

Top 10 Signs You Need a Moms' Night Out

Wondering if you're due for a break? Here are the red flags that you need a break for the sake of your own sanity.

1. You think bath night applies to you as well as the kids, and actually contemplate climbing in the tub just to save time.
2. Your hairdresser thinks you died because she hasn't seen you since you got pregnant.
3. You're beginning to look European when it comes to the whole "no shaving" thing.
4. The last movie you saw in the theater was *You've Got Mail* with Meg Ryan.
5. The only magazine you've read in the last five years is *Highlights* and you think it's a tabloid.
6. When you call to order a pizza, they know your name and ask how your kids are doing.
7. Your kids left the room and you kept watching Dora the Explorer to find out if she got to her destination alright.
8. Your sweatpants have replaced all the other pants in your wardrobe and you're fine with it.
9. You're wearing nursing bras and you stopped nursing twelve months ago.
10. Because you're an awesome mom and you deserve it!

Excerpted from *MOMS' NIGHT OUT and other things i miss: Devotions to Help You Survive* by **Kerri Pomarolli**.

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She is the author of the newly released *Moms' Night Out and other things I miss: Devotions to Help You Survive*. For more information, visit .