

[00:00:43.400] - R

Hi.Hi L. Nice to meet you.

[00:00:47.830] - L

Yes, me too. Sorry about that. I completely forgot.

[00:00:51.430]

That's okay. And I've had a terrible technology day. No one can hear me on the computer. and i've reset and switched it off and updated Zoom. And I some I'm on my phone.

[00:01:00.200] - L

Ah that's strange

[00:01:12.270] - R

So. you obviously saw the advert somewhere. Probably on Facebook. Somewhere.

[00:02:29.590] - L

Ya, I can't remember who shared it. oh Person X

[00:02:37.110] - R

oh yes Okay. And then maybe I could start by just asking you why you wanted to participate. What came up for you? What are we thinking about?

[00:02:46.750] - L

Well, mostly because I know what it's like trying to get people to participate in survey. It's academia. It's very painful when when nobody does. Yeah. And then I thought it was an interesting topic. so I'm happy to get involved and then, say, if you can provide feedback from what other moms are thinking and saying (we laugh), like we have Stokolhm syndrome in this house and the only reason they love me because I'm so awful to them. (we are both laughing)

[00:03:21.120] - R

That's really funny. Okay, well, maybe you can. And it's a good place to start. And maybe you could tell me a bit about. Yeah. How it is at home at the moment and even before lockdown,

[00:03:34.810] - L

so before lockdown So I went to work after four months. Yeah. of maternity leave and I have twins So. Yeah. And then I got a nanny, whose great. shes absolutely Wonderful At organizing my entire life and the twins and she's just so great and we sent her on a cooking course so she just helps with you know like bits and pieces of our house and then after the weekend my house looks like a bomb's hit it. It's like she's never existed. Yeah. and then we had lock down and ummmmmm I sent her off during social distancing basically when this whole coronavirus story started because my husband is immune copromised and And so we're just trying to mitigate any sort of risk. also, shes a foriegner And she doesn't have the typical KZN Zulu family, who, you know, who would help look after her children. so when her kids stopped going to school she needed to be at home. work is quite flexible. So I've been trying to work from home, And so far it's been fine. Just because a lot of my projects

went on hold during levels 4 and 5, although its starting to pick up again, saying that my husband and I have managed to get into a bit of a routine with work, but that's where I feel stockholm syndrome kicks in. Yeah. You need a routine. So I had to be getsapo in the way that I am enforcing it. So they have to go down at 11. And then they wake up between one and a half past one, which gives me a decent chunk of time to actually do work. Yeah, with a little bit of cleaning. And, you know, we we play outside and they sort of try and help a bit. or whatever.. Yeah. Yeah. And I feel like I'm being quite, quite a bit of a momster when it comes to that. I somehow go down there and look at me. I look at each other

[00:05:50.330] - R

(lauhgs) how old are they?

[00:05:51.420] - L

They will be two next week.

[00:05:53.340] - R

Oh, wow. Oh, happy birthday. That's really sweet. OK. So ummmm. So you are feeling as if you are relying heavily on the structure to get you through the day

[00:06:06.600] - L

. Yeah.

[00:06:08.980] - R

And were you quite busy beforehand?

[00:06:13.230] - L

with work? Yes. Yes, I am. I'm an environmental consultant and I work Renewable Energy Stream, so. A lot of my clients are foreign. A lot of my work is based in Western Cape, Northern Cape and Eastern Cape. So i used to do quite a bit of travel. Yeah. And my husband is also, he's a hydrologist. He also does quite a bit of travel. But he works throughout all of South Africa and in Africa. So I, we would always. . . Yeah. So our lives are busy. But 'Nanny' was really the one holding everything together. Not not so much my folks. They live in Durban, so they're a little bit far away from us. Yeah. Yeah.my husbands mum Used to help quite a lot. And I just feel like with this covid at 19 thing, I've kind of put the brake on everybody just because of husbands's condition. Yeah.

[00:07:16.690] - R

so its just been the 4 of you?

[00:07:18.260] - L

Yeah, pretty much, yeah.

[00:07:20.770] - R

Which is very different from how it is normally, it sounds like.

[00:07:24.090] - L

No completely. I mean, we're very, very social at the best of times and all of our friends have got kids the same age such as ours. So always like you know. And which obviously its not anymore. Yeah. Yeah. Stressful.

[00:07:44.520] - R

[comment: funny I mean kids here and she takes it as work. I'm obviously not specific enough] Tell me a bit about. Sorry, sorry. I think there's a bit of a delay. And tell me a bit about times when you start to really feel overwhelmed. Maybe there's a specific time that you can remember over the last couple of weeks.

