

Q & A: Tackling Motherhood with Busy Phillips

Written by Ericah Whitmill

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Scottsdale's own Elizabeth Jean Phillips—nicknamed “Busy” by her parents at a young age—is known for being Hollywood’s comical best friend. Some may recognize her from her debut role in the cult favorite 1999 show “Freaks and Geeks” or when she played one of the best friends in the hilarious 2004 movie “White Chicks.” More recently, Phillips has been seen in the hit 2009 TBS show “Cougar Town” as well as the 2016 HBO show, “Vice Principals.” Phillips, known for always being her unfiltered and pure self, has teamed up with LG to show how [the LG TWINWash with SideKick system](#) has made her life a bit easier as a busy mom that’s always on the move. AFM had the chance to interview Phillips about her life as a mom of two kids—ages four and nine— as well as the pressures of being a mom in today’s world and living up to a certain standard in this social media advanced world we live in today.

AFM: Why did you choose to partner with LG?

BP: With social media, a lot of moms feel so much pressure to portray a picture-perfect life. That’s why I loved teaming up with LG to show moms that life doesn’t have to be perfect to be good and we should celebrate those imperfect moments that make us all human! What do you love about the LG TWINWash with SideKick system?

AFM: How has it made your life easier in comparison to other appliances in the house?

BP: I am far from the Pinterest-perfect mom. I mean, life’s messy and I embrace it. To get it all done, I rely on a lot of patience and life hacks/products that make my life easier [like] my current obsession: the LG SideKick washing machine. It’s a second washer that attaches to my main LG washer, so I can quickly wash small loads when life gets messy. Plus, it saves me time because I can also wash two loads of laundry at the same time.

AFM: What appliance can you not live without when it comes to making home life easier?

BP: I truly can’t imagine life without a washer and dryer. With all the different activities my family does I am literally running them all day. The SideKick and the LG front-load washer can operate simultaneously or independently, so the user can wash one load in hot and one load in cold water at the same time.

AFM: What is the No. 1 myth surrounding modern moms that you want to discredit?

BP: Like I said before, it is impossible to portray the Pinterest-perfect mom. Life is hectic and there is so much going on. I think it is important to stay true to yourself and who you are—no need to try and put on a show for anyone because social media is pressuring you to look/live a certain way

AFM: What are some of your favorite “me time” rituals?

BP: I love a good workout obviously but the real “me-time” is actually spending time with my daughters. I call it “them-time.” Now that they are older the one activity we love to do is get mani and pedis.

AFM: Do you think modern moms put too much pressure on themselves to maintain a specific image? If so, how?

BP: Social media has made it harder but at the same time the tides are turning and conversations that didn’t happen before are happening now, like life’s not perfect and it’s OK to celebrate that life’s good.

AFM: What hacks do you have for getting your kids to eat nutritious dense foods?

BP: I absolutely love Jessica Seinfeld book which has amazing tricks like hiding nutritional food in meals so they don’t even know it’s there. [For example,] you can puree broccoli and put it into spaghetti sauce —genius!

AFM: What do you think yesterday’s mom lacked when trying to get their kids to eat healthy?

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BP: I really believe the farm-to-table movement has created a society of healthier eaters and that includes kids too. Because when you eat fresh food it naturally tastes better —much better than the frozen veggies my mom used to serve me.



AFM: What are some unexpected activities today's mom does that was never an option before?

BP: Moms today are just as adventurous as dads were yesterday. A lot of my mom friends actually go rock climbing with their children. Me? That's one step too far, but I definitely love to support Birdie on the sidelines.

AFM: What's one piece of unrealistic parenting advice you've received that you don't agree with?

BP: Date night. I've been with Marc for 12 years, and we've never made it a point to have a set date night every Thursday. There is no need to put a focus on date night because the pressure for it to go perfect often clouds the whole plan. We don't get hype that because we are perfectly happy hanging out and ordering in sushi.

AFM: What's one piece of parenting advice you would give to a friend?

BP: Learn the art of multi-tasking with a product like the LG SideKick that is a part of the TWINWash system. You can actually do two loads at once. That's some serious multi-tasking!

AFM: Anything you're working on right now that you can share with us?

BP: I just finished filming a small part in "I Feel Pretty" that my husband wrote and directed. Aside from that, I'm busy writing my book.

AFM: Can you tell us about your first-ever book coming out in 2018?

BP: It's a collection of autobiographical essays [that] will be released the latter half of 2018. Readers can look forward to the same unfiltered and candid storytelling that my Instagram followers have come to know and love, dealing with everything, from growing up in Scottsdale, and my painful and painfully funny teen years, to my life as a working actress, mother and famous best friend.