**P2:** I'm okay. I'm okay, it's been a very difficult last three weeks but…

**P1:** Absolutely yeah.

**P2:** …we’re getting there.

**P1:** Yeah, and do you want to talk about it? What happened? Was your dad unwell or not?

**P2:** Um, yeah my dad so he was actually a very, um, prominent psychiatrist. He was, um, once the principle state psychiatrist for the whole country. His name is Dr. **[unintelligible 00:00:30].** And, um, he was a very big figure in my life and everything. Um, so, we were quite close and he's had a cardiomyopathy for quite some time now and it just became quite, um, you know -- the whole pathology accelerated over the last six months or so, and yeah, he -- I think it was just time, you know. He is also 77 so it happened last month yeah on the 26th and he was in hospital. And luckily they managed to -- because it was green zone then, um, my immediate family got to go and then be with him at the last few, yeah. So it was quite difficult but um,

**P1:** Oh, I'm so sorry.

**P2:** I'm happy that he's not suffering anymore. And you know, that he's at peace now. Yeah.

**P1:** Um, have you had a lot of, um, rituals around mourning and burial and that kind of thing? What does your family do?

**P2:** No -- okay, so that was a big issue, um, because so I didn't -- we didn't have a funeral. Um…

**P1:** Okay. Because of lockdown or…

**P2:** Because of COVID yeah.

**P1:** Yeah -- yeah.

**P2:** So, because my dad was so, um, well-known, we, um, we actually would have expected, you know, probably people in the hundreds to come to his funeral. And we just, um, we decided that -- so they took his body from the hospital, um, they took it to the funeral parlour and then straight from there, to the burial ground which is next-door. So within five hours, he was buried. Yeah, and then there was just, um, we did go to the funeral parlour for a short while and then we went home. And then all the prayers and stuff have been done via, um, Whatsapp groups and stuff.

**P1:** Okay, it's so different from how it would have been, isn't it?

**P2:** Very different. Completely the opposite, yeah. It was quite a huge decision but we feel that just as a medical kind of family, we didn't want to, you know, do anything to expose everybody and -- especially since we'd had all been to the hospital and stuff, you know what I mean, we didn't know whether we would be carriers and…

**P1:** Right, yeah. I mean, how are you feeling about all of that? Were you upset that it had to happen in that way or…?

**P2:** You know, I'm -- about the way that it happened -- honestly I feel like everything that's meant to be will happen. And God has the plan for everything. So whatever happened, I believe was meant to be and I can't question it now. Especially, I mean it's such -- death is such a kind of a -- what's the right word? It's like a very spiritual thing in terms of, you know, leaving this world, your soul going and things. And I just feel like it was meant to happen that way and it was God's plan and I just have to accept it. And I haven't really been very upset about that, but I've just been grieving over the whole, you know -- I actually kind of feel like I preferred it because I'm not the type to go around hugging people, especially random people. Like, you know, I mean, I'm not very like wanting to chat about things like very deep feelings and stuff, to people that I don’t know and stuff. So maybe it was for the better for me. And then there were a few people -- so we put on -- when we did do the notification, um, to say to tell everybody that he had passed away then we had told them that there would be no visitors at the house. And then there were some random people who were just coming. So, I was quite annoyed about that. And then, um, I had to go down and tell the guard to stop letting them in at the entrance of the road. Yeah, so that was quite -- you know, I didn't want to deal with all of that during such a -- but anyway it happened.

**P1:** It's quite something isn't it that, um, people -- you say you want visitors but they still come. It's like an intrusion.

**P2:** Yeah, and I know, and people have -- honesty people that I basically have never seen before in my life, you know.

**P1:** Yes.

**P2:** So, yeah and then I was -- I was a bit sad because my -- well my little one is too small to understand but my, um, my son turned seven the other day, um, on the 18th of July and I was a bit -- it was a bit sad for him to see this type of funeral, you know. Like it's the first funeral that we've really had, and he, um, he didn't get to experience a normal one, so that is a bit difficult for him. He was quite, quite close to this grandfather as well.

**P1:** I was going to ask, okay.

**P2:** Um, but he seems to be okay. He's preoccupied. He's going to school now and, um, you know, he's carrying on. I don’t know if any of us has really just accepted the whole thing or really fully understood it yet, you know. We all just feel like we're going to go visit and he's going to be there. It's just -- I think it's time yeah.

**P1:** And I wonder if, um, you know, the context makes it even harder because we're all sort of waiting to go back to normal life. So, I wonder if the reality of it hasn't quite settled yet, because nothing is normal at the moment.

**P2:** No, definitely. That's 100%. I mean, now we're actually just looking more for things to brighten up our lives, you know, in this hard time and that was a very tragic thing. But I'm actually also quite preoccupied at the moment because, um, I've got a lot of online work to do for UKZN. I've got a lot of -- we're buying a house now and there's so much of admin there.

**P1:** Oh, my goodness. Congratulations.

**P2:** But I'm really looking forward -- yeah, I'm really looking forward to moving. We sold our place. At the moment I'm in a complex, so we're just waiting for the transfers and things. And then, um, we are also just the whole, um, admin with the my dad's estate and the lawyers and stuff. That was a whole lot of admin. **[Laughter]** But we have a very good lawyer, so, um, yeah that was a very, uh, helpful.