[00:08:05.080] - L

I would, it's not so much about being overwhelmed with work, per say, because I can say that ummmmm, Its been a bit slow at the moment. Well actually its been reassy nice for a change, well actually its probably normal compared to others. Yeah, but I I'm finding it overwhelming with the lockdown levels easing up just because I think I've been very stressed about this covid 19 story, mostly because the background is that my parents are Italina, I'm first generation South African. So alot of our, Like my parents, immediate families cant say my immediate family. But my parents immediate family, are from the Lombardy district, they are in the hot spot in Italy and I've been aware a lot longer than most south African's had. And I think that already started. I would probably say, like internalizing the stress of that if that makes any sense . and then its here. And I feel like I've been a bit of a doom and gloom. You know, it's coming. and the whole population is going to die. And we're not taking this seriously enough and we're not doing enough about it. Yeah, I'm finding that overwhelming because our work is obviously easing. And ive been asked to come back. and obviously, they can't force us to because it's still legislated that we can work from home if we can. Yeah.. I just found that at those times when I've had to have these like strategic meetings with work as to how we're gonna do stuff. I find that quite, quite overwhelming. And then inevitably it comes on. And I don't know if maybe the kids are just feeding off. I suppose my anxiety, if you will, but they up. and they've Gone completely off their food now and have super, the fight like a dread it every evening. You know, I like, fish fingers Were the best thing to eat yesterday, so. Now you put them on the plate and they throw them back at you.

[00:10:19.020] - R

Of course. Yeah. And is that? Are those the kinds of ways that you finding them acting up, sort of, defiance

[00:10:29.580]

Um yes and basically since locked on and chatted to a couple of my friends. But it's almost like thier routine has just out the window. You know, they not going to bed the way that they were before us. Granted, like, nanny was amazing with them. You know, she keep them occupied the whole day. And unfortunately, we're trying to work as well as keep them occupied. So maybe we not. I don't know, if you will, working them as hard during the days as she did. They're going to bed later. Yeah, at a time, when the very few times that I've actually had to work in the evenings now during this lockdown, I find it very stressful. them not going to bed before 8:00.

[00:11:10.860] - R

Right.

[00:11:11.270]

And then they've been sleeping through the night since. Sho, probably they were perhaps six months old. You know, now they're waking up and they want bottles. and now that they can walk and talk. They come into bed with us, which is fine, except when theres four in the bed, it gets a little bit . . .

[00:11:31.680]

cramped.

[00:11:32.630]

Yeah. Yeah. like i said I dont know if its because they feed off like they know that I am just anxious about doing something or getting something done. Or maybe they can see that i want them to bugger off (laughs)

[00:11:51.690] - R

and then, I made a note of something that I wanted to ask you. so . . . i wanted to ask you, when do you find it the hardest to manage with all of that? all of their stuff? When is it you find youre the most . . .whatever. . whatever your reaction is?

[00:12:13.380] - L

[comment: rigidity?? precedence over kids?] I think it's probably around about the end of the day, when, you know, you've got to do supper, it overlaps with bath time. Yeah, I've got to bring like laundry and then washing and yeah, just one long day, like, I find that the most stressful because also a lot of my clients are from overseas. So all of e-mails come flooding in from the day because of the different time zones. Yeah. It's just it's it's a problem because I already had set this precedent with them a long time ago. they know that if they Email me even at 11:00 at night they will get a reply. That increases the pressure, obviously, with work. You know, they they are worried that we're not going to go back to the way that we were. As far as bringing an income. So you youve just got to, like, tick all those boxes. so at the end of the day, when you've been trying to do your work and keep them occupied and fed. Yes, and supper.

[00:13:25.480] - R

OK. So that . . and how I mean, what is that like for you? What is it that you're feeling in that in those moments?

[00:13:33.470] - L

I sometimes just get really angry. Like, I just get like I'll just flip out. You know, theyll be driving thier cars into my feet while I'm trying to cook or, you know, like i trip over them. And then they'll end up crying like I basically beat them with a wooden spoon. And I haven't, i mean i basically really want to beat them with a wooden spoon (we laugh) any way, it's just like, I know it's a long day for them because they so little. And of course, then the smallest thing will also set them off, but then im just like, oh my gosh, Can you just stop being melodramatic? Like, yeah. its not like i stood on you. I just nudged you out the way.

[00:14:15.170]

Yeah. Yes. yes And so, you know, I feel . . (she starts speaking) sorry. What was that?

[00:14:23.450]

i get like Like angry. Like irritates. I'm quite dismissive of the way that they're. They are feeling I suppose. Or behaving.

[00:14:35.450] - R

And what do you do?

[00:14:39.510] - L

i normally just ask my husband to take them away.

[00:14:42.350] - R

OK

[00:14:44.410]

please just get them out of the kitchen, let me Finish what I'm doing. orrrrrr Go and take them for thier bath now, because you know, you I can't have them under my feet and try and make food or whateve. I mean, it gets really frustrating when they just I mean, the other night i made supper three times, honestly. I mean, they ended up eating cream crackers.

[00:15:08.870] - R

oh Goodness. Okay. All right. That must've been. I mean, let me not guess how that was for you, let me ask you- how did you feel?

