**P1:** **[00:00:00]** Hey.

**P2:** Hello.

**P1:** Hi. How are you?

**P2:** I went to the old link. I don’t know why -- were you sending it via e-mail?

**P1:** So, I sent it but sometimes it doesn’t seem to go through when I create it and then I send it as an investigation on Google Calendars. So, I don't know what happens. It's like sometimes…

**P2:** Okay.

**P1:** …sometimes it doesn't. Sorry about that.

**P2:** No, no good.

**P1:** …I resent it. So, anyway, I'm glad you are here. Thank you so much. Was this time all right for you today? Were you…

**P2:** Yeah, all right. Perfect I've got an assignment due next weekend, um, and um, and we're going -- I'm taking my husband away for his birthday, it's on Monday. So, I'm going away. So he needs to go to -- so I was going to try cramming so like assignment time and then go. And I just thought I was umming and uhing and umming and uhing and I couldn’t decide like what I should do. And I was like, "You know what, let's just stick with it as it is."

**P1:** Okay -- okay -- all right. Perfect, and Megan, I have to tell you that, um, after our last interview, the recording never arrived from Zoom. Normally they email me, and they're like, "Here's your recording and then I" -- and it just hasn't arrived and hasn't arrived and I emailed them and I'm like in the queue. I've been in the queue, for like -- the technical queue for like three weeks.

**P2:** Oh, my gosh.

**P1:** I know, so I'm devastated. I am really holding on to hope that it will still…

**P2:** Yes.

**P1:** …come, but um, in case it doesn't I just want you to know I haven't been able to -- what I wanted to do is transcribe and then you know, anyway, I've got my notes from last time. But I probably will be repeating questions, so I really apologize about that.

**P2:** No, that's fine.

**P1:** I'm so sorry. So, now also I'm double recording as a precaution.

**P2:** Yeah, I was going to say that maybe that's a better route. So, I didn't know that's how Zoom worked with the Zooming -- with the recording so they then they then send you. You can't actually get it directly after the sessions.

**P1:** You do. So it should automatically save and then when you go into your profile, all your recordings are there, but for some reason it just -- and I absolutely 100% recorded, and it just…

**P2:** They remain there?

**P1:** Yeah.

**P2:** Has it remained because it's recording at the time?

**P1:** Yes, and it just never came. And I was like where -- and then I went into to trash. Anyway it's been, um…

**P2:** Okay.

**P1:** Sorry, I'm just trying to get the recorder on my phone. So, I've got on my phone and on the…

**P2:** Yeah, double, I mean do I want me to record on my side? **[laugher]**

**P1:** Triple record. **[laugher]** We'll be okay with just one. Unless, um, no -- no, we'll totally be fine. Sorry, but I can never find the voice recorder. So how have you been?

**P2:** Yeah, fine, yeah I've been good. Um, and I've actually with my course and everything it's quite a lot of personal development, um, and spending a lot of time thinking about things and I was already sort of in that place before I started the course. And then I just had a realisation either the other day. And I don’t know if it had much to do -- because I really enjoyed our chat and the fact that you're a forensic psych and that's a field of like child [**unintelligible 00:03:02**] case and that sort of thing really interests me. It has always interested me.

**P1:** Yes.

**P2:** Um, anyway, I had a sort of, I don’t want to say, epiphany but it isn't quite that, but it sort of made the decision that I definitely want to do my clinical psychology masters.

**P1:** Amazing.

**P2:** So, yeah, so I'm very excited about it but now it's the big -- I mean, I was saying to my coach yesterday or whenever it was I've literally printed out the applications form. I think this will be the sixth time in the last 10 years.

**P1:** Uh, I mean, it's so a destroying process, isn't it?

**P2:** Yeah, I've literally now decided. Before I was like, "Okay, let me just fill it in," and then I just didn't have that drive, now I'm like it's going to happen come hell or high water. Um, somewhere or form and I'm looking at doing the UK route of…

**P1:** Nice.

**P2:** …studying and working. I know my brother is doing that in the medical world, but I don’t know, um, -- I don’t know if you can do it with -- it's so competitive all over the wold really. So, I just don’t know if you've got that option.

**P1:** I -- I don’t know. I mean I lived in the UK for a couple of years and I worked there as a psychologist as well. Um, I was already a psychologist, but I did have people underneath me applying. Um, and it's a similar process to this one?

**P2:** Yeah.

**P1:** I know they're very selective, but I found, um, the -- the selection process, is like we're getting in stage was a lot easier. So, it was centralized. So, it was a centralised application and then you would send it out. So, you didn't have to do three different applications in university and then they would give you feedback as well, which we don’t get in this country, which I think is…

**P2:** Yeah, okay. So, do they do that through the BPA, so British Psychological society?

**P1:** No -- no, let's do the HCPC, which is the Health Care…

**P2:** Yeah.

**P1:** The British Psychological Society, sorry it's like, an independent organisation that you don’t need to belong to. Um…

**P2:** Oh, really.

**P1:** Like tick to say like we have a certain standard and you belong to us, so but you do not need it and lots of people don’t actually belong to it.

**P2:** Okay. I thought that was the first step so I was about to do that whole process. Okay, so I must go HCPC. Okay.

**P1:** That's for registration. Yeah, that's one you register. I am not quite sure about the application, yeah.

**P2:** Oh, okay all right.

**P1:** Yeah. Yes. Yeah. Yeah, okay so that's exciting.

**P2:** Yeah.

**P1:** [crosstalk] around deciding what -- I mean, I wanted to ask you if anything stuck with you from the last interview. If there was anything that came up for you or…

**P2:** Nothing really. Um, it was -- it wasn't -- I must say it did feel like after like hearing sort of what I had said, that I do feel like I'm, I think it's positive that I'm quite aware of things, um, and pretty self-aware.

**P1:** Right.

**P2:** And that I know that there's a lot from my past in -- in growing up that, um, is guiding me as a mom and it could be seen as a negative thing, but I definitely see it as a positive thing.

**P1:** Right.

**P2:** As long as it doesn't exhaust me, you know, when I'm trying so hard not to do something for the wrong purpose or reasons.

**P1:** Yes.

**P2:** So -- so I am -- I am super aware of it. Um, but nothing really, um, sort of -- I wasn't like super exhausted. Sometimes those sessions can be, you know, after like a session with like my psychologist or my coach can be a little bit like, then making you feel exhausted. Um, I didn't feel that at all, which is quite nice. I actually really enjoyed the conversation.

**P1:** Oh I'm glad. I'm glad.

**P2:** Yeah.

**P1:** Um, I mean was there -- because so you said that, um, things guiding you from your past, had you -- and I know we did discuss a little bit about this last time, what were you thinking about things that were guiding you from the past in the way that you remember now?

**P2:** Well, it's, um, -- it's just reacting correctly in a situation or reacting appropriately in a situation for one. Um, and for two, um, you know, just ensuring that that Hudson has this own conditional love, which is also a very broad term and that's -- you know that's also something that constantly challenged me of you know, that doesn't mean that he's just constantly spoiled with love. He also needs boundaries, he also needs, you know. And has to find very mind strong determined little boy, so yeah he gives me a race for my money. **[laugher]** We're at that stage, where they can't learn discipline but I'm like, "Oh, my gosh. He needs it so badly."

