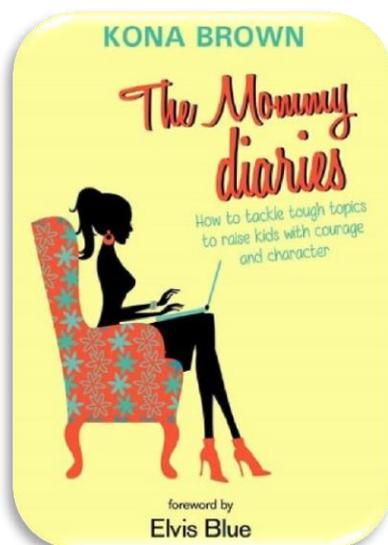


## The Mommy Diaries

*How to tackle tough topics to raise kids  
with courage and character*

Kona Brown



Parenting is not for sissies. And with today's kids facing challenges such as social media and the internet, in a complex social landscape where issues such as race, poverty and privilege are forever at the forefront, most moms and dads find themselves parenting in uncharted territory. With the tricky questions kids start asking and the difficult situations kids start facing from the age of 8 onwards, parents often feel ill-equipped!

Working mom and blogger Kona Brown realised that it was in the car and around the dinner table that her kids would share with her much of what they were facing, from popularity to playground politics. It was also here that they would bring their questions, regarding the news headlines on every street pole and the poverty on every street corner and even questions regarding deeper issues such as faith and social justice. She realised that all those difficult and challenging scenarios and questions presented an opportunity to equip her kids for life with courage, understanding and the right values in place. And that is how *The Mommy Diaries* came to be. Kona says "I wanted to intentionally engage and hopefully equip my kids around issues of the *heart*, issues of *faith* and issues in our *world*. And in conversations with other parents it became clear to me that I was not the only one who needed help to do that. So, this book looks at topics relevant to those spheres of life."

In *The Mommy Diaries* Kona recorded the principles she shared with her kids in a way that would help parents not only clarify their own understanding of the issues at hand, but to also enable them to use examples from their own life when they speak to their kids, with the basic truths in the book as a solid framework. It is meant to be a practical tool for parents, aimed at helping them respond to the questions and issues that come up in the lives of pre-teens and teens that they might feel ill-equipped for and embrace those as opportunities to give their kids the tools for growth.

As an intentionally value based response to issues and events in the world and social and emotion challenges today's parents and kids face, the book focusses on equipping parents to develop in their kids a firm foundation of the kind of faith and values that might nowadays be considered rare, such as integrity, courage, kindness, resilience, gratitude and more.

This former beauty queen, who has success in both the financial and non profit industry under her belt, now works alongside her brother, one of the busiest and most noteworthy artists in the SA music industry, Elvis Blue. As popular blogger at

[www.konabrown.co.za](http://www.konabrown.co.za) and well-known public speaker, her frank and humorous approach to the topic of practical faith in all seasons and spheres of life is also captured in this, her first book.

***The Mommy Diaries* will be available in time for Mother's Day, from 6 May 2019**

Barnabas Publishers, a subsidiary of Christian Literature Fund (CLF).

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**MORE ABOUT KONA BROWN** - An earnest blogger, enthusiastic exerciser, shower singer, persistent prayer, fashion fanatic and closet artist, Kona Brown is your typical mom and wife next door. She is at her happiest when she has opportunities to inspire other women to find more meaning in the juggling, list making, rushing, adulting, parenting and mundane of everyday life and to thrive in those places with greater grace.



A lifelong resident of Jozi from the creative suburb of Linden, Kona's flair for communication was noticed early on when she was selected as one of Mnet's first KTV presenters as a young teen. With her strong bent towards strategy and communication she majored in Development Studies and Political Science at the University of Johannesburg (then RAU) and was recruited from there to a graduate program in the financial sector. After 7 years in banking as a business analyst, Kona left the corporate world to start a family, and enjoyed applying her project management and strategic skills as project director at Rays of Hope, an NGO focusing on poverty alleviation in the Alexandra Township. Her efforts in specifically assisting orphaned and vulnerable children in child headed households played a major part in Kona being crowned Mrs United Nation SA 2012. The Mrs UN Pageant is an international pageant focussed on married woman who do charitable work. Kona went on to successfully represent South Africa at the Mrs UN International Pageant in Jamaica at the end of 2012, where she was crowned Mrs UN International for 2013.

A self confessed "slashie", Kona works passionately and skilfully in multiple industries. As a well-known public speaker, she approaches with candour and humour the topic of practical faith in all seasons and spheres of life. Kona is a popular blogger, with her blog [www.konabrown.co.za](http://www.konabrown.co.za) being announced by SA Moms Blogs as the best blog of 2016. Here she writes about issues affecting women, parenting and calling and provides practical guidance and teachings to navigate the complexities women face with greater courage and resilience. As the sister, manager and "bestie" of popular platinum selling recording artist, Elvis Blue, Kona directs upwards of 100 gigs per year for Elvis and project manages album releases all the while juggling the school run and the dynamic home life of her husband and 2 sons.