**P1:** **[00:00:00]** Jesus. Hi Amina.

**P2:** Hi -- hi Alexa, how are you?

**P1:** Okay. Good. And you?

**P2:** Can you see me?

**P1:** Yes, I can see you. Hello gorgeous. Hi.

**P2:** This is baby Mohamed and that's the other one. Hamza say hi.

**P3:** Hi.

**P1:** Hello.

**P2:** I wasn't sure if you were going to come online but luckily you did.

**P1:** Oh, yes. Um, yes -- yeah sorry. I'm a little a few minutes late, and then there always seems to be a lag where I've logged on and then like I'm waiting -- yeah, I don’t know why it takes a while to accept people. Sorry, my daughter is just pushing the [**voice cut 00:01:35**].

**P2:** Um, I'm just waiting for my nanny to get in. She's on lunch, but it's fine we can start.

**P1:** Okay, um, perfect. Is that all right? Would you need a few minutes?

**P2:** It's fine. It's fine.

**P1:** Okay. Perfect. Okay, so thank you so much. Thanks for the consent forms and, um, for the participation.

**P2:** No problem.

**P1:** It's been really helpful. Um, and maybe we could just start -- right and you must have seen the Ad on Facebook.

**P2:** Yes -- yes.

**P1:** Um, and maybe you could just start with what came up for you in the advert or what were you thinking?

**P2:** Um, I just -- I just saw that you needed research -- uh, assistance with your research regarding, um, stress during motherhood [laughs]. Uh, but I wasn't sure if my kids were the right ages. You said, uh, kids up to five, my son is…

**P1:** Yeah.

**P2:** …six. This one is six -- almost seven months.

**P1:** Yeah, yeah perfect. I mean, yeah. You're right in the…

**P2:** [**voice cut 00:02:39**] and yeah, that's about it.

**P1:** Okay. And tell me, um -- tell me about them.

**P2:** Uh, okay. Well Hamza is grade one and he is at a local school here [Westwall 00:02:59] Junior. He's quite, uh, -- he's quite an active little boy, just your regular little boy. Enjoys everything bike riding, um, he's quite a -- he's quite a -- can be quite a handful as well. Very, um, busy all the time. Very, very busy.

**P1:** Okay.

**P2:** And he was a very different baby compared to this one. This one is quite calm. He's, you know, he's not like very fussy. Hamza was quite a fussy little baby.

**P1:** Yeah -- yeah.

**P2:** Um, Mohamed is very -- you know, I think it's easier having a sibling. Yeah, he -- he -- he takes a lot, um, of -- he kind of follows by example as to what the big one does.

**P1:** Right -- right.

**P2:** And, um, yeah there's not -- he's just basically a baby growing up. Doing things as we go along following the -- the -- going with the flow.

**P1:** Yes.

**P2:** But, um, just basically two little boys and their usual, you know, boy things. [laughs] I have to keep them entertained all the time.

**P1:** I'm sure.

**P2:** Yeah.

**P1:** How have you guys been managing during lockdown?

**P2:** It's not easy. It's not easy at all. Um, I think just that -- that -- just that, uh, social isolation for kids is a very, very, very taxing thing on them. Um, we luckily we're in a complex, so we have some neighbours which is nice where they're allowed to ride their bikes and play in the complex and things so that's fine. Um, we're missing our family seeing them all the time. We're missing, um -- you know, uh, we're missing that routine. That school, the outdoor activities and, we are in general missing regular life. But [crosstalk 00:05:01].

**P3:** But he [crosstalk 00:05:04].

**P2:** He said, uh, he is having a blast at home, not going to school. [laughs]

**P1:** Yeah.

**P2:** Yeah.

**P3:** Well, I'm not missing anything.

**P1:** Um, okay. You're not missing anything. What about your friends?

**P3:** No, I don't have friends.

**P1:** Not even your friends? [laughs]

**P3:** I'm sad but I'm going to madrasa.

**P1:** Uh, sorry.

**P2:** He started -- he started, um -- yeah, he started, uh, religious classes and things today. And he's doing homework club as well with, um, his teacher. One of his teachers. So, but it's fine. He's just saying all these things. He's actually quite -- he's quite a good pupil usually.