[00:15:16.350] - L

[comment: something about cloning to the rules. the rigidity of it and then it all falls apart]
I promise you, I was on the verge of tears. I was just like you exasperated. i just didnt even know I don't what to do because it's nothing that they were unfamiliar with. It's just they just got to bee in thier bonnet. and they decided that they weren't having any of it.

[00:15:31.360]

ayYeah. OK, yeah. I mean, it sounds very frustrating and it sounds like it gets harder when they are multiple ummmmm sorry my words but multiple stresses pulling on you all at the same time. You know, there's lots of things that you've got to do, and that's when it gets especially frustrating.

[00:15:57.140]

[comment: felt here like the energy just dropped. like I've said everything I need to say about that] ya. (pause) and it also really irritates me that my husband has more patience than I do. It's like, oh, well, if they don't want to eat to give them something else and if theyre happy eating cream crackers just give them cream crackers. And I'm just like, thats not the point. Because, like, they're not getting what they supposed to be getting. i dont know. And that irritates me. Yeah. now its not like he undermines me. But he's just like,

what are you getting so upset about? It's just. like. ya. I'll eat thier two minute noodles. If they dont want any.

[00:16:34.690] - R

Yes. Yeah. Yes. Do you think in that moment you want him to see why you are upset and support you in that? Or do you think that it is

[00:16:49.180] - L

yes. I do. And not just just like also, for example, in the beginning, like the first sort of level of lockdown. He's got some very interesting friends and family who live on another planet and they really think this is like a load of crap and it's not real. And like I said to you before, I think I was overly sensitive to it to begin with because, of, like my parents. But they were just, like for me, The rules are the rules. You're not supposed to be supposed to visit. Then just stay at home. Right. And they were constantly coming over. And my husband's got a very different perosnality to me. He's he doesn't like confrontation. He doesn't like. He's just like all we're in the garden. And what he says makes perfect common sense. You know, it's not like they were hugging and kissing. You know, they were standing in the garden. And it really frustrated me that he just hasn't told him to bugged off. And with the children, you know, like, he's just like, you know, if they're not tired. Just leave them, you know. Don't worry about it. I'll sit and do puzzles with them or I'll sit and read a book or carry on and you do whatever it is that you need to. Don't worry about it. I've got. and im like, but That's not the point. its 8pm and they should be asleep.

[00:18:18.320] - R

Yeah. i mean . . . What is it that you want him to see and or what is it that you would want him to say. Which is maybe a different way of asking that question.

[00:18:28.380] - L

[comment: again with the sticking to the rule and the procedures. this is the way things need to go and everyone needs to stick to that. not being able to see kids as individuals and this rigidity as her own need fir structure?] I don't know. I just I wish that we could just agree on Like a routine. You know, I was like 7:30 is wind down. now we need to go and read a book or whatever. And it's fine. Like, it's not like we we've split it. It's like you get a Monday, Wednesday, Thursday and I get a Tuesday,friday you know whatever. It's just like at the time that I'm the one putting them to bed, then I will do it that way. but then he next night. He wont follow the same procedure. If that makes sense.

[00:19:04.030]

OK, got you.

[00:19:06.170]

i'm always the one sort of driving the the routine if you will. and then when I do like say to him listen lets wind down its half past seven lets go read a book. then He'll happily march them to the room and then the next thing they're reading a book on dinosaurs and the next thing we've goi dinosaurs in our house. And yeah. .its not . . . not . . .

[00:19:36.300] - R

hehe ya . .this is not how its supposed to go (both chuckle) And I mean, does it make you feel as if sometimes you have to be the parent for everybody. Like now it's time for bed. Now it's time for book.

[00:19:47.980] - L

Yes. Like I feel like I'm the one who has to always drive, like everything that we're doing. Like, OK, we're now going to sit down at the table and eat. And theyll insist on wanting to watch TV and then he'll be like, it's fine. Just let them eat in front of the TV because, you know, again, they literally like zone out and they just like. Yeah.

[00:20:10.070] - R

Shovelled the food in.

[00:20:11.520] - L

Yeah. shovel it in. Yeah.

[00:20:15.090] - R

All right.

[00:20:15.580] - L

Iso i dont know if maybe he just picks his battles better than I do. But then again, I suppose like I've never met people in adulthood who behave the same way that my twins do. So they probably will grow out of it.

[00:20:31.440]

Right. OK. But I guess it feels like, i dont know, you're making me think of decision fatigue. You know, it's it's exhausting to have to make the decisions all the time. for everybody is like,

[00:20:48.800]

yes. then i feel like husband will get irritated with me, because then I'll say things like. i know we are going to move on to the next level and maybe under level 2 we will be allowed to see friends or family or be allowed to visit in small groups of five or less or whatever the story is. And just so you know we're not your cousin. And just so you know, we're not going to be seeing your friend because they didnt take this seriously under level five. And so I don't know what their risk is going to be like and then hell be like why are we talking about this this because it hasn't happened.

