



Easing the load: Jodie Benveniste with her husband Wayne and children Jet and Wirra. Picture: MIKE BURTON

Birth of a new career

BECOMING a mother didn't just make writer Jodie Benveniste a better worker — it jump-started a whole new career.

After having Wirra, now 3, she started communications firm bravenewword, and wrote *Little Bundle*, a book that provided comfort and inspiration to new parents.

"I was so unprepared for the trauma that comes from moving from person to parent," Ms Benveniste said.

"There were so many books offering practical advice, but nothing to help you with all the feelings of shock and exhaus-

tion. So I wrote the book to let everyone know what they're feeling is OK."

Ms Benveniste, 35, who lives in the Adelaide Hills, said having kids had made her a more committed worker.

"I'm also heaps more efficient, I can focus a lot more quickly in a short space of time and I'm used to getting interrupted all the time."

Ms Benveniste works a part-time week while Wirra and Jet, 15 months, are in childcare and looked after by their grandmother.

Net link: littlebundle.com.au