**P1:** Yeah. Is he quite, um, is he quite social, or?

**P2:** Yes -- yeah he is quite social.

**P1:** He enjoys…

**P2:** He is quite -- but it takes -- it does take him a while…

**P1:** Yeah.

**P2:** …to…

**P1:** Warm up?

**P2:** …to warm up yeah.

**P1:** Yeah. Got you -- got you, yeah. Okay. So -- okay, so it's been tough for you guys and for you as a mom, um, the lockdown?

**P2:** So, um, I was, initially, on maternity leave, which was really good. So, that was…

**P1:** Yeah.

**P2:** …up until the end of April. And in May I started -- so my main job was in UKZN, and so we moved everything online. So, moving online has been quite a juggle with everything at home.

**P1:** Yeah.

**P2:** Um, and then I do overtime at King George in anaesthesia, in a hospital.

**P1:** Right.

**P2:** So, um, yeah, I've got a very good helper at home.

**P1:** Right.

**P2:** So, she is actually very, um, crucial to me in the functioning of the [**voice lowered 00:07:02**] yeah, and she stays with us. So…

**P3:** She's cruel.

**P2:** Hamza. That makes all the difference. Hamza, please can you exit the room?

**P3:** No.

**P2:** You're talking a lot of silly things now.

**P3:** No, I'm not exiting the room.

**P2:** Yeah, I think if I didn't have had the help, I would not have managed at all.

**P1:** I mean, how could you? Yeah. Your partner, your husband, is he working from home? Is he…?

**P2:** No, he's a -- he's a dentist, so he works every day from 9:00 to 5:00 so he is mostly out of the house, yeah.

**P1:** Okay -- okay. So, it would have been just you. I mean.

**P2:** It would have been just me, yeah. But when he is, he does take on a lot of the -- yeah, he does take a lot of things on. He's quite helpful and supportive.

**P1:** It must have been so difficult, I mean, to come out of maternity leave into lockdown?

**P2:** Yeah, it was. Sure, it was. It was actually, um, I think it was also quite a fear as well. Just because, uh, we work in that health industry, you know, um, and then coming -- just a second.

Hamza, can you go and [**inaudible 00:08:15**]please?

**P3:** No.

**P2:** Okay.

**P1:** Do you want like -- do you want to take a few minutes and, um…

**P2:** I'll go and give the baby to the -- to the nanny, okay?

**P1:** Perfect -- perfect. Yeah -- yeah I'll just wait.

**P2:** Now, sorry about that.

**P1:** That's okay. That's a typical mom scene.[laughs]

**P2:** What about you? Are you at Wits? Are you in the Wits, uh, Psychology department?

**P1:** I don’t work there. Um, so I'm just a student there. Well, yeah, a PhD student. I work privately normally, I mean generally.

**P2:** At medical school?

**P1:** Sorry.

**P2:** Is it at medical school?

**P1:** Sorry, you cut out there. Is it at what school?

**P2:** Is your -- is your faculty at medical school?

**P1:** No, it's not. No. It's in the main part of it.

**P2:** Oh, okay.

**P1:** It's in the School of Human Community Development, yeah.

**P2:** Okay.

**P1:** Yeah -- yeah so…

**P2:** I remember taking psychology lectures there in Psych 101 in those lectures, main campus yeah.

**P1:** Uh, yeah, it's exactly in those building, yeah. Yeah -- yeah so it's nice to -- it's nice to be a student, [laughs] again.

