

# The Mom Insiders Vol. 5 | A Mom in Red High Heels - Beauty & Style Tips for Moms

Posted by [Tammy Gibson](#) on July 10, 2010 · [Leave a Comment](#)



The Mom Insiders  
*The inside scoop on what Moms need to know!*

**The Mom Insiders:** the best posts of the week featuring the Inside Scoop on what Moms need to know!



- American super model and mom of two, **Christy Turlington**, directed a new documentary called “**No Woman No Cry**“. The documentary explains the life of at-risk pregnant women in four parts of the world. Did you know more than 500,000 women die each year from pregnancy related causes—and that 90% of these deaths are preventable? Christy talks about her visit to El Salvador, which inspired her film, on [CitiBabes Blog](#).
- Have medium length hair and looking for something new to do with it? Check out this gallery of hot styles on [Ladies' Home Journal](#).
- With summer travels in full swing, you'll need to pack light but efficiently! [Daily Makeover](#) scouted out some great travel size beauty goodies to take along!
- NBC Digital Network's new online destination for the boomer generation called [Life Goes Strong](#) features a posting about the do's and don'ts of bangs over 40.
- [Shop Suey Boutique](#) offers several gorgeous items at 50% off. Shop now to score summer accessories like the [Kendra Shoulder Bag](#) for less than \$30!
- [Mint Goals](#), a new feature launched this month by leading personal finance site Mint.com, helps mommies and daddies alike plan, budget and set life goals, not to mention regain a semblance of normalcy in their all-to hectic lives. I can certainly use the help, how about you?
- Just have a baby? Are you suffering from Postpartum Depression? You are not alone! Read this article written by a therapist who suffered herself. [BabyElan {daily}](#) brings light to a subject that impacts so many moms! Don't suffer alone.
- For those of you with little artists at home, try **Paintsicles** for a great summer activity:

Keep cool this summer with natural paintsicle painting with Clementine natural paint. All you need are some popsicle molds (or an ice tray and tongue depressors) and some Clementine natural paint!

**Instructions:**

1. Pour the paint in the molds and freeze overnight.
2. Dip in a warm water bath to demold.
3. Paint on heavyweight paper. Outside is a good place.
4. Enjoy your beautiful paintings!



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