[00:21:20.800] - R

ok. yeah.

[00:21:20.850]

And I feel like that's just my most recent example. But ill do that that with things about the kids to be like we're not even there yet. there yet- like, what are you stressing about

[00:21:35.700]

right- so is that you worrying about things

[00:21:42.270]

[comment: whats this about?control? not feeling as if she can cope with the fallout? not being able to cope with the conflict?] Yeah, I think so. No. Because I think it's because I know that when the time comes, It'll just happen. OK. The next thing I know. theyve invited us over for a braai and He would have just rsvp'd, you know, and I feel like if I hadn't have or had already said exactly how I feel about it up front, then if I bring it up then and there it's going to be an issue i suppose

[00:22:10.970]

Yes. Yeah, yeah, I mean, something that I'm hearing about you. Is that and structure, structure and rules are very important. These are things that you value. They help guide your life. Does that sound right to you?

[00:22:32.130] - L

[comment: I will fall apart. I cant manage this without rigid structure] Definitely. I like it has to be i have so many balls in the air all the time. But just like normally, not even Covid related. You know, like I just feel like if I don't have their routine structure in place, Things wont Well, then everyhting will just fall apart.

[00:22:52.500] - R

[comment: I will fall apart. I cant manage this without rigid structure] Yes. Yes. OK. And I mean that must be especially hard with two year olds because they are anti-structure and rules (we laugh). So does that mean . . do you find that it is the things like that? I mean, I guess you've had really had a few examples, but that's when you might find it particularly difficult, when they don't want to eat or they want to eat by the TV and not the table.

[00:23:16.940] - L

yes yes and when They want something. They want something now. And their new thing is 'come'. and then they like pull you to lead to where they want you to go. And then it's all down because they're pointing to something on the counter. That they actually have no clue what, what it is becuae they cant even see. So you pick one thing up, and pick another thing up and pick another thing up.

[00:23:38.810] - R

Yeah. Yeah. And and that's and you find that particularly frustrating.

[00:23:44.800] - L

I do, because it's normally like I'm usually busy with something. So now if they see me by my computer, they will come and now they want to call me to go places and stuff. if I'm sitting outside with with them Then I really couldn't care less whether I'm there or not. then theyll happily go and play by themselves, or with each.

[00:24:05.620] - R

I mean, when does something else that you're sort of touching on that has come up quite a lot is this idea that things with kids tend to be more stressful or parents seem to, Moms, seem to lose their temper more or find it overwhelming when they don't know what it is

that their kids are wanting or what it is that is Underlying the behaviour in that moment.

[00:24:30.340]

[comment: so concrete here. this is about language. they must tell you and they need words to do that] Yes, so, I find it quite difficult. So we tried. Someone suggested teaching them like sign language from when they were little so that they could communicate. I suppose to some extent they've learnt thier own versions of it, which we've now figured out but for the most part, they have no idea. But I don't even know if it's that they don't know what they want. I mean, look, they know what they want. It's that they don't know what they want. You never get broken up. They want to drag you down. And, you know, you can pick up fourteen thousand thing. They're not interested in it. And then they have an awful down because nothing that you give them is what they wanted. And the pead did say because they were born prim, because they're twins. They will take much longer to learn to talk and much longer to learn to communicate, whereas children same age are stringing sentences together, So. I just find that lack of communication quite stressful.

[00:25:38.590] - R

Yeah. Do you think it's because you can't you can't fix it, that there's something you know, there's nothing that you do will be right in that moment. And that is very overwhelming.

[00:25:50.260] - L

You know, I find that very overwhelming. And then I also find that I get frustrated with myself, that I'm not as patient with them as husband is. I just I get really irritated. But he just, you know, and he'll go pick them up, theyll be screaming and kicking and scratching and And he'll just be so nice to them and I'm like whatever you want to throw a tantrum then throw a tantrum. ill just carry on with whatever i was doing

[00:26:19.840] - R

Yeah. Yeah. OK. Is there something I mean, I wonder what that frustration is about. Well, maybe. I don't know. that frustration with him being more calm. Have you got any ideas?

[00:26:38.960]

i dont know. he just is. he's always been where he is and he just is nonconfrontational and he is very chilled, and I think that also he doesn't like to hear the kids when they're like screaming and not and they're like, oh, my gosh, please be quiet. But just like he doesn't like to see them upset about anything. He will, then the next thing you know, at seven o'clock at night to be eating gummy bears because he doesn't want them to tantrum . .

[00:27:08.860] - R

Yeah, no. Yeah. But for you, I mean, is it about that you want to be as calm as him or that he is not as affected as you. What do you think that's all about.