**P2:** Yeah.

**P1:** Yeah.

**P2:** Are you a mother?

**P1:** Yes, I've got two kids. A three-year-old and a six-month-old actually. Oh, he's seven months now actually yeah.

**P2:** Yeah, so we had our baby around New Year at around November.

**P1:** She was 28th of October.

**P2:** Oh, okay mine was 4 November.

**P1:** Okay -- okay, very close together.

**P2:** Yeah, very close together.

**P1:** I can understand going out of maternity leave into COVID that's been quite unfun,[laughs] is a good word.

**P2:** Yeah, but I do have a nanny. **[00:10:00]**

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

**P2:** Excellent.

**P1:** Similar to you, yeah.

**P2:** [**voice cut 00:10:08].**

**P1:** But even so, I don’t know how you have found it Amina, but, um, for me I still feel like I am juggling so much and there's no time for admin and I'm like…

**P2:** I have to do it -- I have to do it when they are in a deep sleep in the night.

**P1:** Right -- right.

**P2:** So, everything gets done around -- if I'm lucky and they're all sleeping by half past nine, then after that onwards. Like say half past ten onwards. Last night I was awake until about one o'clock doing admin.

**P1:** Wow.

**P2:** Yeah, preparing presentations, all of that. I can't do anything in the day. I can basically only just do the delivery of the work, the actual work that I have to do.

**P1:** Exactly.

**P2:** Everything else gets done -- so, last night I only got about four hours of sleep.

**P1:** I was going to ask -- I mean, how is sleep? Yeah, you must be getting minimal.

**P2:** I slept from 1:00 until about 6:00 this morning when they all woke up. [laughs]

**P1:** Wow.

**P2:** But, uh, no usually I do get a little bit more sleep than that. If they wake up -- if I sleep by 12:00, and I -- they wake up at 7:00…

**P1:** Okay.

**P2:** …yeah, then it's not too bad. But on a school day, if we -- if -- if we're going to school, then we all have to be up early and things, you know.

**P1:** Of course -- of course -- of course yeah. I mean it's -- yeah, there's something about -- sorry. There's something about the lockdown that is just -- I'm still doing the same work but it's much harder. So, I don’t know if you've found that as well?

**P2:** Very -- I -- I actually don’t like the virtual, um -- the virtual meeting platform at all. Especially for -- for my son, because he gets very distracted. Very distracted. It's, you know, and it's like we have to actually sit there. I don’t know how -- how old is your big child?

**P1:** Three, he's not -- he's [**crosstalk 00:11:59**] engaging in that yeah.

**P2:** Yeah, so you actually have to sit there and make sure they do the thing and they're not running around and, you know, fooling around and things. And it's actually -- it's still like you can't just leave them to do their own thing, you know. Unless they are of a mature age, but it is a bit taxing and then, you know, half the time when -- like I -- I cannot home-school. I just can't do it. Like I am not a -- uh, I mean, I can't blame myself, I'm not trained to be a teacher for small -- Hamza, can you not talk please. I'm not a teacher of small kids. So, my patience level is very low for that. Very, very, very low.

**P1:** Yeah. Yes, yes.

**P2:** Um, and I tend to get -- like I -- you know, I also get very, um, um, I've -- I don't -- like I specifically chose a school where they don’t -- they don't have a reputation for sending home buckets and buckets of homework that the parents have to do, you know. Like I know a lot of private schools and things, they're always coming home with this homework and then the parents will say, "You know, we have to -- you have to go and design this project and stuff," I feel like school is his journey now. I have done my schooling. It's his journey. I have been to that journey myself, it's not my journey. So, I mean, yes obviously as a parent you have to be there to guide and to facilitate the learning and things, but…

**P1:** Yeah.

**P2:** …I just feel like, you know, okay homework is homework, we'll do the homework. If we have a project, you know, I'll help you but, like you do it yourself, you know?

**P1:** Yes -- yes.

**P2:** So, in fact, he did have a project that came home one of the -- because we go to after school, um, Islamic classes. He did the whole project by himself. He traced things, he told me how he wanted to do it. So, basically I just helped him here and there to plan the thing, but, um, I try and make him very self-reliant in terms of those types of things, you know.

