, so I have to be like the referee in a boxing match. Right now, it’s like a love/hate thing that we’re going to have to work on for a while.”

MAKING IT WORK “Managing all the variables—the babies, the new job, my marriage—is like doing algebra, my favorite subject.”

Jeanne Faulkner is a writer in Portland, Oregon.

“During pregnancy, I just couldn’t seem to get enough fruit and french fries”



Fast beauty fixes

“If I’m running out, it’s just mascara and lip gloss. My favorites are L’Oreal Voluminous black mascara and Bobbi Brown’s lip gloss in petal. These always do the trick.”