[00:27:22.590] - L

Look, I know that I'm not as calm as him. I blame my dad's genetics. I just wish that he would also be a little bit more assertive with the twins or with everything, you know, instead of just being like. Like, it's fine. We don't. Like. You know, right now the endgame is to stop them from crying, regardless of the fact that, you know, I've had to cook three times kind of

thing.. So I just I wish she would be a little bit more, like supportive doesn't sound like the right word because he is amazing. Yeah. He's so good and really helps out a lot. I mean, to me, compared to a lot of my other friends and thier husbands, so to use the words to say he must, You need to be more supportive. Just is not. you know, you know. I mean . . .

[00:28:22.680] - R

I hear you that he's there and he's active and he's involved but maybe . .

[00:28:34.010]

yes like maybe I don't know, like an assertive stance when it comes to things.

[00:28:41.270] - R

I mean, do you . . Because I don't know if I heard that or not, but it feels to me like you've got a longer term view in your mind. You need them to go to bed at seven Because then they're going to be grumpy the next day. Whereas hes like they're crying now so lets play dinosaurs.

[00:28:56.480] - L

[comment: so impervious to their emotions] [comment: but what about MY needs?]

Exactly. And then things like theyll come through To our Room at, say, three o'clock in the morning and hell, but and screaming. Just like literally in the last couple of weeks, they just wake up screaming And then he will give them a bottle. They do not want to bottle at 3:00 in the morning. They don't need a bottle. Put it that way. Make them a bottle and now its become almost a habit. Three o clock in the morning he goes and makes them a bottle. They drink the bottle and then they fall asleep here . which is fine for the first half an hour until they doing this the whole night (indicates waving around), and ive got feet on my pillow and people kicking me in my ribs. And then I'll say to him, let's move them to their room. He's like, no shame they so fast asleep. Let them make them carry on sleeping here. And then I have a really crap night.

[00:29:49.010] - R

[comment: so impervious to their emotions] [comment: but what about MY needs?]

Right. OK. Yeah. I mean, I'm thinking a lot while you're talking about ummmm. Worrying about the future and the idea of like, how will I cope tomorrow when I'm tired or how will this, you know, how will I manage tomorrow when the kids havent gotten a good sleep?

[00:30:09.510] - L

For me, not just not even just like that sort of immediate future, just like in general if I have to go back to work now, we both have to go to work. Chances are that we're probably not going to get our nanny back immediately just because the risk keeps getting higher and higher. So either we have to make a point of going to fetch her and bringing her here. But anyway, regardless of that, she cant do anything just yet because her kids, ummm, are not going to school right now. They're not those grd 7 child ages whatever, whatever so she still needs to do what she needs to do for her children. But if we do need to go into the office, we are going to have to, so before level five lockdown was implemented there was that like social distancing. Week or so, so where we sent our nanny home to go and keep her children, to look after her children And I was literally getting up at 4:00 in the morning,

getting to work at 5, working till 8:30, getting home, then husband's going to work from 8:30 to like two, three o'clock coming home. And then I was I was working again into the evening.

[00:31:20.100] - R

Right

[00:31:21.400] - L

[comment: this whole thing just sounds completely overwhelming and panicked. an air of just barely contained panic below the surface of a very rigid structure] if we're getting to the next level. Wherei might, like right now work is flexible. They're happy that I work from home, but, you know, maybe on level 2. The presidency will say, now, Now everybody goes back to work.i dont want To go back. And fortunately, I have a lovely boss and my company is really good in that respect that they'll understand my personal circumstances. But yeah, if it opens up on that level, I'll be back to being as busy as I was before Lock down. But now no nanny, so now I'm going to have to do the 5:00 in the morning till 8:30. So, yes You know, then probably working till 10 or 11 at night so getting them up at three o'clock in the morning, it's just not an option for me. Not if I have to be awake like Two hours later to go to work. never mind All of the prep for everything else that needs to happen.

[00:32:16.520] - R

yeah i hear you .

[00:32:32.300]

Makes me sound like a control freak. But if you look at the state of my house, you would never say that.

[00:32:41.320] - R

I mean. Just it sounds very hectic. It sounds exhausting and chaotic and.

[00:32:49.360]

[comment: fantasy that she wants me to know how busy she is, how much she has going on. how IMPORTANT she is?] yeah, Even when I have all of my ducks in a row, they are still not really in a row by any I mean,theyre probably not ducks. theyre like cats. (we laugh)

[00:33:05.850]

herding them back into the right lane

[00:33:06.610] - L

exactly. so most days go According to plan. But yeahevery now and then and then just chaos reigns supreme. And like i say I think they understand when I'm anxious or busy or stressed about something becuase Inevitably, those are the days that go pear shaped.

[00:33:30.300]

Yeah.

[00:33:30.800] - L

[comment:] Yeah, maybe it's the days were going pear shaped with them and I just never noticed it before because they were good.

[00:33:39.170] - R

Yeah. I mean, that's going to ask you about. On that note. What is it that you think they are needing from you?

