

# JESSICA ALBA

Self-made mogul running her own billion-dollar business and raising two confident girls...Honor, 7 and Haven, 4.



#### How her Mexican heritage influenced her as a mom:

My heritage is about family, which comes first. Respect for yourself and elders is something I'm passing on to my daughters.

#### Why her kids may not easily identify themselves as Latina:

I grew up around my Mexican-American grandparents. My grandmother was an incredibly strong woman, a great influence on me. I was surrounded by tios and tias at family events. My kids don't have the same constant proximity. I make sure they know where they came from and they spend time with their relatives, but they are not surrounded by it all the time. We have different cultures in the house.

#### Whether or not her daughters speak Spanish:

They know how to ask for besos and leche! They are going to be global citizens and will need to understand many languages, including Spanish, to make a difference in the world.

#### Whether or not she ever considered giving up her dream to become a successful businesswoman:

When your initial pitch is rejected as much as mine was, the thought of giving up crosses your mind. Being an actress prepares you for rejection. I had to be patient to get that ultimate 'yes.' If I believe in something, one 'yes' is worth a million 'no's'.

#### The best advice you can give moms who want to start their own business, like you with The Honest Company:

Don't get overwhelmed trying to do everything at once. Lay out what you can get done now, and what will take longer.

#### How she handles the struggle of 'mom guilt':

Don't be hard on yourself. Doing your best to be present wherever you are is what's important. Make time to eat healthy and stay active. It's worth it to recharge once a week: Get sleep, have a date night or girls' night in, and drink some wine!

#### How to feel sexy when you're a busy mom:

Being sexy is about confidence, so be proud of what you accomplish, be amazed at what your body can do, and give yourself props. When all else fails, put on a bright red lip! (I hope it's one by Honest Beauty.) ■

See more of Jessica Alba in Parents Latina magazine [latina.com](http://latina.com)

## people of interest



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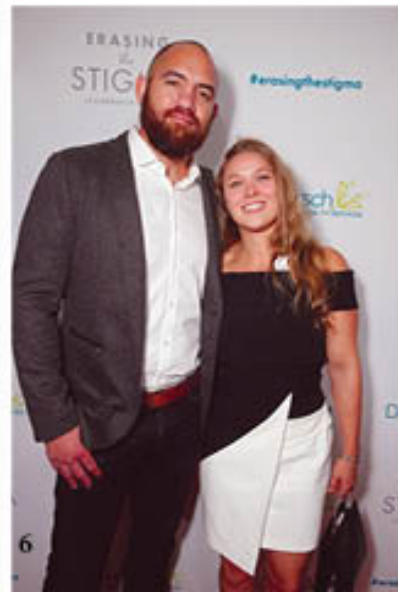
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#### Didi Hirsch Mental Health Services' 20<sup>th</sup> Anniversary Erasing The Stigma Awards

Honorees Melissa Rivers, Fashion Police producer, co-host, writer/director and Maya leader in training to help those who suffering and are grieving a loss.

- 1 Ronda Rousey and her mom, AnnMaria De Mars
- 2 Melissa Rivers
- 3 Jillian Rose Reed
- 4 Maya Forbes and Dr. Kita S. Curry
- 5 Eva LaRue
- 6 Ronda Rousey and Travis Browne