**P1:** Yeah.

**P2:** You -- that's the other side, it's just not really knowing, um, what is appropriate and being so aware of like how these sort of -- I mean, even with my course now I've been so aware of -- of social schemers, you know, and what is -- all of that thinking. I'm like there's so much like a better way of thinking and now I'm allowing my own life into my child and going like -- that's what I'm constantly actually trying to do. Is just go like, "Okay, well what does this actually mean if he does this? Like is it that harmful or, um, or does he actually need to learn that this is what you don’t do, or do do you know?

**P1:** Yeah -- yeah. So looking at the meaning behind his behaviour?

**P2:** Yeah, and just understanding him from the perspective of like if I'm telling him not to do something, it's just because that's like my social learning or is that something that he really shouldn't be doing? Or like -- it's sort of it's analysing what, um, the level of importance and I think I do try and do that as often as possible. Um, so you're not just constantly going, no -- no -- no, you know.

**P1:** Yes. It's so hard to leave out or disentangle what is your stuff versus what is like what he needs?

**P2:** Yes, yeah. And I definitely don’t want this child -- I mean, I know I've always had this sort of theory of, um, you know, at school there was the counsellor, who got the son that got expelled, you know. It's always like -- and there's the priest whose kid becomes like flirty**[laugher]**. There's all these things in the world and I've always been so aware of those sorts of things, so the last thing I want is like here I am like really trying to give him what he really like -- almost like evolutionary from that perspective what he actually needs. Um, like maslow and all these sort of different things and what is -- what is actually important to him versus what's society has told us about discipline and what you do and don’t do and how you do and don't behave. And I'm just get the next thing I'm going to be at people's house and my child is going to be like running the wild even though I'm not that principled, I'm a very structured straight down the line kind of person, but I'm sort of trying to break that a little bit. **[00:10:00]**

**P1:** Yeah.

**P2:** So, it doesn't make him a small box of a human being, you know. So, have I been creating a little artist, I don’t know. **[laugher]**.

**P1:** That's funny, but what that makes me think about is the balance of paying attention to your own instinct. So, I don’t know if I like that word or…

**P2:** Yeah.

**P1:** …instincts and feelings around him and reacting to what you feel, versus all the theory and the, you know, the other stuff the text books or whatever and trying to balance out these two things.

**P2:** Yeah -- yeah, just finding a good medium between the two because I really believe I was having this discussion with another mom yesterday who has had the terrible time with her little boy. Um, with um, they suspect he has epilepsy. He had 100 seizures in two days.

**P1:** Oh, my goodness.

**P2:** Um, yeah, no it's extreme. The doctors are like, we have no idea what this is.

**P1:** Wow.

**P2:** Um, so she's been through a hell of a lot and we were just saying that the power and the -- the level of a mom's instinct, is on another level. Like no medicine, no textbook no nothing that overrides that 100%.

**P1:** Yeah.

**P2:** Um, and it's just about really listening and believing in that. Um, yeah.

**P1:** Have you had moments where you have had a clash, an internal class where your instincts are saying one thing but, um, the theory…

**P2:** Yeah.

**P1:** …is saying something else. Can you give me an example of when that comes to mind?

**P2:** More so medically. So -- so when you -- you know, when people -- you know you've also got that balance of like I'm definitely would never say that I'm a helicopter mom. But you know, I don’t want to be that mom that is at the hospital because my child has a snuffle. Because I'm like the last person to go to the doctor. And I've got a strong immune system.

**P1:** Yes.

**P2:** Um, but you know when your child is not well, you know. And because of the relationship as a mom, you just want to protect them from everything. Um, so even if it's a little cold, you're like, "But what if it's something else?" Um, so I still tend to leave it until I really see -- and he -- he handles being unwell so well. He just runs around and he's fine. He doesn't very rarely needs -- it's very difficult to know. I mean he had a middle ear infection on both ears, and he would have had it for like a week, but we only knew it when I suddenly noticed cuts in his ears where he had obviously like scratching because it was a bit sore. **[laugher]** And he was waking up in the night but he hasn't been a good sleeper. So, I didn’t know. And then suddenly it was like he's got an infection of both ears. I'm like, "Oh okay." **[laugher]** But um, -- but yeah I think sometimes when my gut is saying, "It's something else. It's not teething or whatever," like last night. He woke up I think at least two or three times before midnight, crying. And I was like, "There's something wrong. There's nothing I can do now." There's something wrong though. We gave him medicine. So, it's yeah, sometimes it's just like the society is saying, "Don’t overreact. You're being ridiculous. It's nothing serious." And you know it's nothing serious, um, but then the motherly instinct is saying, "He needs something from me." You know, it's like an internal like response where you're like, "He needs something and I don’t know what it is. And…"

**P1:** Yeah.

**P2:** I feel like time will tell but I also want to act right now because I don’t want you to be in any pain or discomfort.

**P1:** Yeah -- yeah. Do you find those moments quite difficult? I know we did discuss these in our first interview around needing something and not knowing what that is.

**P2:** Yeah, I found it very difficult. It overwhelms me completely, consumes me. I'm a worrier. I worry worry, worry.

**P1:** Okay.

**P2:** Um, and I can speak to my brother and he's like, a matter of fact he's in the medical world and he's like, "Oh my God." Like I've been worried about how much he eats because he's a -- he's a chubby little boy. Um, and I'm like a Jewish mom. Not Jewish at all but I'm practically like a Jewish mom. I'm like, yeah, if I my child starved I mean that's -- that's what happened in the first four months I didn't have enough milk. Um, and so there's a little bit of a trauma there I think to a certain degree. But I've always been the kind of person if people come over for supper there's always one and a half for each person, you know.

**P1:** Yes.

**P2:** Um, and there's always loads left over but if someone would -- if the food got finished with people coming for dinner, I would feel like I had failed **[laugher]**. So I definitely got that, um, but at the same time, there's -- there are some people in my family, both my parents are overweight. Um, my mom, actually she sort of goes up and down but her mom was obese. My grandfather is super skinny, my uncle is super skinny, my husband is out of the family all of them are super skinny.

**P1:** Okay.

**P2:** So -- so I've got this like -- this thing of like, I don’t want my child to be fat. I don’t want him -- my brother grew up being, um, a chubby child and then he grew out of it. Um, but he was on steroids or something for his asthma. So -- which I didn't know. You know, as a child you don’t know that, so it was always like, "You are so fat." It was so cruel. **[laugher]**

**P1:** Yeah -- yeah.

**P2:** Um, so I do have this like -- like there's definitely an issue around his weight and just making sure that I'm not contributing unhealthily to him but he only eats healthy food. He doesn't get any sugar. He doesn't get cupcakes, chips. I mean, my friend, um, sits -- let's her son sit on her phone watching YouTube for hours, and gives him a packet of chips and he's six months older than my son. I've never done that in my life. So, he's -- and I don’t judge her. That's perfectly fine. That's her -- her vibe but I know my child is getting fruits, vegetables, food made by me, no preservatives, no unnecessary sugar. Anyway, so when I bring up the subject with various people, they're always like…

**P1:** Yeah.

**P2:** …"You need to calm down. You, you know, it's absolutely fine." But then in the back of my mind I'm going, "But are they just saying that to be kind, you know, and to calm me down?" But then I spike to my brother about it. Like he's a child. He's a boy. He's growing. Um, but from his perspective he's very matter of fact. He's like you're being stupid. But he's on child number three. So, by that said, you're like, "As long they're alive. We're happy. We don’t really care what they're doing, you know." So, he thinks oh my gosh that first time that's like, "meh, meh, meh, meh, meh." And I'm like, "Well, I'm sure you were there also with your first, but let's not go there okay?"