[00:33:50.530]

[comment: this idea that they are wilful? wilfully annoying her or distracting her trying to get their way?] [comment: wow nasty] I think they just want. . .like i cant say They want my attention all the time because they actually get on so well together. And just looking at my friends, you've got one of the same age. They're children up far more demanding than mine. They are the primary friend. Whereas my two are not like that. But also I noticed that my two compared to my friends' children of very, very strong willed and comparison and not like mild and shy like mine. You know though if they decide they like, you know, come up and hold your hand and lead you off so you can get them a gummybear out the cabinet or something. Yes, so. That's where they dont take after my husband.

[00:34:46.880]

[comment: this idea that they are wilful? wilfully annoying her or distracting her trying to get their way?] [comment: wow nasty] OK, so you feel like it's not attention that they need necessarily.

[00:34:52.560]

no I don't think it's attention and we do like all sorts of things, i mean we do arts and crafts for which they have the attention span of like three minutes for and then we go to the trampoline and we go play ummm you know tv is on constantly, like in the background, just streaming Netflix. So when they want to go watch something, they just sit and watch it for like 20 minutes, half an hour and they lose interest and then they want to play lego. Yeah. Which is fine. I just think it's just when they haven't slept well or. Well, I think also this whole waking up at three o'clock and wanting bottles might have to do with the fact that theyre not eating a proper supper. you know. i dont quite know. So last night. I served up supper and i was like, right, you don't want to eat. You're not watching TV. You're not playing with the toys. Go to bed.

[00:35:49.850]

Right.

[00:35:51.270]

Anyway, that backfired on me because they both threw full scale tantrums, And then my husband ended up going in (something). And then they ate crackers.

[00:36:03.890] - R

And what did you do? What did you do in that moment?

[00:36:08.330]

I was irritated. I just had to say, fine, you deal with them. You get them to eat whatever cream crackers. if They dont sleep tonight. You deal with them. Like, I actually just don't have the patience for them right now. Yeah. No. Then I went and sat on the couch and worked on my computer for a little bit. And then when i go through at about 7:30 they decided that I was their best friend. It feels like it's a bit like Stockholm syndrome. I was so awful to them.

[00:36:50.990]

I mean, what I wanted to ask you is, are you when you do get that angry. Are you someone who disengages, who says I need a break and and. Like, I need space in that moment.

[00:37:05.910] - L

Yes. Yeah. Then I just get irritated and then then I leave and then I go work on my computer Or I have a bath or help out in the kitchen.

[00:37:17.000] - R

OK. Do you ever go the other way and shout and scream and like and lose it in that way.

[00:37:24.780]

Sometimes I do like when they push it. And I'm just I can't actually deal with it. Get getting your beds and lie down. calm down (something) Two dogs that are jumping. You know, but thats, That's what they really don't take me seriously then. Then they carry on. And then eventually I get irritated and I leave.

[00:37:58.040]

OK. And this is such a hard question, But what goes through your mind in those moments when you're like, I'm gonna lose it?

[00:38:15.710]

ummmmmmm Yoh, I don't know I just get so angry. Like this. Like I've got stuff to do. And they really need to go to sleep and not listening. or they not eating or whatever. It's just like this is complete waste of my time. I just yeah. I feel like it's a complete waste of my time. And I spent half an hour in there, you know, trying to put them to sleep or an hour cooking them food, and they just didnt eat. And yeah, (inaudible). I just get very annoyed and I almost wish that they could just understand.

[00:38:56.450]

Yeah. Yes. Is there something about being under appreciated? Like, I've made this meal and you couldn't care less.

[00:39:05.400]

yes. but I feel like that's a unrealistic thing to think about Two year olds.

[00:39:10.470]

sure? Yeah.

[00:39:11.800]

Yeah. I mean, I sometimes feel that way. But it's just it's not realistic. Yeah, we're not not. I mean, not to. Yeah. Yes. Yeah, it doesn't make sense, like yeah. if i Cooked a meal and husband had gone off to play squash or got home at eight o'clock and it was cold. Then i could say this is really ridiculous, then i could feel like I find myself getting annoyed with myself for feeling that way because. . . .

[00:39:44.050]

Yeah. Got you. So then this is something else that I've noticed. Which is so obvious because everyone feels that I think. But it's this idea of like I should be able to do better. I should be calmer. I should be able to give them what they want for supper. I should be able to figure this out. Is do you think they should finally, like, get a recipe right? And they may bring it, sir? You know, I am not interested in eating it, but they ate it yesterday.

[00:40:14.820]

Yeah. I mean, do you think this 'should' (she interrupts)

[00:40:21.600]

It's like they're being manipulative because I think they can be like I can see how they play. They play us off against each other. If i say no they will ask thier farther for it aftwards

[00:40:36.110]

.All right.

[00:40:37.490]

[comment:] Just so. . . ya. I don't know if they're just being otherwise. But, look, I'm not one for reading books or any anything. i got given a pile of books when I was pregnant. What to expect when youre expecting And someone gave me some twin books and I was just like, I actually can not be bothered to read any of this. And if there's anything that I have, that I want to know, I'll Google it or esle ill look in the book for it.