**P1:** Yes -- yes.

**P2:** Um, I'm not one of those parents who are too -- who want to be too hands-on with every -- every single thing and choose the colour of the paper, and whatever, you know. Like, that's -- that's my view of it, I don’t know how it should be but that's just my take on the whole thing.

**P1:** I mean, is that because you feel like you get too impatient and you don’t…

**P2:** Yes.

**P1:** Okay.

**P2:** Yeah I -- I -- also I just -- I mean, I don’t -- I don’t feel -- I don’t even -- I don’t know if -- I feel like it's also partly the schools to blame. Because I mean, why do they have to do that to such small kids, you know? Like what is the need to send home like two or three hours of -- of work for them a day? What is the need? I mean, they're so young, you know. I mean, they're going for the four hours, and then I mean, really now is it necessary -- I mean, yes, reading I can understand every single day. Fine reading, basic math, you know, but like, I mean, all those other silly things, you know, like um, I mean -- I really don’t think projects are needed in grade one. You know, like building -- building these huge structures with -- with, um, popsicle sticks and stuff at home, and making like castles and things, I feel that's a bit unnecessary.

**P1:** Yeah -- yeah.

**P2:** Um, yeah. I don’t know, I -- I don’t remember doing any of that myself when I was that -- I mean, in grade R, I just remember painting. That's all we ever did. We painted.

**P1:** [laughs]Painting yeah -- yeah.

**P2:** And I think I turned out all right. I mean, we never did introduction to math in grade R, which they did, they -- you know, these ones did it. And he -- my son, Hamza used to get so anxious because he used to come home and he used to tell me, "I was [**unintelligible 00:15:57**] because I couldn't draw a hexagon," right? And I'm thinking to myself and I'm looking in this Grade R book that they've got and it's -- it's actually asking them to draw a hexagon. And I'm thinking, oh my goodness. Like, "Why would anyone make you draw a hexagon?" He was actually crying about it, you know. I just feel that, yeah they have overburdened them a little bit. I mean, I can understand they want to push them a bit, but you know, age appropriate as well. I like the departmental books that they've come out with. You know the basic education ones? They're not -- they're not too taxing. They're -- they're actually fine, yeah. I can manage that.

**P1:** Yeah.

**P2:** That's fine, yeah.

**P1:** Are you quite -- I mean, before maternity, were you quite busy generally in your day?

**P2:** Uh, so then I would actually have to go to medical school all the time.

**P1:** Okay -- okay.

**P2:** So, while -- while Hamza was at the school, I -- and I would be basically be there the whole day and then my -- my mom -- my mom would do school rounds.

**P1:** Okay.

**P2:** Um, and then I would pick him up around three o'clock…

**P1:** Right.

**P2:** …or a half past three.

**P1:** Okay. Then you go home from there?

**P2:** I'll be home from there.

**P1:** Okay -- okay. So, you're obviously quite close with your mom?

**P2:** Yeah -- yeah I am.

**P1:** Okay. Have you been seeing her during lockdown?

**P2:** We have been going there. Uh, my father has been quite ill. My dad, uh, he had a -- recently had a valvuloplasty in hospital.

**P1:** Okay.

**P2:** So, he was in quite serious cardiac failure but he's doing okay now. Um, he's quite elderly as well. He is 77.

**P1:** Wow.

**P2:** Yeah, my mom is much younger than him. She's only 62…

**P1:** Yeah.

**P2:** …61. Yeah, but he -- he wasn't well. So that was very very stressful. But he seems to be okay now, you know. He's -- he's frail, but he's okay. And so we have been going there quite a lot.

**P1:** Okay -- okay.

**P2:** Yeah, we have. And it's just been, you know the whole COVID thing and the whole, um, not wanting really anyone to be in hospital at the moment and admitted and things, it was just very traumatic that whole thing.

**P1:** Yeah. Amina it sounds like you had so much stress over this period. Like I mean, I know how much hard it is with the baby but like yeah…

**P2:** Yeah, I see the light at the end of the tunnel now, yeah. But I just, yeah -- but cases need to -- COVID cases need to start -- we need to get where there then start going down, you know, then we'll feel a bit okay.