**P1:** Yes, how did you explain to your son about, um, your dad's passing? Did he have questions? How did he handle the news?

**P2:** So, he knew that my father was sick for a while. And we had prepared him that it's not looking good for about -- maybe about a couple of weeks before we had prepared him, that you know, he calls him nana. We used to say, "Nana is in hospital. He's not doing well." And we just told him, that you know, it's possible that God will take him to heaven soon. And, um, you know, and that he will be in peace. We just need to pray a lot for him and that God was making it easy for him to go. Um, yeah.

**P1:** And was he accepting of that?

**P2:** Um, I think -- well he never really fully told me, you know, I -- or kind of, um, gave me any positive reinforcement about that. But um, he just -- I don’t think he really -- I can't remember if he gave me any like answer or feedback, but he would just ask, you know, talk about it every day. Tell people, "My grandfather is sick, you know. My grandfather is sick." And then he, um -- on the day I told -- so he didn't actually cry or have a meltdown or anything, but a few days after that, he was a bit irritable and he cried a lot one day at school, but not telling his teacher about that it was about that. He just cried because he said, he couldn't do his work. It was too hard. Um, he doesn't usually cry at school, you know, so I could see that it had affected him.

**P1:** Okay, so you linked it to your dad's passing.

**P2:** Yeah, I had linked it to that. And also I feel like because they're only going to school every alternate days, so the routine is a bit off, you know.

**P1:** Yeah, of course.

**P2:** Yeah, and he's also, um -- he's, uh, he's got a lot of -- he enjoys, um -- the neighbour's friends are not going to the school. Their parents are not sending them. So that also, you know, he is wondering why and…

**P1:** Okay. Are they at the same school or?

**P2:** No, they're in a different school.

**P1:** Okay -- okay. But it's confusing maybe?

**P2:** Yes, it is. Yes, Hamza. Just for a second. Are you okay now?

**Hamza:** Show me. They went in.

**P2:** Okay. All right. Where's the baby?

**Hamza:** Lucy has got him.

**P2:** Okay. Sorry about that.

**P1:** That's okay. Um, I was going to ask you something Amina. Sorry, oh, and for you Amina, I wonder if **[00:10:00]** how have you been and has he been picking up anything from you do you think around your moods and how you've been processing…

**P2:** No, I don’t think so. I think I have been very busy recently with all the admin and everything. So, um, he has been, uh, having to be child-minded quite a lot. As I go **[inaudible 00:10:29]** and I had quite a few documents to sort out. I think so, um, but you know, in the night he spends a lot of time with his dad, and they really enjoy their evenings and have a lot of fun and I don’t really -- I haven't really had any like, uh, emotional outbursts or anything in front of them, or anything like that.

**P1:** All right. Have you been different in any other way do you think?

**P2:** No, not really with him. But I do talk about it to my husband a lot about how I much I miss my dad and, you know, not really with him. I don’t actually, um, I don’t -- I try not to around the children.

**P1:** How come? Just out of curiosity are you worried that it will affect them negatively, or?

**P2:** Yeah, I don’t -- my son is sensitive. He is a sensitive child.

**P1:** Yeah.

**P2:** Um, and if he sees me upset then he does get upset. Um, and then he doesn't show it with me, but he takes it out elsewhere, you know, uh, either at my parent's house or at school or something. So, um, yeah I don't want to show him that I have -- anyway, I don’t feel like it's, you know, I mean, death is a normal part of life in terms of elderly people. So, I don’t want to make it like now this huge, you know, cascading effect on everyone too as well, you know.

**P1:** Um, and privately?

**P2:** I think we all grieve…

**P1:** Yeah, and privately how has it been for you privately? Do you have -- do you express things differently when you're alone?

**P2:** The days are okay. The days are okay because I'm so busy from like 6:00 or 7:00 in the morning. Just at night, you know, then when it gets, um, when I’m sleeping and it's dark and no one is, you know, the sadness comes in like waves, you know.

**P1:** Right, at night you mean is the hardest.

**P2:** It comes in waves. Yeah, the nights are worse, uh, but I did have quite a few, uh, sleepless nights. Not sleepless but I would fall asleep for about a couple of hours. And, um, yeah but now I would settle down. I do usually get a normal sleep now.

**P1:** Okay. Um, and, um, how is the rest of your family coping? How is your mom coping?

**P2:** My mom is very strong. Um, I think she also -- they also had a lot to, um, do with his frail care and his, um, you know, his, um, **[unintelligible 00:13:06]** care at home. So, I think they're quite relieved that he is resting in peace now. And, um, my brothers -- I have two brothers. I think they're the same as me. They're fine. Everyone is okay. Um, I haven't -- because of lockdown I haven't gotten to speak to them a lot in terms of going there and things. Um, but every time I do talk to my mom, she seems quite strong. She's okay.