**P1:** And I think what's so -- what I hate about that first-time mother thing is that the implication is often, uh, you're being hysterical. You're overreacting.

**P2:** Yes.

**P1:** …any fear and feeling that you have.

**P2:** Yeah -- yeah, it doesn't help. It absolutely doesn't help. And that is like I feel that people are going, "Oh, my gosh she doesn't -- she's not in control." I think I did mention that before.

**P1:** Yeah.

**P2:** There's like this concern that people don't think I feel confident in my ability. Although when I'm at home, I feel totally and utterly confident in my ability as a mom. Like I don’t -- I don’t lie wake and I'm like, "Oh my gosh. I'm like failing." Um, but in the end -- especially because I'm an inquisitive person. So I'll go and see a friend and say, "Does this happen? What did you do in that situation?"

**P1:** Yeah.

**P2:** And I am making assumptions. I'm learning to not do that, putting thoughts into people's heads.

**P1:** Yeah.

**P2:** Um, so I am trying to -- and yeah just trying to sort of ignore that side or work on that side.

**P1:** Yeah.

**P2:** Um, but I think people's reactions, I'm reading peoples' reactions and then going, "Oh, relax," kind of thing. Oh, that's no -- you know, like you're overthinking it. And that to me say, "Sweet." Um, so cute. Yeah, so that to me then communicates the, um, "Oh, you're overreacting. You're seeing things, um."

**P1:** Yeah.

**P2:** Too hysterically like you say.

**P1:** Because I wanted to ask, um, I mean the worry about his weight is that a fear of, "I'm doing something wrong or I'm failing?" Is there a left over fear of failure from the first four months around coming in. It's such a scary thing though.

**P2:** Yeah, I have definitely I have spent a lot of time trying to psychoanalyse what it is that I'm concerned about because…

**P1:** Yeah.

**P2:** …um, I have broken it down, it is multilayered. Um, one is like a fear of him starving. So, I think I overcompensate. So, I hate being hungry and I love food and I eat big portions. My husband is skinny and his metabolism is on another level. He never puts on any weight regardless of what he eats and he eats so much. Um, so -- so I've definitely got that feeling of I hate feeling hungry. I don’t want you to feel hungry, so let me feed you. Um, I -- I -- I do think that, um, yeah, I think I do have a fear -- I think yeah, I think the general fear of him being hungry. I think there's another layer where, um, I feel a bit inadequate because I don’t know what portions size he should be having. So, I think at one stage I was giving him far too much and he's now used to that. And I don’t know how the biology of a child works. I know how an adult's stomach works that if you slowly start depleting it, then your tummy start going down, and then you're hungry. And then I have the -- the -- the physical concern of like if I reduce his food and he doesn't grow I could stunt his growth, his development. You know there's like quite a lot at play. So, then now I'm like okay he must eat and then I'm going to relax. But then like yesterday oh, my gosh he's one and a half, ate a whole apple. Had two snacks, plus his breakfast, plus a rest before that.

**P1:** Yeah.

**P2:** And then, you know, and then I'm like, "He's eating so much today. Like it's not even healthy for him. Is that okay? **[00:20:00]**" And I also then don’t want him to get into this -- like I only want him to eat when he is hungry. So, not that I'm necessarily trying to teach him that. But I don’t want to teach him bad habits of, okay I'm bored or I'm -- obviously when you're tried, you want to eat and you crave food for energy.

**P1:** Yeah.

**P2:** So, I'm aware of that when he's tried he's moany and he moans for food. But I don’t want food to be sort of like a crutch in his life. And then on top of that, I get this like fear that I'm going to create this body image issue with my child, because right now I'm trying to manage it so much.

**P1:** Yes.

**P2:** So, it's -- it's quite layered. **[laugher]**.

**P1:** Yeah, I can hear with the life going on [**crosstalk 00:20:40**].

**P2:** Yeah.

**P1:** How [**crosstalk**] yeah sorry. Um, how is your mom with food and you guys because often we have, um, parental funny ideas around food.

**P2:** So, I mean, there was no question that there was going to be some issues. My mom yo-yo dieted was like -- I remember her being close to anorexic at one stage when she wasn't eating anything. She was -- it was way less and this thing and then this diet and then was constantly up and down. To the point that when I went to boarding school in standard nine for a term because it didn't last any longer than that. My dad actually told the school, "Like watch out she might have an eating disorder." But I don’t know where that came from, because I absolutely didn't.

**P1:** Yeah.

**P2:** I love food far too much to not eat it. And I'm definitely -- I hate vomiting so there's no way I was going to vomit. But definitely body issues of only like in my late 20s when I took control of everything. Did I feel, um, comfortable in my own skin and in my own body? Um, so there's definitely that. In terms of there being plenty of food and that sort of thing, it's funny that there's no -- there's no direct relationship with that. But my dad is also one where like if we're planning to have supper with other people. He comes to me on the side and says, "Please just go buy extra. Your mom is not going to buy enough." So, but it's -- I don’t think he's always been like that. So, it's just an interesting relationship. Um, so I don't know if there's something there may be from his family and I was very close to his mom, my grand. Um, and we used to have big family get-togethers and she died when I was 13. So, I wouldn't really remember when I was so little. There's no replay of what actually happened. So, maybe she was -- she was also very overweight. Um, and very food oriented. And my grandmother on my mother's side was also very food orientated. So, there's definitely a food -- a food theme, um, but how it's playing out now doesn’t really relate to anything…

**P1:** Nice that you mention -- I was wondering if your mom -- you know sometimes parents -- just in order to -- they like put a small amount and they say, when you eat that you can have more.

**P2:** Yes.

**P1:** Or, like, "Um, don’t you kind of have any, I don’t know, sugary cereal." I don’t know. Did your mom do any kind of thing?

**P2:** They were so relaxed. My brother and I could literally like dig in and eat what we wanted. And actually growing up there wasn't a lot of education on healthy food. Like we would have all sorts of different things. So, I think that's also changed my mindset of like, you know, my child will only eat really really healthy things. And again, I think which we discussed the last time, I am aware of the control side of it. It's like something I can control. And I think what's also quite disappointing is, you know, I've made his food from scratch. It is a huge task, and I've been doing that since he literally had his first piece of solids. Um, it's a huge commitment a huge choice, but I'm in control of it but yet he -- you know, this is what I keep saying to people. He eats so healthy. I can't tell you how healthy. I'm following the *Weaning Sense* book. So, it's not like I'm making things up. And then he's a chubby child. But then my friend said to me the other day -- and don't think he looks -- I don’t think he looks chubby, but then I've got that in the back of my mind.