**P1:** But so tell me about, um, what it is like for you -- I mean, we're speaking about juggling and not having enough space, and I think it's mental space as well as emotional and physical space. And what are the things for you that you find that you really get upset over and what is -- what -- what happens when you get upset but specifically as a mom?

**P2:** With regards to kids?

**P1:** Yes -- yes.

**P2:** Okay, so I get -- uh, the main thing is I get annoyed when my son I have to grab my technological devices and get hold of them as he's doing at this moment…

**P1:** Right.

**P2:** …and use them. Um, it's very hard to set boundaries in that way, because at some point -- at some point you just don’t know what to do with them, you know.

**P1:** Yeah.

**P2:** Um, there's times when I just get so frustrated. I'm like, "Okay fine. Go play with this. Use this -- use my phone for five minutes or go and do this for 10 minutes," just so he can actually let me cook a pot of food or, you know, um, have shower or something.

**P1:** Yeah -- yeah.

**P2:** But when he -- when that does happen, he tends to -- it tends to snowball and then he asks me for it more and more. So, I try to avoid that.

**P1:** Yeah -- yeah.

**P2:** I try to avoid that, but now in lockdown it's been getting quite out of -- more it's been happening more often. Um, I do let him play **[00:20:00]** age appropriate games. Um, I let him play the -- the supervised things, you know. I don’t like him to be very, um…

**P1:** On -- on his own?

**P2:** I mean, what can you do though? Now, if he finds a game where there's shooting and things. I mean if he wants to play, and sometimes I do allow, but it's I mean -- at such a young age, you know, I mean, six -- six to seven years old it is a bit worrying when they are using -- I mean, they can barely read properly, you know.

**P3:** Mommy can I download?

**P2:** No -- no can't download anything.

So, that gets me a bit frustrated. Um, also because sometimes I don't have the same type of restrictions that my husband has. Like my husband -- my husband allows him to -- um, well they don’t -- sometimes they make home videos together.

**P1:** Okay.

**P2:** And then, um, they, um -- they share them with friends and things which is fine but like I'm not one who likes all my personal business to go out to everyone, you know. And I don’t really like to be in videos, and stuff themselves. So, yeah, I -- I'm not a fan of -- of -- of him using unsupervised technology but at the moment I don't really know what I can do because technology is such a big part of everything at the moment. Um, so…

**P1:** Yeah.

**P2:** …just I go along with that. What else? Um, I also get annoyed -- also get annoyed when they try and push the boundaries with, um, bedtimes, which is -- that is quite frustrating. Like I tend to start shouting a lot if sleep is not coming to them. Um…

**P1:** Yeah.

**P2:** Um, what else?

**P1:** And for you, I mean, when you are feeling overwhelmed, how do you respond? I know you said like, um, shouting just now, do you tend to get frustrated, angry?

**P2:** Uh, yeah, I usually just respond with loud scolding.

**P1:** Okay -- okay.

**P2:** Loud scolding yeah.

**P1:** What is going on for you in that moment? Like an example of, you know, I don’t know if you can think back to a time when they weren't going to bed and you got a bit hurtful.

**P2:** So, what -- what -- you want to know what words?

**P3:** Too late.

**P1:** Uh, not -- no, just what was going on for you? How were you feeling? I don’t know if you can remember what was going through your mind in that moment.

**P2:** Yes, a feeling of, you know, now like I've had enough. This is your bedtime. There has to be a time in the day when all of this ends.

**P1:** Right.

**P2:** And there has to be a time in the day when I -- when I get a break from this, you know, and yeah, like I tell them all the time that after 8:00 is too late.

**P1:** Okay.

**P2:** And, um, they can do whatever they want before that and have their -- you know, their -- their moments to chat and read and watch TV and whatever it is, but at the same point, I -- I just get too frustrated yeah. I just go, enough is enough now, you know.