**P1:** Are you -- sorry, I remember you were saying you're quite…

**P2:** He did a lot for my mom.

**P1:** Sorry, he did a lot for you mom?

**P2:** Yeah, he -- in terms of just -- um, because she's much younger than him, she's only 61 now.

**P1:** I remember you saying, yeah.

**P2:** So, she, um, yeah, so I mean, she gets his government pension every month, um, and then he invested a lot for her as well. And the house is hers and things, so I'm not worried that my mom is in trouble or anything. You know, like he's really sorted her out, which is very good. I feel, yeah.

**P1:** Yeah, um, I remember sorry because I was reading over our past interview, just to get ready for today. Um, and you were quite close with your mom?

**P2:** I am. Yes, I am quite close.

**P1:** Yeah, so do you have the kind of relationship where she would say to you, "I'm really struggling," you know, or would she cry on the phone to you? Would she be comfortable to show you that kind of emotion?

**P2:** Yeah, she can show any emotion to me. She will -- uh, if she's angry, she will scream and, uh, shout and hit something or anything that's happening she will do it. **[Laughter]**

**P1:** Okay. Has she always been that way? You're laughing like…

**P2:** Always. Always.

**P1:** I mean…

**P2:** Like an open book.

**P1:** Okay. Is she quite an emotional person generally?

**P2:** Maybe with us, but not outwardly to, you know, outsiders or anything…

**P1:** External people.

**P2:** But I think with me and he own mother, we still got my grand. Maybe I would ask -- she's quite, um, she's free to share her emotions. She does get -- she is a big of an anxious person. I think I told you.

**P1:** You did tell me.

**P2:** She gets anxiety.

**P1:** Yes, um, it sounds quite different from you, because you sound like someone who doesn't freely -- your emotions aren't on your sleeve. You don’t like freely show them to, you know, anywhere.

**P2:** No yeah. Yeah, not generally.

**P1:** Okay. Were you…

**P2:** Not **[inaudible 00:15:36].**

**P1:** Were you more similar to your dad, or?

**P2:** Yes, so my dad and I were similar in that, um, we're very OCD about certain things and when things need to get done, we need them to get done like as soon as possible, you know. That's why like I'm saying, if somebody wants a document from me or something, I rather do it there and then, you know. Um, I do feel like it helps a lot too in terms of just, um -- I feel like it's actually a very good quality that he had, because, um, he was very efficient with everything, you know.

**P1:** Yes.

**P2:** Uh, like for example, even with his tax returns like he would just go and pay them on the day when tax season opened, you know. Or you know like something like that. So, um, I am very much like him. He was also very -- he took charge of things quite easily. Um, he was very responsible. He was very, um -- you know, he didn't have any bad habits. He didn't have any vices at all, you know, nothing. So he set a very nice example and he was just very good at his job, you know. He was an excellent psychiatrist. Yeah, um, I don’t know if you've heard of him. I'll send you his details maybe you can just see who he was.

**P1:** That will be lovely. I will have to because I'm sure somewhere along the way I would have heard of him, because psychiatry and psychology cross paths frequently in the government especially during internship and **[unintelligible 00:17:11]** and all of that. Yeah, absolutely. Um, okay shame so it's been quite a difficult time, and I can hear that you have a lot going on in terms of like all the, you know, admin -- there's a lot of admin around death as you were saying with the estate and…

**P2:** You know, actually I haven't even -- some days -- so I don’t have an appetite ever since he passed away. Um, nothing, like I don’t feel hungry at all. Like there's not -- you know, usually you just have hunger pangs. I don’t feel hunger pangs, so since that day I lost four Kgs, which is not a bad thing. Um, I mean, I'm happy about weight loss. **[Laughter]** You know, but I just don’t have any like, um, enjoyment for food, you know?

**P1:** What do you think that is Amina? Do you think that's part of mourning or how do you understand it?

**P2:** Well, I hope it's part of mourning. I hope it's not COVID or something, you know. **[Laughter]**

**P1:** It would be awful timing.

**P2:** I hope it's not COVID but **[Laughter]** yeah, I think it's -- I don’t know I just -- it just -- I don’t know. I hope it's -- I attribute it to mourning.

**P1:** To mourning, yeah. Are you -- I mean, are you that kind of person who maybe you don’t always express things outwardly but then they come out in other funny ways like headache or stomach ache or, in this case, loss of appetite?

**P2:** Maybe, yeah. It could be. That might be something I'm only finding out now. I am not sure. **[Laughter]**

**P1:** Okay. Nothing you've noticed before? **[Laughter]**

**P2:** No. I actually had any major, um, like things that have depressed me in the past. I mean, I did lose a grandfather, that was difficult, but not as difficult as this yeah.

**P1:** Okay. It's quite something to lose a father and he sounds like he was, um, very much a patriarch of your family.

**P2:** Yes.

**P1:** Mm-hmm, okay. Um, and Amina you said that your, um, is it -- sorry I forgot his name. your eldest son, and you just spoke to him a second ago.

**P2:** Hamza.

**P1:** Hamza, I thought it was that, sorry. He's back at school?

**P2:** He is back at school, yeah.

**P1:** He was dying to go back to school, you were saying.

**P2:** He was really keen to go back and now he's back.

**P1:** Yeah.

**P2:** Um, and it's been fine except for that one or two days when he was crying about, you know. Um, and then he -- I think he got used to it. He got back into some sort of normality with the school. But they don’t go every day. They go every alternate day.