**P1:** Yes.

**P2:** And then, I mean, he does have his little double chin and he still have got his little fat wrists. And I look at his fingers sometimes and I'm like, "Oh, my gosh. They're so chubby." And he's got his little tummy, that's so cute and stuff. Um, but I don’t think I wouldn't look at and go, "Oh, that child is fat." You know, um, but then every now and then there does come a comment like that and then it brings up this like anxiety of like okay, there is something wrong. You know, um, but um, yeah I think the frustration and kind of maybe a bit of a disappointment and that's maybe kicking me into control mode, and panic mode is that he is eating so healthy and yet I'm not really seeing him -- I'm not…

**P1:** Change.

**P2:** Yeah -- yeah. And then I change the portion size of it, like two weeks of really controlling his portion size and I didn't see a change. And I was thinking two weeks for a young child, you would see a change. And then I start panicking. Like I was saying going like, "Okay, what if I'm doing damage now and he actually needs more substantial food to grow?" I feel very confident in the fact that he will have a growth spurt and as a -- as you know, as a -- he wouldn't be a toddler anymore. But I suppose when he's a bit older, three or four five years old, he's going to be tall -- maybe not tall, but he's definitely going to be a skinny little thing. I think he'll grow out of it, um, and if he doesn't at some point he will. He's 18 months.

**P1:** Oh, of course. Sorry. And you just said that a minute ago.

**P2:** Yeah.

**P1:** Yeah, okay -- okay. Yeah, okay I can hear. I mean, it's a constant battle the anxiety is a constant battle, all right.

**P2:** Yeah -- yeah.

**P1:** You have two little [**inaudible 00:25:27**], yeah.

**P2:** Yeah, it's hectic.

**P1:** I mean, and the other thing I wanted to ask you -- sorry just to jump back a little bit is we were talking about discipline and not knowing how to discipline and what to discipline.

**P2:** Yeah.

**P1:** And, um, I also remember you saying your mom was quite strict.

**P2:** Yeah.

**P1:** Um, sorry, I can't remember if you had told me what kind of discipline did she use?

**P2:** So, she -- yeah so she was diagnosed with bipolar.

**P1:** Right.

**P2:** Um, and yeah, I think I did mention what we don’t know is she's stable now. Um, so I think there's personality disorders and stuff associated. Um, so she -- it was hard. Like they were -- you just didn't step out of line. Um, she only ever smacked me once. Um, my brother got smacked a few times. Um, and she was -- she exploded. Like she -- she was fine and then she would like explode. Um, so, I do -- I have noticed that like if I am tired and it happened I think this week, um, and you know, Hudson he's at that age, where they do -- they do push. Because I actually spoke to a friend of mine and she said, the exact same thing. They're like what -- you've just told them not to do something, and then they watch you and they do it. He does it with the washing machine. He turns it off while it's in the middle of its cycle. And he does it. He did it three times in one cycle and I went down turned the first time, at this level, everything that I've learned along my journey of parenting and psychology and whatever, and said, "You don’t do that. It's not a toy. It's not a baby." Unfortunately, when I am saying and I need to change it's like it's not for babies. So I'm trying to get him to associate -- but I don’t want him to think he's a baby because he's not. But he understands that then it's like it's not a toy then.

**P1:** Yeah.

**P2:** I'm saying it's not for babies, don’t touch it. If it's on don’t touch it. It's on, the light is one, don’t touch it. And then he comes back and he watches it and he goes, dunk**[laugher]**. And I actually lost it with him the other day, because I got so cross because he wasn't listening and then he looks at me and starts smiling, or he then goes, "Mamma, mamma, mamma," and gives me a big hug because he's now scared. Um, so -- so yeah, I definitely and there was, I think over the weekend I was so exhausted on Father's Day, whenever that was I don’t remember. Um, I think it was on Sunday.

**P1:** Yes.

**P2:** And I had been cooking two meals for him for the week, um, and one for us for Father's Day. And so I had been in the kitchen the whole flipping day. And he as just moany and whiny, and moany and whiny. And moany and whiny. And I was eventually I was like, "Hudson I can't deal with you anymore." Because I had reached that point of like, I'm tired of saying it's fine I'll get this. And I was just spinning and I don’t know if -- my husband came completely -- like it doesn't get to him. Like he can -- Hudson can be asking and asking and asking for something, and he's just like, and I'm like, "Give the child that please." **[laugher]** Because the whole time I'm like, "Okay -- okay. I'm just going to get it. I'm just going to get it." "Okay, fine I'll get it." Because he's just asking and asking. So, um, I'm definitely I'm very aware of the face that I think -- I think I'm trying to say to myself, you know, be calm and kind and that's it's a natural human reaction. It doesn't mean that you're your mom that you're a bad mom or whatever, but it's also not pleasant. Um…

**P1:** Yeah.

**P2:** …you know, but also I'm not perfect. And I'm not going to be perfect. It's not going to do me any good. So…

**P1:** Yes, of course. So maybe we could just -- I mean, it's such a nice recent example of a time when you felt overwhelmed in the moment.

**P2:** Yes.

**P1:** Um, on the -- what -- I think it was Sunday.

**P2:** Sunday, yeah.

**P1:** Sunday, yeah. So, what was going through your head in that moment around -- when he would be whiny and…

**P2:** Um, I was tired. My feet were aching, my legs were aching. I just wanted to relax. And it hadn't been a relaxing weekend. Um, but I need -- you know, I had committed to making this lunch for us which I wanted as well, but I also, you know, had to get Hudson -- because I went through it in my mind. I am like, "Am I adding to my plate unnecessarily?" And I was like, "No, I need to get food made for my child because I don’t have time during the week." So, that needs to be made, cut into pieces and frozen. Um, someone has got to look after the child and that's what my husband was doing. Um, and, you know, I think I don’t know if I really specifically recall but it was just sort of reaching like I kept saying to myself. "I'm so tired. I'm so tired. I'm so tired." **[00:30:00]** And he was just -- there's something like physical that I feel when he is moany or asking for something. And that's why it drives me nuts if my husband can ignore it so easily. And it's not ignoring it. It's just doesn't respond to him as it does to me.

**P1:** Yeah.

**P2:** And it's a phenomenon. I mean, old mothers feel it. They can hear their child needs something and you need to respond. Um, so yeah, I think I was just -- it bubbles. Like it's fine, it's fine, it's fine and then eventually you're like, "I have spoken and told you and I know you do not understand. And I know that I can't expect you to understand but oh my gosh can you just give me a break for five minutes. You've eaten nonstop the entire day, you're nagging for more food, um, we haven't eaten. I have cooked for you." It's -- it's -- it's like a bubble of like just a mass frustration of like knowing that they're not expected to understand you but why can't they just understand? Can't they just realise that it can't just happen at the click of their fingers?

**P1:** Yes -- yes. And, um, what is the urge because feelings, emotions, you know, always come with an urge to act, not that we always follow through…

**P2:** Yeah.

**P1:** …but what was your urge in that moment? What did your feelings want you to do?

**P2:** To shout that he would get a fright to stop. So, I said, "Hudson, stop it. Enough." And hard that that would go like, okay I'm pushing the boundary now. You know, like that's my son that I've overstepped.

**P1:** Yes -- yes. I mean, okay I mean it's so interesting so do you think it was -- the urge was there and I love the way that you describe it as bubbling because it was like it's hot that's getting more and more.

**P2:** Exactly, yeah.

**P1:** Yeah, and then do you think you keep like pushing it away, and pushing it away and then eventually it just bubbles over.