[00:41:09.550]

Yeah, yeah, yeah.

[00:41:11.970]

someone did say to m that apparently now at the age of two, this is when they really are testing boundaries and they can say no just because they want to say no. Yeah, that could be starving. But just because. Yeah. You know, they dont want.

[00:41:30.020]

Yes. And also which may be helpful for you, but it's it's also the age of picky eating. So, you know, they call babyhood like the honeymoon period where kids try everything and then suddenly at toddlerhood, they don't want the thing that they eat this morning because now it's disgusting.

[00:41:47.130]

Yeah. And I'm finding that so difficult. And also just the waste you know. , because you know they wont just say no to the banana, they will take the banana and then they throw it on the

floor. Just, theres no, you could ahve said no before ive peeled it, just said no and not have thrown it on the floor. (inaudible) something bout the dog eating off the floor

[00:42:12.620]

Yes. I mean, I want to ask you, you spoke a little bit about you mentioned your dad and your parents and i know theyre living in Durban, but are they . . . Are they quite similar parents to you are now? Were, they also very rules are very important. That type of thing.

[00:42:43.930]

Actually, they were probably the complete opposite, you know, they were. My dad was the disciplinarian. And if we were naughty we got a smack for it. I mean only ever happened once For one thing, because he's six foot seven and his hands the size of a dinner plate. So, yeah, you learned very quickly, but that didnt happen often. My mother was very, like, submissive to all of us. Basically walked all over her. We never had rules like you will make your bed when you wake up in the morning and you know, you you will be in bed by whatever time we jus kind of fall into stuff like that where maybe i cant remember that we were very young, maybe there were these rules, but, you know, like there were never any. My mom's typical little Italian, you know. All she does is cook and clean and pander to you and you know. And that's how we were treated. Like every morning would get you out of bed. And she would make our beds for us. And she would do the washing and the ironing. And they've never believed in having like a domestic until they are now in the 70s.

[00:43:58.760]

Right. Right.

[00:44:00.490]

That's my mom. That's that's her job and .. if she offers to feed you and you say no. She's like, mortally wounded. So, you know, it is it's quite different. And then also, you know, my husband's family, they're also very super chilled , so i dont know. i dont know maybe if its a different lifestyle of like being a Full-Time working mom, whereas neither of our moms were. I'm not sure.

[00:44:29.530]

Yeah, do you, (interrupts) I'm just. sorry what was that?

[00:44:39.160]

mabe i just am more highly strung. (we laugh)

[00:44:39.160]

And I i wanted to ask you ummmm. . . . what's your relationship like with them now? Your parents.

[00:44:46.380]

Fine. They've they irritate me sometimes just because, like, for example, they're in their 70s now and they live in the flat above my sister and my husband. And during this whole social distancing thing, I still the primary caregivers of my nieces. OK. Which I just feel like they just being very irresponsible, like they should be more careful.

[00:45:15.000]

Right. But I suppose that's probably all we argue about. Really. OK. OK.

[00:45:22.210]

I, I'm going to ask the way do you think your rudeness came from like the meeting of rules. I know you said earlier that you got so many balls in the and I just need structure.

[00:45:34.270]

Otherwise they lack the work that actors also defined by time frames and milestones. And that's the way that the project goes. And if you miss a milestone, you probably derail the whole project or you can just use the structure with that. Yeah. Yeah. I mean, no, that's probably about it. Okay. And I'm trying to think if there's anything else I want to ask you. Sara, a midnight age is back.

[00:46:11.010]

Sorry for jumping back, but an increase. Thanks. Do you think the kids are struggling with. I'm sorry you mentioned your nanny's name, but it's gone out of my head with her.

[00:46:23.460]

Lydia. I think so. I think, like we definitely noticed in the beginning, especially the first three to four weeks and getting the sort of search thinking, she would often videoiq and they would stop crying when they saw her. At the same point with [REDACTED]'s mom and the same thing. Really good family friend of ours who is always here right now.

[00:46:51.920]

Now, they they seem fine and I don't like it. I was also Sainsbury's some a little bit concerned when you get back to work potentially full time. Yeah. A it is famous since they were like a few months old.

[00:47:07.050]

Right. Is it going to have to be a reintroduction. Yeah. They can't put one day mom and dad home and the next day they've got Lydia. Do I need to sort of. Is that in real tonight. Yeah. They have that work. Right.

[00:47:24.780]

And. I don't like him, and I think maybe that's where they started with the whole thing getting up, coming into orbit and not wanting us to allow it. Before that, it would be like it's bits. I'm going to get sick of them. It looks pretty bad on the art now. Yeah. I need one. And if we're not literally draw attention until they fall asleep. Yeah. Yeah. It's so interesting. I mean, and I haven't.