**P1:** Okay. How has that been for you? Because you were doing work late at night and…

**P2:** I feel so much better that he's actually getting a proper education, and **[00:20:00]** some education. Um, on the other day she goes to his, um, another, uh, teacher who does his -- because they send, um, homework home as well, and we've got a maid, um, who does his homework. And he's, I just feel like, you know I mean, now in grade one, it's a time where they're learning to read and, you know, like those very ground…

**P1:** Fundamental…

**P2:** So I'm happy about that, yeah. And I think he's happy as well. It wasn't easy for me to home-school at all. I don’t even have the time to do it. Honestly I don't have one second in my life now to do that. Um, every minute of the day, it's like now when I'm talking to you, it's like you know, it's like a miracle that I'm talking to you. **[Laughter]**

**P1:** Thank you. I appreciate it. **[Laughter]**

**P2:** Otherwise there will be something to do all the time, you know.

**P1:** Yeah, is it always like that or is it just been during lockdown?

**P2:** Um, no, it hasn't always been -- ever since my dad passed away and ever since we've got the -- ever since we started the ball rolling with our new house, and, um, those initial three weeks of hard lockdown those were actually nice. It was a nice time. I was still on maternity leave when it happened. So that was actually nice but…

**P1:** So, the busyness now is sort of due to these exceptional events that -- you wouldn't normally be so busy I guess so busy I guess, you're saying.

**P2:** Um, no. Well not that preoccupation the whole day. Like I would have the more time to sit with them, to maybe do the homework, to, you know, chat about things. Have more -- actually have a longer supper time. Um, because now, after they all go into a deep sleep by about nine o'clock, then I have to sit until about 12:00 and work online for UKZN. Otherwise I just don’t get a chance to do it. So, like -- and I can only do that when they're all fast asleep, you know.

**P1:** Yes, I remember you saying that.

**P2:** Um, otherwise there's too many interruptions and I can't really focus everything and I have a lot of voice overs to do. A lot of, um, presentations that need recording, um, preparing. I have a lot of, um -- we do clinical skills. It's been very hard to do distance learning with clinical skills because it's so practical, you know. So just trying to get the delivery of the material across, was a huge challenge but we are trying our best, you know.

**P1:** Okay, yeah absolutely. Yeah, um, and I remember you saying, in the first interview, um, sorry I hope I remember this correctly, but were you and Hamza clashing a little bit over the home schooling? Just it was frustrating and…

**P2:** Oh, yeah it was terrible. Sometimes he used to cry -- I get very frustrated in terms of teaching, um, a small child. It's just they're too -- I just find like the concentration is not there. And maybe it's just because I'm his mom, you know, and maybe he's got a bit more, or less frustrated when he **[inaudible 00:23:27]** classroom environment. But, um, he just doesn't listen to me about schooling, you know. He just doesn't listen to me.

**P1:** Do you -- I mean, do you think you’ve got expectations of him that are what -- that he needs to do more, he should listen more or, um, he should behave differently?

**P2:** I don’t feel like -- I just feel like, you know, I don’t -- I never expected a child to be so fidgety while doing all their -- you know, like -- like if I'm making him, uh, you know, if there's a page of writing to do or practicing. Like there will be so much chatter during the thing and then he will be fidgeting with this pencil and that eraser and I feel like, you know, like I don’t know if he does that at school as well. You know, I don’t know. I don’t get any complaints from the teacher or anything. Um, so I just felt that with me, he was just being a little naughty about everything, you know. Um yeah.

**P1:** I wonder why he was -- do you imagine he was being naughty with you and not at school and I wonder why you think he was doing that? Why with you? What was happening there?

**P2:** I think children just have a different relationship with their parent, with their mother. You know, they can get away with more or like…

**Hamza:** Mommy.

**P2:** Yes.

**Hamza:** I was calling you **[inaudible 00:24:46].**

**P2:** Hamza I'm busy in a meeting.

**Hamza:** Mommy, when you're done, come get the baby.

**P2:** What's wrong with him?

**Hamza:** Just come and get the baby. When you're done get the baby, okay?

**P2:** But why?

**Hamza:** Just do it, okay?

**P2:** But isn't he with Lenny?

**Hamza:** No, he **[inaudible 00:25:02]** so I want to be with Lenny, but please when you're done come fetch him.

**P2:** Okay.

**Hamza:** I'll be in the garden watching videos.

**P2:** Oh, I see what he's saying. He telling me that, okay so I asked my, uh, helper's son to mind the baby. Um, because, um, yeah, just for a while and now my son wants to play with him.

**P1:** Okay, he's like, "Get the baby. Get the baby." **[Laughter]**. Very cute.

**P2:** I think they can get away more with their mother, you know. Like with the teacher it's harder, they probably just sit there and do the work and listen and you know they have -- maybe they have more respect for the teachers than they just feel like -- you know, I think children also like, you know, we, um, and maybe I'm more lenient as well than the teacher. You know, maybe he feels like he can just bark at me or something like that. **[Laughter]** I don’t know. I think also because mothers are generally much more forgiving and they don't -- you know more understanding to an extent and maybe he doesn't take my scolding seriously. Um, yeah.