**P2:** Yeah -- yeah. So I mean, I'm definitely aware of it and I go, "Okay, it's fine." And I also try and switch off and go like, "Okay it's Andrew's turn to look after the kid." So, there's probably a certain level of control. There is no way like he's not adequately like responding because Hudson is not keeping quiet. So, there must be like a lack of response there that could be improved. Um, I'm also very aware of responding unnecessarily and that obviously comes from my childhood. Um, and also just with -- it doesn’t matter where it comes from, but all parts of my life. Like if I'm feeling a bit tired and I take something out on my husband. I try not to do that anymore. I'm very aware of going, okay, you're tired and you're feeling -- like last night I was exhausted after my course. We had a lecture -- we have it on a Thursday evening, and I was so tired and I took it out on my cat so shameful. But he's so needy and frustrating and he was running under my feet and I eventually couldn't keep my eyes opening and I was just like, "Get away." Um, but, um -- sorry I lost my train of thought.

**P1:** I think you were talking about not reacting unnecessarily.

**P2:** Yes. Yeah. So, I'm definitely of the camp that like don’t keep bearing it. Like try and acknowledge it and do something about it before it overflows but it's also about just being aware is this -- how long can that actually rather keep it subdued because is this a necessary response, you know?

**P1:** Yes -- yes.

**P2:** Um, like is it right for the situation or are you overacting because of the other sort of circumstances?

**P1:** Yeah -- yeah. Which makes me want to ask you, I wonder if you self -- what's the word? Hold yourself back. Um, sorry I don’t know what the word is for that, but I wonder if you hold yourself back where you feel like frustration because of a fear that you are overreacting in a way that your mom would have.

**P2:** Yeah.

**P1:** [Self 00:34:02] sorry that was the word that I wanted to use. So, hold back because you wanted to -- so almost in a way invalidating your own feelings?

**P2:** Yeah -- yeah.

**P1:** Does that make sense?

**P2:** Yeah, it does. It does. Yeah, I think it's definitely I don’t enjoy like bubbling over and losing it. I like to be -- I like to think of myself as someone that's calm and collected and likes to think things through and not just react. I'm, not impulsive, not -- I'm not an impulsive person.

**P1:** Yeah.

**P2:** Um, but I definitely -- and also I mean, it's funny I was saying this to someone last night, that I consider myself a patient person. I've been told I'm a patient person. I think that I am, but there's definitely circumstances where I am absolutely not…

**P1:** Right.

**P2:** …whereas someone may be more patient. So, I've actually been thinking about it a lot and going actually think patience -- I don’t think you can just say someone is a patient person. I think it's completely on a sliding scale and -- and actually just depends on the circumstance, you know. Um, and I do strive to be patient for Hudson and just allow him to be in a situation but I've also got to remember that he's a toddler and this is life and I'm not perfect and neither is he, and so he's going to push and push and push and he needs to learn that there is a point where you stop. And I don’t necessarily have the tools to know how to say to him I've had enough. Because they don’t understand you can go have a conversation with him, or you can shout or you can throw something. I definitely don’t want to be unpleasant, but to a certain degree he needs to learn that level of unpleasantness to go, "Okay, I have pushed the boundary, I need to go back."

**P1:** Mm-hmm.

**P2:** And going, "Please don’t do that, little boy." To me is not giving him any cause to behave correctly.

**P1:** No. Of course, because you want to communicate at some point like, "That, was too much. That pushed it, now I'm angry."

**P2:** Yes, yeah.

**P1:** That was a limit, yeah. And I wonder also about -- I mean are you likely to ask for help from your partner at some point?

**P2:** I definitely need to work on that. **[laugher]** I am getting better. I am getting better and I'm also acknowledging and I know that I've taken him too much and sometime I [**voice cut 00:36:16**]. Um, and I've also like I sort of, um, have a very bad habit of keeping score but it's for my purpose not for his. So that I don’t go, "He -- he did that, not it's my turn." It's more like, "I've asked him to do this. I've asked him to do that. Can I really ask him to do this now?" Um, and he doesn't keep score. Um, but I also don’t want to ever feel like I have my nonnegotiable of like gym on a Saturday morning, and, um, and on a Tuesday afternoon and I'm like come hell or high water, you need to be with the child, like I'm not negotiable on that. And he doesn't ever get exercise because of work. His work schedule and because obviously I've got that schedule so I feel a little bit bad there. So, when it comes to -- you know, if I'm making Hudson's food, I feel like it's okay to say like -- oh, if I'm making our food as well, but, you know, if I'm doing like a task, I think it's okay to say, "You look after him while I get this done." On a Saturday I'll look after him for most of the day because we normally have the gardener here and Andrew is with the gardener. Well, he's like our handy man actually. Um, so, like I say you can see I am keeping score to just justify that I'm not taking advantage, um, which is not a good thing and I would like get out of it but it's also my awareness of like being fair. Um, so, I think -- I think I could definitely ask for more help whether I feel that it's right or not is something that I think I'm still struggling with. Like whether I should rather just -- and sometimes there's just nothing that can really help. Like the stuff needed to be done. Um, I think if restaurants were open, I would say, "Let's go to a restaurant." So that I didn't have to do three meals and study and have a full-time job and mom**[laugher]**.

**P1:** Yeah, absolutely.

**P2:** Um, and I do try and find ways so that -- like I'm constantly like looking at ways to make things a little easier so I don’t feel the two of us have our plates full. But we certainly both have very full plates because we don’t have any -- any parents here helping.

**P1:** Yes -- yes -- yeah. I'm really interested in what you said about you want to ask for help but you're also saying to yourself, "Is it right?" I mean, you're like, "Am I taking advantage?" Is it okay that I'm asking for help in this moment? Is that…

**P2:** Yeah -- yeah. Sometimes I feel like I just do it. And just like you say, okay I need help and like if you feel overwhelmed you need to speak up. So, something like do you have a habit of assuming people or thinking certain things, is an area I need to work on. So, I'm trying not to do that with Andrew, because I was just assuming that he felt overwhelmed but he's also the kind of person that says yes to everything. He always wants to help. Um, and I've actually resigned myself and I just need to constantly actually remind myself to go like, "If he is feeling uncomfortable and overwhelmed, it's up to him. He's an adult. It's up to him to come to me and say, I can't do this. This is too much." Um, but I'm the kind of -- I think I'm a bit maternal in a way that I'm like, please know that you can and -- it's always there but I also don’t want to like belittle him and baby him and, you know, by saying that. I want him to just sort of know. But it's that a communication **[laugher]** play. Um, yeah so sometimes I do feel quite comfortable just to say like, um, I really need help. Like I'm not coping. So, please jump in. And then he is always more than willing to do so and other times I'm like, "You know what. I'm going to be a bit of the mat and do it all," and give him a bit of a break. Which I am realising sometimes it's actually counterproductive.

**P1:** Sure, because then you're not who **[00:40:00]** you want to be in that moment maybe. You're not being the mom the way that you want, or?

**P2:** Yeah, I think sometimes I've got to go. I'm so tired, oh I've cooked three meals and I don’t -- I don’t do it to rub it on or to hurt but just to sort of have him acknowledge that like I'm not being overdramatic. I feel like I've achieved a lot and I'm actually tired. And he is always very grateful and always, um, very, um, he acknowledges. He's like, "Gosh, you've done a lot. Thank you so much. You're the best, wife, best mom." And whatever. So, it doesn't go unseen at least. It's not like it's unnoticed.

