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LIFESTYLE MAGAZINE FOR MODERN MOMS

**HOLIDAY
ISSUE**

FREE



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dr. rana barakat

*Changing Lives, One Smile
at a Time*

Dr. Rana Barakat is a well known orthodontist practicing in Northern Virginia since 1996. She is known as a caring doctor that is fully aware of the impact she has on her patient's lives. Improving a smile is an important task she takes very seriously. With incredible educational credentials on her resume including degrees from Vanderbilt University, University of Tennessee and University of Rochester, she is a force in her business. She is also known for her commitment to her community and loves giving back to local charities.

She is married to her husband Jerry and has two adorable children, Hope, age 6 and Paul, 22



months old. Her most treasured moments in her busy life include time with her family. She gives meticulous attention to the time she devotes to her family while pursuing her career. "I believe you should pursue your dreams and set an example for your children so that they grow up knowing they can do the same," Rana adds.

She is a true modern mom as her time is split equally between work, carpools, ballet classes, swimming, tennis lessons and play dates.

What are the three qualities you find in a modern mom? A modern mom is flexible, independent, a multi-tasker, and defines her own path. Whether it is to stay home and raise her children, or whether it is to have a career and raise her children. The key is doing what's best for your own family, whatever that may be.

What qualities do you most like in other moms? Patience, sense of humor, ability to appreciate each child for their individuality and talent.

When and where are you your happiest? On the floor, playing with my daughter and son.

Your most treasured possession: That's a tough one. Well, let's say my wedding dress, because my daughter, age 6, has already asked





me to save it for her to wear on her wedding day! That's a big responsibility!

One favorite holiday tradition. Decorating the Christmas Tree with my family

What is it that you most dislike in other moms? Being judgmental.

Biggest accomplishment. Personally, my children. They are truly the center of my life and there's no feeling like seeing them happy. Professionally, achieving my lifelong dream of practicing orthodontics. It gives me great joy and personal satisfaction that I can positively impact someone's future by giving them a beautiful smile.

Biggest challenge you had to overcome. Well, I don't believe I have overcome my biggest challenge yet, which is to devote as much time as I would like with my children and husband, run my business, and take time for myself, and do

it all seamlessly!

One thing your children would say about you?

I like to laugh.

One thing your own mother would say about you? I should take time for myself.

Favorite things

Favorite holiday dish: I'm more of a dessert person, that would be *Bûche de Noël*

Vacation spot Disney World

Restaurant: Peacock Cafe

Spa: It may be hard to believe, but I'm not much of a Spa person!

Store Nordstrom

Date spot: going to a movie. As all moms know, it can be a luxury to find such time.

Family outing: Taking a walk in the park