**P1:** Yeah, are you -- do you -- I mean, would you consider yourself quite strict or quite lenient or relaxed?

**P2:** I feel, um, maybe, uh, okay I'm not that -- okay sometimes I try to be strict, but then I give in too quickly. Um, I give in too quickly and, um, I would say in the middle of those, like I'm not too lenient. There are some things that I am quite strict about some aspects.

**P1:** Like do you have an example? What type of things are you quite strict about?

**P2:** Okay. So, for example, um, when like just in terms of certain, um, like part of the day things that need to get done at that time they must get done. And then bedtime is bedtime. Um, if you want to -- you know, there is a certain amount of technology time that you're allowed, and that's it. Uh, you can't go and, you know, try negotiate your way out of that. But then other things, like for example, if he wants to have, um, more chocolate or cold drink or something than he normally is allowed, then I'm not too fussy about that. Um, like other things like in terms of time with his friends outside or, um, playing with his cousins or, you know, other things that I feel can let go but I'm not too yeah.

**P1:** Yeah, okay. I mean, I wonder if you -- do you feel like it's easy for you to but a boundary in place before you get frustrated or sometimes do you feel like it builds and builds and then it's like, "Graar."

**P2:** Yeah, I have had those moments a lot. **[Laughter]** But when I do reach that final phase then he knows, you know, this is the limit now. And I can't go beyond this, because it's -- there's going to be war over here. Um…

**P1:** Yeah. Are you likely to ask for help in those moments where you feel like you're getting super frustrated?

**P2:** Yeah, if my husband is here, I'll just hand him out. Tell him, please just take the kids now I need a moment, you know. Or I will tell him to go and play outside with somebody or, um, you know, like -- see usually we don’t have this problem because there's a full day, you know. He has full and then he comes home and then he goes for his religious classes. Then he has swimming or he has a sport or he has something. Um you know, he does swimming, which is so -- and I know it's just been so terrible now that they haven't been swimming. I don’t even know what happened to the swim school. I hope they are okay. Because they probably have had no income now, you know. But, um, he really enjoyed swimming. He enjoys, um -- now he's really enjoyed bike riding and then we got him a skateboard for his birthday, but usually he's got a full day of stuff. So, I don’t usually have this problem. Just because he's still occupied. And then he gets tired in the night. So, and then my small baby is a very chilled out calm baby. He's not like irritable and fussy and nagging and stuff. So that's good, you know.

**P1:** How old is he now?

**P2:** Um, he is -- on the 4th of next months he will be nine months. So, he's like eight months, yeah. **[00:30:00]**

**P1:** Okay. How are they interacting because, um, he must be really coming alive at the moment?

**P2:** They're very good, uh, together. They love each other. I think they really love each other a lot.

**P1:** Okay. Um, and how are you managing -- sorry, yes.

**P2:** No, the big brother is very protective of the small brother.

**P1:** Okay. Um, that's very sweet. **[Laughter]** Um, and how are you with the baby because I guess at that stage I don’t know is he crawling yet? Is he mobile?

**P2:** Yes, he's starting to, um -- he's starting to pull to stand. He's, um, moving quite a lot. He's much more active than he was, um, but the baby is totally fine. He's absolutely a pleasure to look after. He's not a crabby one or anything like that. He eats well. He eats very nicely. It's not a struggle to feed him. Um…

**P1:** Okay, was Hamza very different as a baby? Is your experience with the second one different? Okay.

**P2:** Yeah, Hamza was very different. He was a fussy colicky crabby baby. Um, I think the first baby is also harder, you know. Uh, the first baby is quite a change in your life. And he, um, he was -- he didn't like -- he hated eating and he still hates eating. He just he's not a good eater, you know. Um, so those few things that he does eat, I always have to have them ready because I know he'll actually eat this, you know. Um, otherwise he's very fussy like I mean, he doesn't even like things like -- you know, like if you have to give him cake and stuff, he'll just be like, "What is this?? You know, "I don’t know this thing." **[Laughter]** But my small baby is quite -- he enjoys -- I mean, even if I make him mixed vegetables or something, I see he likes eating. Yeah, so that's nice.

**P1:** Exactly, okay. Do you think you're a different parent with your second one?

**P2:** I think it's just easier having the next child, because you know what to experience. You know what to expect. Um, you know, you're not like in the dark about everything and you just know how to go about things and what to worry about and what not to worry about. And you don’t keep running to the paediatrician for everything and you know.

**P1:** Yeah. So, I mean, I wonder if that makes you more relaxed, uh, just as a mom?

**P2:** I think it -- yeah, I think it does. I think it does.

**P1:** And then I wonder if that has a knock on effect that he's more relaxed, because you're relaxed.

**P2:** Probably yeah, it is. But also when Hamza was born I was writing my anaesthesia exams. I wrote six weeks later, so that was very…

**P1:** That's crazy yeah.

**P2:** That was also very, um, you know, I had a lot of stress at that time as well. So he probably picked up on that stress.