**P1:** Yeah -- yeah -- yeah. I mean, do you think behind that is a feeling of -- what are my words? Like -- like, um, how long can I cope with this for? [laughs] When is this going to end? [laughs]

**P2:** I know as much as you love them, like…

**P1:** Of course.

**P2:** …as -- and you know when they do go to sleep, you tend to miss them.

**P1:** Yeah.

**P2:** Like you think about them and what they would have been saying and like you miss their chatter and things. But then when you think about them waking up, you also don’t want them to wake up, you know. You don’t want them to like randomly wake up and start talking again. I don’t know, it's like, uh, catch-22, but, um, yeah.

**P1:** [crosstalk 00:24:03] feeling in those hours. So, it's like eight o'clock hours.

**P2:** Yes, it is.

**P1:** Okay. That makes sense.

**P2:** I do tell them that after 8:00 is too late. She knows that I told her.

**P1:** I wrote it down. I wrote it down. Um, okay and so what do you think -- what do you think he's wanting from you in that moment? Or if it's from you, what is he needing at that moment?

**P2:** I don’t know.

**P1:** Yeah.

**P2:** I think -- I think when you're at that age, your parents are still your favourite people.

**P1:** Yeah.

**P2:** Um, your biggest friends, you know.

**P1:** Yeah.

**P2:** And I'm not sure, I don’t actually know what the chemical, um, pathways are behind that need to just stay awake all the time when you're young yes.

**P1:** Mm-hmm.

**P2:** Um, but I think just basically he enjoys the -- the closeness and just the, uh, you know, having us around and not really wanting the night to end, the time together to end. He also only gets to see his dad in late evening, you know.

**P1:** Right -- right.

**P2:** So, he probably wants to -- yeah, but now I see recently they've been going for walks in the morning…

**P1:** Okay.

**P2:** …around 6:00 to 7:00 which has been good.

**P1:** Okay.

**P2:** Oh, yeah. He likes to spend a lot of time with his dad. Because his dad also works on Saturdays. So, the only full day is Sunday.

**P1:** Yeah.

**P2:** Yeah.

**P1:** Yeah -- yeah. So, has the walk in the morning made a difference to the bedtime?

**P2:** Yes, so he gets -- he does fall asleep much easier if he has that walk in the morning.

**P1:** Yeah. Okay, that's interesting.

**P2:** Usually -- usually, on school days, because they're fully occupied the whole day from the moment -- from the get go. School, come home, madrasa, um, swimming or whatever, then they -- the seven o'clock thing is -- is -- is fine, you know. It doesn't lag on and on, and they get exhausted.

**P1:** Yeah -- yeah.

**P2:** He doesn't nap ever in the day. So, now it's been all thrown out of -- thrown out of routine. So…

**P1:** Yeah, and I mean, do you think that there's also something about, um, because he's getting the time with his dad in the morning, he is less needy of it in the evening?

**P2:** No.

**P1:** Okay.

**P2:** No, he really enjoys every moment with his dad. [laughs]

**P1:** Okay -- okay. All right. So, it must be difficult because he sounds really busy, your husband?

**P2:** No, he is. Yeah, my husband is busy. The practice is very busy. Um, like he usually gets home between 5:00 and 6:00…

**P1:** Yeah.

**P2:** …and then we'll have, you know, supper and then watch some TV and relax [00:27:04] and things.

**P1:** Yeah.

**P2:** Yeah, so -- it's okay. It's not…

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

**P2:** It's not like -- it's not like he lives away or anything, you know. No -- no -- no -- no, he's just working.

**P1:** Yeah -- yeah. Okay. So, and all right, so it really seems to be the times that you feel most overwhelmed is when I think about the two examples you gave me, it's really when you were wanting some kind of space, um, for yourself in some way and you don’t -- yeah, and you -- yeah and that's when you -- like.

**P2:** Now, um, before I had the baby, it was just him, and then I was used to the whole day where he is at school and whatever. And I actually do -- I did have space and whatever I needed; work and gym and things, you know.