**P1:** Yes. Um, that makes me think about, I don’t know, a little earlier you said your mom was diagnosed with bipolar and then also that's there's a whole lot of personality stuff that goes along with that.

**P2:** Mm-hmm.

**P1:** And I wonder if -- I mean, growing up with parents who have these kind of diagnosis can be quite difficult because they can be quite unpredictable or confusing and I think often it leads to a lot of censoring of your own feelings.

**P2:** Yeah.

**P1:** Because you're not quite sure how your mom is going to react. Um, and I wonder if there's link for you around not asking for help…

**P2:** Mm-hmm.

**P1:** …in that.

**P2:** Look she -- definitely. She was also one to not ask for help, but then she -- I mean, she would explode. It was the most frustrating thing.

**P1:** Okay.

**P2:** So, she would go, go, go, go, go, and you could see the storm is building. We could all see it. We were just waiting, you know. And if you asked to help, you get, "No. Leave me." You know, and then it was like, "I do everything around here." So, that is -- it must be something that I maybe had learned that that is the role of the mom maybe. That is the role of the wife. That is the role of how you run your family. Um, but I'm just so conscious of not exploding so I'm doing it anyway. But I'm just not exploding and therefore it's okay. Um, so there's definitely that.

There's definitely we have to sort of -- we will constantly treading on egg shells. It was everyday, um, because you just didn't know. And you know, I don’t know if I mentioned this before, but I remembered this very clearly, it always stuck with me was waking up in the morning and I would listen and I would lie in bed and I remember listening very hard. And I could hear my mom and dad talking and if it was heated, um, or she was crying, I was like, "Hey, we're going to have a bad morning, but by the afternoon everything was going to be fine." And if she was happy, and laughing, I was like, "Okay, we're going to have a good morning, but that means this afternoon is going to be chaotic."

**P1:** Wow…

**P2:** Like, so…

**P1:** …in just one day.

**P2:** Absolutely. Yeah. And when things were good, you just didn't know when they were -- like, you know, and I can see that it's funny that I've actually just said that now. So, that's linked to something else, but you know I'm not a negative person. I'm definitely more on a realist side, but I'm not negative. But I'm not negative, but I am the kind of person who is like that's cool that everything -- let's enjoy it while it's good. That's cool, but let's not get super excited because something is going to go off truck. Um, and that's exactly what happened. Like I think I was even worse as a child. I was like, at any moment this like whole ton of bricks is just going to come crushing down again and it's going to be an absolute disaster.

**P1:** Yeah -- yeah. Okay. That's such a pointed memory that listening.

**P2:** Yeah, I don’t know why, but I think at some point I realised that that was really unfair for a little kid to go through and also quite, um, quite advanced to make that connection, you know what I mean? To suddenly go, okay well -- I think it was a coping mechanism really.

**P1:** Okay.

**P2:** So, just understanding…

**P1:** If it was a bad morning, what did that mean for you in terms of how you would…

**P2:** I think I always preferred when she was crying in the morning because then it would eventually come right, because then my dad was sort of trying and figure out how to like sort it out rather than it being sort of a fake happy day knowing that -- it didn’t always pan out that way of course. But that is what -- you know some days it's like whoof, we've made it through and everything was fine. **[laugher]** Um, it created a lot of anxiety and that's where I think a lot of my controlling nature in terms of like feeling the need to control things that I can't I think that's definitely where it's come from, because it was a coping mechanism. Like anything I could control I would.

**P1:** Yeah.

**P2:** Um, I think that yeah it -- and I didn't realise until recently that I did suffer from anxiety. Um, well not recently as in like three years ago. I was like, okay so it's actually something. It wasn't just like okay that's who I am, and I just put this uncomfortable nervousness and horrible feeling from time to time.

**P1:** Mm-hmm.

**P2:** Um, so it's not -- it's not on a -- on a, um, sort of clinical scale. I don’t have like a diagnosis of it, but I've got sort of light medication just to ease it from time to time. But yeah definitely created anxiety it's just the uncertainty and the unknown. So, you just naturally feel like, oh my gosh like what is coming next? And you kind of know what is coming next, which is -- you just don’t know how it's going to play out.

**P1:** Yes, I mean it is so…

**P2:** Sometimes it was plates being thrown and other times it was just all sorts of different things.

**P1:** Okay. I mean it sounds like it could get quite dramatic.

**P2:** Oh, yeah. Yeah.

**P1:** It's so interesting that you say that because one of the notes that I made from our first interview, um, is which sort of doesn't make sense on its own. I think it says level of control or level of control versus certainty. So, that's so interesting because that's what you're doing like now that it's either -- yeah, like needing to know what's going to happen next and then needing to control it after that.

**P2:** Yeah. And I mean, at the moment, I've been really struggling with some big decisions that I need to make and I've kind of turned kind of a big corner which has been amazing. But it all boils down to -- to certainty. I -- you know, everything in life, there's a level of uncertainty in everything and there is like the belief of you need to have a certain amount of uncertainty when you're taking risks to grow and get out of your comfort zone. But then there's me, who like actually doesn't function well and healthy mentally without a level of certainty and a lot of that certainty comes down to finance more so than anything. And maybe that's because I've got a very -- a certain family environment. My husband is very very like he's always the same person. It's amazing. We never fight. People can say it's a bad thing, I definitely don’t think. I don’t cope with confrontation and fighting at all. When we have a disagreement it's a conversation, it's not a you did this and -- and -- so I've picked the perfect partner for what I need as a human being. So, I'm really really happy with that.

And I'm not around any friends that are unstable or, like up and down or anything like that. But then my business, is the most up and down seasonal, it's events management. So, and now it's like nothing is happening. So, things like economy and corona virus so the things have just thrown me right off. That's why I am trying to move out of it. Before I was trying to move out of it anyway. But I've been trying so hard for 10 years to just be okay with the up and down and the uncertainty and I've actually -- it came through like a psychometric testing very clear that like I need certainty in whatever route I'm going. Whatever do I need some level of certainty and I need to figure that out.

**P1:** Yeah -- yeah. Because I mean, we -- is it -- sorry, how do I say this. When there is uncertainty you don’t know how to be in yourself? Does that make sense?

**P2:** Yeah. I think it just -- it comes down to I suppose control and not being able to control or know. Um, so like -- so what I'm -- I'll try and put it as brief as I can. I'm obviously moving away from my events business. I'm going to close at some point and going into coaching and then clinical psych.

**P1:** Sure.

**P2:** So, this realisation of doing clinical psych has been a huge turning corner for me because now I've got this big light at the end of the tunnel of like that is what I want. The coaching is too uncertain. That's too new. I needed some level -- I can't go now and, you know, build a practice, which I know I would have to do with psyche anyway, but there's other routes. There's working for hospitals and there's other like hard and fast jobs whereas coaching is still a little like up there, um, nobody really knows what it is, what it's about. And then I've got to build a practice and I just don’t have the finances and my business is also not -- like we don’t know when we're going to be able to do events and stuff again for the foreseeable future. So, what I was grappling with was when do I close it and how do I make money from coaching and that sort of thing? And the feeling was just huge discomfort. Um, a lot of anxiety and obsession of just trying to figure out what decision to make and there was just no real right decision but there could be a lot of wrong decisions. So, it was about making a mistake. It was about, you know, not making the right decision, um, yeah. And it does. It creates a lot of anxiety and sort upset. It's constantly the minute that I'm alone and anything is quiet and I think, "Hey," and I run through the same, like sort of the little cogs go through the same process, over and over hoping that something will come to.