**P1:** Okay. Gosh, that's quite something, um, writing those exams six weeks after.

**P2:** Because I had actually, um, registered some stuff before I got pregnant with him.

**P1:** Yeah.

**P2:** So then I just decided to go ahead and just do it because, um, I felt like it was now or never and I didn't want to **[inaudible 00:33:31],** you know. So, because I had very supportive parents, I was actually able to go and write those exams. In fact, when I was writing the exams, I was about six weeks postpartum. It was actually so nice because I could sit in that exam hall for three hours and not have to worry about a baby and stuff, and actually write about my -- you know, about my studies and it was actually quite nice to write those exams. I enjoyed the actual exam, but the studying itself was very stressful. But I had done most of it before the delivery.

**P1:** Okay. I was going to ask, did you manage to study a lot in those six weeks?

**P2:** I did everything before he was born and then I was just revising after it.

**P1:** Okay. Um, and were you sleep-deprived? You must have been quite tired.

**P2:** The whole time, I don’t think I slept at all. It was just -- because he used to feed like every one hour. Every hour he would just feed, yeah.

**P1:** Gosh, that's amazing. Yeah, it's quite incredible. **[Laughter]** Yeah, okay so the context is just so different around baby one and baby two and where you are in your life.

**P2:** This baby actually slept a lot more. He only wakes up about two times in the night. Um, so.

**P1:** Wow, okay. Sorry I don’t know his name, your second baby.

**P2:** Mohammed.

**P1:** Okay. I think you told me, sorry but I don’t think I remember from the first one. Okay. And, um, what did I want to ask you? Amina, so when Mohammed was born, did you have your mom come stay with you or because they…

**P2:** Yeah. So, for the first one, uh, I went there to her place because…

**P1:** Oh, sorry. I actually meant when Hamza was born, yes. Okay, so you went there, you stayed with your mom?

**P2:** For about six weeks.

**P1:** Okay, so while you could study…

**P2:** And then when he -- yes, yeah. And then, uh, after Mohammed was born, she -- I didn't actually want anyone to come and stay. I just felt fine. Um, but she did come and stay for three nights and then after that I told her that it was fine, you know please -- because I felt that my dad also needed her more, so I told her to go home. And then just to do my son -- my -- Hamza's school rounds and she used to also cook. She cooked for me for about a month or so, and brought the food here.

**P1:** Oh, I see.

**P2:** So that was a big help.

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

**P2:** And then, yeah, that was, um, it was easier being at my own home, you know. Everything was just easier. And I had fulltime help with, um, my helper as well. So that was good.

**P1:** Yes, um, and your husband's parents? I don’t know if I've ever asked you about them. Are they around? Are they alive?

**P2:** Yeah, he's got his parents. Um, his father is, um, -- he's going to turn 80 this year. Uh, he's a lawyer and he's still a lawyer and he's still very fit and he works as a lawyer, and my mother-in-law is about -- she's in her early 70s. She's also still working as a teacher. Um, they're both well and they're fine and they are quite, uh, supportive and I have a very good relationship with them.

**P1:** Uh, I was going to ask. Okay. Do you -- do they live close by?

**P2:** They do. They stay about maybe 5Ks away.

**P1:** Oh, wow that's very close. Okay. Do they help out…

**P2:** But my children are not -- my children are not, um -- I don’t -- it's not like if I were to leave my kids for childminding whatever, I would leave them with my mom. Um, I don’t -- we've never left with them. Just purely because they're much older and they can't really like, um, you know, I don't expect them to be running after kids and stuff. And also my sons are -- my kids are just more used to my mother, you know. Yeah, but they are close to their -- they are close to their paternal grandparents but not as close as to my family.

**P1:** Sure, okay. So do you see them quite often normally? Not maybe under lockdown but…

**P2:** Normally we see them about once a week it's like on a weekend for a short while, yeah.

**P1:** Yeah -- yeah. Okay, so you've had a lot of support around you, around the kids, and yeah. That's really nice. So, have you -- have you found that, um, since Hamza has been back at school, you've been less frustrated?

**P2:** Yes, exactly.

**P1:** You guys have been clashing less?

**P2:** Yeah, no the school thing is much -- is a blessing. Um, you know, and I'm very impressed with the school in terms of the, you know, the protocols and the PPE and sanitising them. I'm not stressed about sending him to that school. Um, and it's just been a very helpful thing that happened. Um, so what happened, he's in grade one. The government directives were -- haven't allowed grade one back yet, but our school applied for a deviation from the government directives.

**P1:** Okay, that's interesting. Mm-hmm. So have you felt that it's, um, made a difference -- I mean, I don’t know if you felt like lockdown had negatively affected your relationship with you and him but, um, do you feel like it's been different since he's been back?

**P2:** Yeah, I just feel that there was some return to normality and, um, I feel like -- you know, I don’t feel like he's been deprived of proper education now. Um, and I think it's just overall it's there's been an improvement in everything. In our relationship as well.

**P1:** Yeah, okay. Um, and I wanted to ask about you and your husband, um, have you guys struggled during lockdown with each other or how has that been?

**P2:** No, we haven't. Um, we enjoyed those three weeks of kind of like holiday situation. And when he went back to work and it was pretty much normal, um. And then he was very supportive after my dad passed away and stuff. **[00:40:00]** Um, and no, yeah there's nothing -- no issue there at all. It's been fine.