**P1:** Yes.

**P2:** So, now that all changed. And, I mean, it's not like I don’t like it or anything, it's just, you know it's new and it's adjusting, yeah.

**P1:** Yeah.

**P2:** And I know this whole time will end. I want to enjoy all this time with him.

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

**P2:** Um, they say the teenagers are quite hectic so I'm not looking forward to that.[laughs]

**P1:** Yeah absolutely. I mean, do you think -- are you finding the thinking about space and not having any space, are you finding yourself getting more upset during lockdown or…

**P2:** I think just the, um, yeah just, uh -- I think the tempers are shorter.

**P1:** Mm-hmm.

**P2:** The tempers are a bit shorter, because, um, you know, there's only so much you can take for such a…

**P1:** Yeah.

**P2:** You know, for such a long period of time together.

**P1:** Yeah.

**P2:** So, the tempers are a bit shorter.

**P1:** Yeah, plus also you've now got the addition of a -- of a second one, so even whatever you had is divided.

**P2:** True, but I think the second one has made a very positive impact in the house.

**P1:** Okay.

**P2:** I think it's very important for them to have siblings. I do think it's important to have a -- for a brother to have -- for a boy to have a brother.

**P1:** Right.

**P2:** And I really like the bond and [voice cut 00:29:23] like my big one really loves the small one. They like kind of cherish each other and I can see that brotherly bond. You know, it's -- I really think that it would have been quite a boring lockdown if we didn't have a baby as well. I think I might have actually got a bit more angry all the time if we didn't have a baby. Um, and he's not a fussy -- he's not a fussy coliky baby or anything like that.

**P3:** No, that's not true.

**P2:** He's quite a lovely baby. Stop, why are you being silly?

**P3:** Let me touch the MAC.

**P2:** No -- no you'll change the settings and I won't be able to talk.

**P3:** Let me touch the MAC.

**P2:** **[00:30:00]** So, yeah no, I actually we -- we quite -- we quite enjoy the baby. Um, he's very -- very lovely this whole thing.

**P1:** Yeah, um, it's quite a big age gap between your two…

**P2:** Yeah, it's quite a big age gap.

**P1:** Yeah was it planned, or?

**P2:** Um, yeah -- no, oh my goodness. Did you just delete this? Please don’t touch it again I'm asking you nicely.

These moments when children don’t listen these are quite frustrating. Um, yes, yeah both of them were planned. Um, I was studying quite a lot in between, for anaesthesia so I actually couldn't have very -- very quickly because okay because -- because of work and things so I -- I actually did plan -- plan it that way, yeah.

**P1:** Okay -- okay. All right.

**P2:** I also just felt for me, growing up myself, I didn’t have a very big age gap between me and my siblings, and I just felt like we fought all the time when we were young. And I -- I could see the way my mother used to, um, get so like it was -- a lot of that fighting was her problem, you know. So, I didn't really want to have kids too close together, just to avoid that whole thing. I feel like with the older sibling, they tend to be more loving and protective and, you know, if the age gap is bigger, so I felt that was better for me.

**P1:** Mm-hmm. Did he struggle at all with the addition of the new sibling?

**P2:** No. Not at all. He was really looking forward to it.

**P1:** Okay -- okay.

**P2:** Yeah.

**P1:** That's really nice.

**P2:** He actually adopted that role very easily.

**P1:** Yeah.

**P2:** I was quite impressed with him.

**P1:** Okay. Um, so Amina, I mean, you mentioned your mom are you -- are you very different from her as a mom or you're quite similar to her as a mom?

**P2:** Um, you know, she was very different as a mom than she is as a grandmother.

**P1:** Right.

**P2:** I must say she is quite, um -- my experience of her as a mom as what she is now to the grandkids is very different. I mean, they are different roles, I suppose. Now, um, I'm not -- she has a little bit of anxiety usually. She is a very anxious person. I'm not as anxious as her. I don’t think our methods are -- are very similar, um.