**P1:** Yeah -- yeah. Um, okay, now that you've made the decision there's some kind of relief.

**P2:** Yeah, now it doesn’t feel like the next six months need to be determined. Now I know that there's an end goal, that's the focus and I feel that things will -- will fall into place in some way or form **[00:50:00]** And I am sure there will be a hiccup along the way. It might not be as easy to get in as I think. I know it's difficult to get in and that's why I've avoided it for 12 years. But, um, I think that, um -- I think -- I think it will all fall into place. For some weird reason, I feel very confident about it, which is good.

**P1:** Yes, very good. Um, okay, let me just try and think what else I wanted to ask you. Sorry, let me just go back over the notes, which kind of [voice lowered 00:50:31] without the transcript.

**P2:** Sure.

**P1:** I know, I'm just like also trying to just -- it will come right.

**P2:** Yeah -- yeah. Shame.

**P1:** Something I wrote here. I wonder if it resonates for you, um, because I can't tell you exactly why I wrote it, but it was a battle between closeness and distance. Um, and I don't know if I was thinking at the time between your child and yourself around having him too close versus having space for yourself or if it was on anything else. I don’t know if resonates for you in anyway.

**P2:** There's to things that may have come up. One being that I do -- I am aware -- not that I think that I'm this person at all, but I am aware of being like a smothering mother.

**P1:** Okay.

**P2:** Um, and I am a bit because I'm a worrier and like quite cautious but I think most moms are with boys when they want to like climb a slide and they can barely walk. **[laugher]** Um, so I do have that concern of like mollycoddling to a certain degree when it comes to playing outside and stuff not every day stuff. So it might be something to do with that, um, I would have maybe also mentioned that obviously my mom is in Joburg, my mom and dad are in Joburg and I'm in Cape Town it definitely helps the relationship. But then that being said, they were here, looking after Hudson for six weeks. We didn't think it was going to be six weeks of a lockdown. And everything was perfectly fine. Like I thought there was going to be major run-ins and there actually wasn't at all.

**P1:** Okay.

**P2:** So, that, um, so I don’t know if there was anything said about that.

**P1:** Okay, but both of those things, I guess, makes sense around struggling with distance and closeness and trying to get the right balance.

**P2:** Yeah -- yeah -- yeah.

**P1:** Okay. It's just one of those -- okay, and so they came up to Cape Town -- down to Cape Town whatever it is, sorry. Um, and then it was lockdown so they were stuck essentially.

**P2:** So, yeah, they came down assuming that it would be three weeks. My dad -- I mean he said he suspected it would be extended and I was like, "No way." Um, so he's like, "I don’t know if this is a good idea." But I'm like, "But I need you. I don’t have a nanny, and we have to carry on working." Um, so if I hadn't been working I would have had a nervous breakdown just like -- even if I didn't do anything super useful I would have needed to keep my mind off things. Um, so he, um, yeah so they came down and then they obviously extended it and then they wouldn't allow provincial travel until eventually we got to the bottom of it. And then they allowed it for that one week. So, they drove back. Much to my mom's disgust. She thought she was going to stay. And I was like, I can't -- I can't deal with you on your own. She's a different person -- not a different person, but she's a lot more challenging when my dad is not there. My dad can at least, you know, suck up some of the neediness.

**P1:** He manages her.

**P2:** Yeah -- yeah he does.

**P1:** What is his -- what's his style? What's his technique?

**P2:** I don’t know. Um, I think -- I kind of feel that she feels a little, um, insecure. I think she feels insecure about who she is, and who she needs to be and I think -- I do -- I think she's got a bit of narcissistic personality disorder. So, nothing really sinks past the bubble is there. So, nothing really -- it's all -- like whereas I'm incredibly aware of everything and you probably are and you know, she's -- she's got her -- her little bubble to protect herself. Um, and so when she's on her own, she's -- she's just -- you know, if she's -- I think it's maybe more me than what my dad does, is that you know, she'll direct a conversation to him rather than me. So, if he's not there, then everything comes to me and I find it too much.

**P1:** Right.

**P2:** Um, but then there is definitely times I -- you know, that I can read the underlying sort of, um, body language and stuff where they've maybe had like a heated discussion and they stay. We've got a granny flat on the outside of the house, so they stay there so they're not in the house, which is amazing. Um, and then they'll come in the house, and she'll be in a mood or she'll come in the one day and she was crying and it was because she wasn't well, but I know they had a fight. So, I just go -- I don’t -- and it's horrible. Like most people would go and give their mom a hug and I am like, oh why is she crying? And I'm like avoiding and I’m like what else can I do. And I'm ignoring it. So, our family is very weird around emotion because we've had so much of it. So, I'm like to shy to cry in front of my family. Sometimes I'm okay, but generally I hate telling them that I'm not okay or not coping.

**P1:** Yes.

**P2:** So, yeah…

**P1:** Yeah, sorry.

**P2:** I'm just yeah, I'm not too sure how much of it is strategy. He definitely does manage her to a certain degree and when I said to her, "Look I know this isn't the nicest thing to say and you probably don’t want to hear this, but I can't have mom here on her own." And he was like, "I totally get it. Nobody wants her on her own." And I was like wow. Sure, but okay sorry dad. So, I think he also feels like he has to deal with it a lot of the time.

**P1:** I mean that -- that thing when your mom has been crying and you're like, ooh, is that because you are -- you're afraid if you ask her about it she's going to emotionally dump onto you and then you're going to have to process all of this stuff?

**P2:** Yeah, she does do that regardless. Like she'll message me and say, "Like your father did this and that." The next thing I'm like, "Why are you saying this like dad is the favourite?" Um, and I get frustrated because so often it's just so trivial and that's also something I bring into my marriage of like just being so aware of when I dump on my husband if he does piss me off, that I'm like, "Is this -- like are you -- and then I always afterwards say like, "I'm sorry. That was stupid." Or, if it was. Um, so I think, um, I don’t know. It's a little bit -- there's definitely that fear of like that instability and the drama and I mean, she used to like to be dragged by my brother and my dad outside and she would be banging in my window saying, "I'm sorry. I'm sorry," and crying and they're taking her to the hospital because she had taken too many pills because she was trying to like, you know, commit suicide and whatever because nobody loved her and we all hate her and whatever. So, there's a lot like it's that level of like craziness that I am -- I think I just shut down whereas I'm like the minute anybody in my life cries other than my mom, I'm like -- like if my dad cries, he walks away. You don’t hug. You don’t -- you know, it's just dad doesn't cry. Um and he's actually far more emotional than she is. Or he's far more softer than she is.

**P1:** Yeah -- yeah.

**P2:** Um, but anybody else if a friend starts crying, like all I want to do is just hug them and hold them and make them feel better. So there's a complete contrast. So, I don’t know if it's something that I wouldn't really want to try and fix, but I don't feel comfortable doing it. I don’t like walking away from her, but I just don’t feel like I've got the capacity.