**P1:** Okay. So he works, if I remember correctly, he works quite long hours, was it -- sorry, he's he -- he's not a dentist?

**P2:** He's a dentist yeah.

**P1:** That's right. That's right.

**P2:** He's a dentist, yeah.

**P1:** Okay. Um…

**P2:** He comes -- he's still -- they're quite busy now. He comes home past six o'clock he comes home.

**P1:** And him and Hamza were having these morning walks at a point, um.

**P2:** They were, yeah. They were having morning walks but now this whole situation so there's no more morning walks. Uh, but the walks were quite nice.

**P1:** It sounded nice, yeah. Um, but Hamza enjoys seeing him in the evening?

**P2:** Yes. A lot, even the baby as well now has gotten quiet attached to him.

**P1:** Okay, um, does he give you a break? Does that give you a break when they're together in the evening?

**P2:** Yes, it does, but not for very long. Maybe like -- because I'm also there as well, um, you know, supper and then getting them ready for bed and bathing and stuff, but maybe about half an hour or 45 minutes.

**P1:** Right, okay. So just a small -- a small break, yeah.

**P2:** But that time is not me time, it's like I have to go and sort out other stuff then too, you know.

**P1:** Yeah, of course.

**P2:** Yeah.

**P1:** So, do you ever get me time Amina?

**P2:** Um, I -- well now I'm like this -- when I'm talking to you now, is kind of like me time, because it's like a miracle but not really.

**P1:** Yeah, I can hear.

**P2:** Not really, you know. I think when they get a little older -- I used to get me time much more me time when the baby wasn't born. And so what I used to do was, um, I used to drop Hamza off at school and then I used to go to the gym, um, and gym for about an hour before my day started. And you know, um, sometimes I would meet my husband there for breakfast, a **[inaudible 00:42:09]** that was nice.

**P1:** Yeah, that sounds so nice.

**P2:** And then obviously when the baby came then, I am not able to do all of that. So I think it will -- once the baby is in school, then it will kind of, you know. I usually put them in school by two and a half, um, because I just feel like they needed that stimulation. You know, I also feel bad, like now even when I was home-schooling, I just felt like also a bit bad that I wasn't able to like home-school properly. I felt like I am a bit neglectful, you know. I don’t know whether I was giving up too easily or something. I felt bad.

**P1:** Oh, yeah, you felt like you weren't doing a good enough job.

**P2:** Yeah, a good enough job, yeah.

**P1:** Um, okay so there was a bit of guilt. I mean, it's very hard isn't it?

**P2:** There is a bit of guilt, yeah. It's very hard, yeah.

**P1:** Um, I wonder if that -- I wonder if it feeds into itself like feeling guilty and then feeling like you want to try harder but then not knowing how or getting frustrated and just turned into a bit of an awful cycle.

**P2:** It is a cycle I think, yeah. I mean, some days are better than others. It wasn't all bad.

**P1:** Yes, of course.

**P2:** Um, yeah.

**P1:** Sorry what was I going to ask you? Um, so Amina I wonder do you get time to sort of like decompress to process your day or that type of thing?

**P2:** Um, probably in the night when I'm going to sleep maybe, you know, that few. Now I'm feeling better, like before a couple of weeks ago, I wasn't feeling that well. But yeah, just probably before I'm going to sleep that's when I do that.

**P1:** Mm-hmm. Um, because you just reminded me somehow I think eight months is when they start to get a bit clingy, isn’t it babies because they start to get very attached to mommy?

**P2:** But you know what, because you see because of lockdown he's only been exposed to certain people, like me, my husband, my helper, my son, um and then all of us are around him all the time. So, he's not -- he knows all of us. He actually doesn't mind going to those people and I mean, obviously I'm not putting him with any strangers or anything now. So, it's not as clingy as you might think because he's quite used to the house people. Um, like he's fine now outside. I mean, can't hear any crying or anything.

**P1:** Sure, **[Laughter]** yeah. Um, but I think it can be quite taxing on mom's physically even, you know, always touching and -- are you still…

**P2:** Yes, yeah.

**P1:** Are you breastfeeding?

**P2:** Yes, I am.

**P1:** Okay, so I mean, it's just you, isn't it? There's no…

**P2:** Well, it's actually nice to breastfeed though because, um, it's easy. You don’t have to go make those silly bottles and…

**P1:** And sterilize, and yeah.

**P2:** Yeah, it's easy, um, and uh, it's like in the night as well, it's easier and I think just also it helps with -- you know it's a good thing for your body, you know, just to help you metabolise fat and everything. I'm not the one that -- I'm not the person that gets, um, too frustrated about breastfeeding and stuff like that **[inaudible 00:45:39].**

**P1:** Yeah, did you breastfeed Hamza as well?

**P2:** Yes, for two and a half years.

**P1:** Oh, okay I remember you saying. Actually I do remember that. Okay. So, was it easy as well? Was it as easy with him as with Mohammed?

**P2:** Because he was the first baby, I think that first three months were hard because he was so colicky, you know. Um, and then after that it got easier.