**P1:** Exactly.

**P2:** Um, but overall, I do think you tend to imitate most of the stuff your mom does. Uh, take her advice and things. I've got a very close aunt as well, her sister, that I also, um, you know, she's also like a mom to me, and my own grandmother as well.

**P1:** Right, you've got a lot of [voice cut 00:33:06] around you.

**P2:** Yes, so it's like a whole collaborative type of thing that we speak all the time.

**P1:** Right -- right.

**P2:** Um, I think -- I know -- I don’t think it's very different. Um, the way we raised our children in the Islamic way, um, not too staunch but, um, yeah and no we don’t, um -- we don’t really have any vices or anything and none of us is being [crosstalk 00:33:36].

**P1:** What kinds of [voice cut 00:33:39] then in style as a mom?

**P2:** I think we're both my mom and I -- we both, um, how do I say it? We're both very -- we tend to be quit protective of our kids. You know, we don’t just get them out there do your own thing. Little bit more reserved about where they go to, whose houses do they attend to, um. We also, you know, we enjoy like making, um, so meals first are important like fresh home cooked meals. Um, good nutritious food. Um, what else? Prayer times, we're very -- we're very much the same in the type of, uh, religious activities that we used. Um, at, um, -- my mom is an artist, so she loves including us in culture and her -- she's got three grandkids who actually stay in her house. So, she does a lot of that with them. I - I am not very good in art, so I don’t use that -- that as much. I enjoy reading to them a lot. She also enjoys reading to them.

**P1:** Okay.

**P2:** Um, she doesn't use technology at all. She is not like a technology person.

**P1:** Okay.

**P2:** But we do. We do, yeah.

**P1:** I mean it sounds like what you are describing is very involved mothering. You know, being around, doing activities with your kids, taking an interest in, yeah everything. What they're eating, what they're doing.

**P2:** Yeah, we, um -- yeah I started him with most of his activities when he was very small. He actually started preschool when he was two and a half.

**P1:** Okay.

**P2:** Because I just felt he was too bored at home. He was very, um -- he was very -- he used to enjoy watching TV and stuff which I wasn't happy with so I put him in playgroup. And he also started -- because he was a child where when he used to see a body of water, he would just go running into it. He wouldn't care about whether it was deep or -- so I was like forced to put him in for swimming lessons, you know. So, he started that when he was very early. And we just tried everything, you know, with child sports here and there. He enjoys tennis, um, he enjoys gymnastics. But he does not like, contact sports he doesn't like at all. Like soccer, all those things. He's also -- he was asthmatic. He used to be asthmatic. I am asthmatic. Yeah, I have asthma, but, uh, his asthma is actually resolved now.

**P1:** Oh, amazing, okay. Um, he sounds so busy normally obviously not during lockdown, but so this must be such a change being stuck at home.

**P2:** It is, yeah. It is but now during lock down he learned how to ride his bike properly. So he's been doing a lot of that, and he's been really enjoying it.

**P1:** Okay. Okay, so you're saying your mom is quite anxious and you're not really an anxious person.

**P2:** No, I'm not anxious at all. You know when you're -- when you're in a medical field especially when you're in anaesthesia, you have to be very calm.

**P1:** Right.

**P2:** Um, because things do tend to go wrong a lot, and you have to be able to manage that. You have to be able to, um, you know, handle yourself in stressful situations. And I think my mom by profession is a high school English teacher, um, which also requires a certain amount of, you know…

**P1:** Patience.

**P2:** …yeah, patience and things. But, um, I can't afford to be anxious in my life. Otherwise, I don’t think I'd be able to function, yeah.

**P1:** Yeah, -- yeah absolutely.

**P2:** But she has become more and more anxious as she has aged.

**P1:** Okay.

**P2:** Uh. Like, for example, if I can tell you, like even letting them, um, sit by themselves, she -- sometimes she actually goes in the bathtub with them because she doesn’t want them to have any incidents or anything, you know.

**P1:** Okay, I mean, are they old enough to bath on their own or like? Lost you.