**P1:** Yeah. Yeah -- yeah -- yeah.

**P2:** I don’t really know what it is specifically to be honest.

**P1:** Absolutely. But I guess, I mean, it makes me think that for you growing up, emotions equal instability and…

**P2:** Yeah.

**P1:** And a lot of drama, I don’t know another word.

**P2:** Yeah -- yeah drama. It's exactly that, yeah.

**P1:** That makes a lot of sense that you do not want to go down that road…

**P2:** Yeah.

**P1:** …anymore with her or, um, yeah. And it also makes so much sense about what you were saying earlier when you were talking about not wanting to burden your husband, I think.

**P2:** Yeah.

**P1:** That's when -- because they become too much of a burden.

**P2:** Yeah.

**P1:** That makes a lot of sense there as well.

**P2:** Yeah, that came up actually a lot with my therapist about me feeling like that I'm burdening him. So, it's obviously something that I need to unpack.

**P1:** Yeah. I mean, I guess, in your world, emotions have been burdensome, right? There's nothing more difficult than no one really wants to go there.

**P2:** Yeah.

**P1:** Yeah. Okay, all right. Thank you. I'm trying to think if there's anything else -- I mean, is there anything you wanted to ask me, um,?

**P2:** No, I don’t know how what the process is once you're written it and it's submitted it and that sort of thing, but if it was available once it's published if you can send me the link, I'd love to read it out of interest.

**P1:** I'll absolutely do that. Um, just don’t expect it for the next four years. **[laugher]**. If you're happy to wait, you're going to receive a random e-mail in a couple of year's time.

**P2:** That's fine.

**P1:** **[laugher]**…standards. Um, yeah, so with pleasure.

**P2:** Thank you.

**P1:** Oh, what I haven't asked you, sorry and what I do want to check with you quickly is because when we spoke. I think it was probably middle of lockdown, and now things have eased. I just wanted to check if anything has changed for you? Have you had a nanny and she's back, or?

**P2:** Yeah she's back. Um, so that's -- that's really helped. Um, yeah we're back to normal. My husband has gone back to work. Um, I've taken Hudson to the shop once with me because the -- I was just really struggling to get to the shop without him and I was like, okay let's just do this. And the whole time was like "Fruit, fruit, fruit." I made the mistake of saying to him as we walked in because he was a little bit niggling and I was like, "We'll get you some food. Because Pick and Pay you still have that free fruit, and I was like, I'll just grab one of those but then I went to the opposite side to the nappies and stuff, and the kid putting his arm around grabbing my bag and I'm like, "What are you doing? Stop it." I thought he was just playing, and then he **[01:00:00]** said to me, "Fruit." I was like, "Oh, my gosh." So, he thought I had fruit in my bag, that clever little sausage. And even when we got home for like two days and he kept grabbing my bag, grabbing my bag for fruit like a little monkey **[laugher]**. Um, so yeah, I think it's -- it's kind of got everything has gone back to normal. Um, it does feel -- it doesn't feel quite the same like I think I had mentioned, I found weekends really relaxing with lockdown because there was nothing that needed to be done, because he couldn't do anything. Now, I feel like we sort of do need to do things and we don’t really want to. And, you know, the gardener is back and so we're sort of back to that old patterns.

**P1:** Yeah.

**P2:** Um, but yeah, we'll just take it as it comes, and…

**P1:** Yeah, I know I definitely asked you this in the first interview, but I mean, had Hudson noticed any difference during lockdown?

**P2:** He definitely started, um -- no he hasn't noticed what was actually -- it's funny you ask, because I haven't really spend much time reflecting on it. I was quite interested to see the difference with my husband going back to work and stuff. So, the one difference that I found when my folks were looking after him, he constantly wanted to come in -- we work in the granny flat, my office is in the granny flat. So, my husband works there as well. Normally so I've always worked from home well at least for the last couple of years. And, um -- and he would just -- he would walk past our office and not be interested to coming inside to see me. And that was great, because I could carry on. When my parents looked after him, he was constantly coming in to the office. He just constantly wanted to come in here, which was retraining because it was just disturbing that my dad was trying so hard to stop him and then he was getting distressed and I was just like, "Leave it. Whatever, it doesn't matter." So, that was quite a challenge and then the nanny came back and he was like not interested in the office again. So, that was quite where it we just maybe thought that maybe he made the association that we all hung out together, because with nanny we don’t hung out together. But as a family we do. So why are we not doing it now? So that was the only thing that we could really figure out. And then the one day before, um, the end of, uh I don’t know which stage, but it must be at the end of stage five, he climbed to our gate and put his head through and was watching that little boy across the road and really he's such a social little kid. He loves people. He thrives around people. And he was just like, "Neighbour, neighbour," and waving and just -- you know, and I was just like, this is killing me. So, actually messaged my friend and I was like, "We're coming visit you." Her son is six months older, um, and I said, "We're coming to visit. Are you okay with that?" Like, "We can…" She's like, "Please come. I'm desperate." And the -- the reaction was Hudson was hugging them. Like hugging -- he doesn't -- he's not a very affectionate child. He doesn't even really kiss me. I'm devastating but he was hugging them and he hadn't seen them like months and months, like potentially even six months because I couldn't remember when we had last been together. Because it had been such a crazy year. So, that for me was quite devastating. Um, so he's definitely not getting his social interaction much at all. But we've gone to see them about three times and you can see now the behaviour between the two of them. I mean, the both of them it was quite a thing they were calling each other and manipulating each other and hurting each other and stuff. Two boys whereas now, um, they definitely have a better kind of interaction. So, that for me is -- is -- and now we also -- we were planning on sending him to school. We initially thought 18 months and then we changed it to two years. And now we've both said there's no way his first experience of school is going to be sanitising and masks and you're not touch anyone or play with any toys. So, we're going to wait and just see and hope we don’t cause too much damage, but I really don’t see how it would.

**P1:** No. Okay. So, all right. So, in terms -- there hasn't been much change really for him in terms of lockdown phases?

**P2:** No -- no.

**P1:** Yeah, okay, he's still so little I think that it's obviously.

**P2:** Yeah, I mean the first time he walked to the park, where my parents took him to the park, my mom and dad came back and said he was really withdrawn. Like he just was looking around. Like he was quite afraid whereas normally he would be jumping out and just go and run. So, that was quite interesting. And I remember the first car drive with him, he was like leaning forward and staring out the window. He was like absolutely fascinated. So he had forgotten the park and people and that sort of thing. So, that's taken a bit of time to get him used to it. Especially that he is so sociable is quite interesting.

**P1:** yes -- yes -- yes. Shame and it's so hard for them…

**P2:** Yeah, it's not great. But you know I don’t think it all have too much of a -- I think it's going to affect the teenagers more than anything that have been away from friends and school and everything is just so disrupted. I've heard far too many parents talking about how their kids are depressed. I'm like, "Are they really depressed or you're just using these words? Because I think that gets thrown around a little too loosely.

**P1:** Absolutely. All right. Thanks Megan. Thank you so much.

**P2:** Sure.

**P1:** Um, yeah and thank you. Look after yourself.

**P2:** Thank you too.

**P1:** And I'll e-mail you when it is published.

**P2:** Cool. Good luck with that it's -- yeah, good luck with everything and if you need anything else, just give me a shout and we can always chat again.

**P1:** Okay. I really appreciate it. All right. Farewell.

**P2:** Thank you so much. You too. Okay.

**P1:** Bye.

**P2:** Bye.