[00:47:56.190]

I mean, I can judge that many moms. It's been about five and four sudden lockdown has been good because they said that, whereas before they were very busy. They've had time to, like, stop and notice what's going on with their kids. And the other half admins been saying it's terrible because and they don't have any of the space that they used to have to

help them manage. And they're really struggling.

[00:48:21.850]

So it's just like for me, it's things occur. For me, it's a combo of those two things, because the ivory trade, especially now when we were allowed to do exercise in the morning, you know that it's been really nice because in the four of us as a family dinner and, you know, we're take we love we're very fortunate to live across the agricultural college. So rough. You know, we could take OG's and the kids over on the little students and go for a short walk.

[00:48:53.520]

Which also helped. And tiring them out at the cookery. Exactly. And I also was asked to do that is with work. I was up on top of 7:00 in the morning. Yes. Sometimes they work. Sometimes they weren't. Yeah. Yeah.

[00:49:11.570]

Yeah, it's been nice.

[00:49:13.640]

But then also, like now that we're starting to pick up again, I'm finding it difficult to get stuff done.

[00:49:23.900]

And they would say this. Yeah, I just remembered something else. While you were talking that I wanted to ask you about was has there been a time recently, maybe in the last week or so away? They are there to your right here.

[00:49:39.440]

I have movement there. Right? Oh, you're in the room. Do you want to go and check me out? And Matt, time's almost up.

[00:49:46.730]

So and if you want to go check it out or not. I just heard them banging. So actually, I mean, if they play.

[00:49:55.920]

All right. Can you ask me quickly. Is this when you've been overwhelmed. But you. And they have been overwhelmed. But you feel as if you've managed it well. And afterwards you say to yourself that there was a job well done, mom, like that.

[00:50:10.800]

Yeah. I feel like it's when I finally managed to talk to them nicely, even though a screaming and then a brief one. I mean, it's quite difficult to get them both up. Yeah. Yeah. Like, I've managed to convince them that we're holding hands go up and then we go like sit on the trampoline, have a snack on the trampoline. And I'm like, good goodness. Because I could have gone the company like so yesterday. Yes.

[00:50:42.950]

I could be really happy. You managed to go. We had snacks on the trampoline. I thought it was great. We had a little picnic. The day was a complete dog show. There were birds. I wanted to be up. They were not fighting with each other. Everything was going to get. I want to go sit in the car, which is the favorite thing to do. And also, it's like it's the only place where the neighbors can hear them screaming.

[00:51:10.120]

It sounds like I'm killing them. Show me like I put them in the car.

[00:51:16.190]

They cried and they Cochise and upgraders who had gone to his office and with Keith. Can you come home? Because I actually have an agent, you know, but I need to get out. So, I mean, I sat in the car with my laptop, on my seat, on my lap while they screamed murder in the back of a car. Yeah. So he got. I can recommend an empty cold drink and empty sweets and empty whatever.

[00:51:44.520]

Yay! But like I said, I think those days with a keen sense that I urgently need to get something else. I haven't given any of the five minutes to wake up. You know, I got a good. Let's go. I mean, why. Right. Do you think that's something about working on your schedule, this they schedule and they did comes summer.

[00:52:09.730]

Good luck on the first part. You know, like in the mornings and stuff, it's the schedule, which is fine, but they record on it live. And when it's my time. Right, I've done. And I do it all before they wake. Yeah. It's often it's especially when, you know, like these ad hoc work coming up. Not my plans. Scheduled work. Yeah. Yeah.

[00:52:35.180]

Yeah. I'm gonna got a little bit. Yeah. Graceful. Yeah. Yeah. All right. And thank you so much, Sandra. I'm sure that there is more, but I don't know if you saw and if you're okay with this, but part of the research is a follow up interview in a couple of weeks after my remarks.

[00:52:57.210]

I will. Thank you. And so that's just about know. It's much the same as this. And it gives me a chance to sort of like read through the data and then follow up on Scott's and see if he had any thoughts in between, you know, that kind of thing. And I really appreciate it.

[00:53:12.720]

Thank you so much as anything you want to ask me before I. Finish your I'm okay for now, OK? And can I be looking at a time as you quickly while I've got you on the phone.

[00:53:26.150]

Do you think your brother or should I message you rather. Or if you got ten minutes.

[00:53:34.660]

I've got a minute. OK. So many rooms. But this time is generally good for you.

[00:53:40.540]

You're saying your. I'm like I said, I'm at home typically because, you know, they're generally still asleep on all the time. So how would it help us to live in better than 11?

[00:53:55.870]

Yes. How how will help us deal even on Monday the 8th? Work for you. Perfect. I just put you in also.

[00:54:05.650]

So I don't forget you because that would be awful Monday. It would be awesome. OK, great. Thank you so much, Ganja. That was really great.

[00:54:13.920]

And just last week, you as well. Remind you about that second half of the Continental.

[00:54:21.800]

Oh yes. And you can answer. OK. Perfect. Thank you so much. You look after yourself. See you then. Bye.