**P1:** Okay. All right. Yeah. Um, I think it's just quite something to get used to, isn't it? Breastfeeding. No one really tells you how difficult it actually is to get going.

**P2:** No, you do feel a bit **[inaudible 00:46:18].** Your body gets tired, you know, but, um, I think now I'm just used to it. My body is just used to doing it now. So it doesn’t really affect me that much.

**P1:** Yes, um…

**P2:** And I'm actually, if I have to do it in public I just do it. I mean, I cover myself but I don’t care anymore who looks at me, whatever. I take my covered thing and just do it, yeah.

**P1:** Okay. Were you quite shy before?

**P2:** Um, no. I wasn't.

**P1:** Okay, cool. All right. So, Amina I wonder if there's anything else. I don’t know I mean, maybe we can just think for the last few minutes, Amina are there any times that you've been frustrated in the last few days that you could remember, um, that you sort of lost your cool or felt overwhelmed with your kids or?

**P2:** No, I think last night I got a bit frustrated because he was -- Hamza was just jumping and jumping. And he wasn't doing -- he was doing his somersaults on the bed, and he wasn't listening to me when I was telling him to stop. And then he -- because again I was worried that he was going to smash into the baby, and then he ended up smashing into me. **[Laughter]** And then I got so cross with him, I told him to -- I actually, um, held him by his hand and I pushed him out of my room and closed the door. **[Laughter]**

**P1:** Okay. Was he upset by that?

**P2:** And then -- and I told him he mustn't come back in until he settles himself down.

**P1:** Okay.

**P2:** Um, and then yeah, nothing major.

**P1:** Okay. How did he react to that?

**P2:** I think he just stood -- he stood outside the door. He was just knocking and knocking and knocking. And he was telling me he was sorry. Um, and then he came back in after. And then I let him in. I mean, I didn't -- I let him in after a while because I knew it was a mistake but he just didn't want to stop jumping around you know. Very active. He likes to do all those gymnastics and somersaults and half the time he's in my room he's somersaulting on the bed and, you know.

**P1:** He sounds active. But I wonder…

**P2:** He's a very active child.

**P1:** …I mean, for you, you were feeling -- you were obviously were getting more and more frustrated, um, and you were feeling like he wasn't listening.

**P2:** Yeah, I told him about 10 times to stop, um, because I told him he's going to whack the baby. And then he ended up hitting -- he ended up smashing like very hard into my arm. And I got cross with him, and I just -- like I don’t ever hit them. So, I just pushed him out of the room and I told him to stand there until he settles down.

**P1:** Um, I wonder -- sorry I lost my train of thought. I was just thinking about that. Um, does he normally settle down if you like say, go settle down? Would he be able to do that?

**P2:** Um, maybe about -- um, I think it depends on what he's done as well. Um, if it's like a serious thing then yes, like he'll go think about it and he'll realise what he's done. Um, if it's something that I'm just cross about, maybe he's like -- you know he does talk a lot. Um, he's a very big chatterbox if I tell him to be quiet or something or go sit in his room or settle down, then he won't do it, you know. He just carries on with his -- um, but probably most of the time, yeah, he settles himself down on his own. **[00:50:00]**

**P1:** Yeah, and how did you feel about the whole situation? Did you feel like, yeah?

**P2:** I was just feeling hurt, because my body was hurt. **[Laughter]**

**P1:** Physically hit, yeah.

**P2:** I was hoping that I wasn’t -- you know, I didn't have like a minor fracture or something, because I was like trying not to -- you know, I was in pain. I was **[Laughter]**.

**P1:** Yeah. Yes.

**P2:** And then I was cross, but I got over it, because it didn't last very long.

**P1:** Yeah, and is that like a typical way things might go down where it's like building anger, get frustrated and then put a boundary in place and then be like, "Oh, okay, never mind. Come on." **[Laughter]**.

**P2:** Yeah, that is it. It doesn't last very long. Like it's never going to last until the next day, you know.

**P1:** Oh, no.

**P2:** Even with my husband, like if we have a minor fight or something it doesn't last very long. And, uh, yeah, it's not like -- I don’t have that quality where I get cross with them for a very long time. Because, yeah…

**P1:** And tell me when you like open the door to let him back in, are you still -- are you feeling resentful at that point, or has it already like passed away?

**P2:** I think it just passed.

**P1:** Yeah.

**P2:** I feel lit just passed.

**P1:** Yeah, okay. Um, I'm trying to think if there's anything else. Um, Amina, one more question is has there been a moment recently where you were overwhelmed but you felt like you dealt with it really well and you were quite happy with the way you had responded?

**P2:** You mean with the kids or with anything else?

**P1:** Yes, with the kids sorry. Yes.

**P2:** Uh, any specific thing? Um…

**P1:** Yeah, just a time when things could have gone a bit badly but actually you were like…

**P2:** There was one point last week where, um, the kids were -- so my son and the neighbour's kids were riding bikes outside. And then the head lady, the trustee lady came out to tell them that they're making too much noise or something. And, um, she was like, because I was there. I was watching them, and she was like, shouting at me. And I was quite, irritated with her and but what -- I didn't want to show or get into a fight in front the kids. So, I just like, also because I'm moving, you know, I'm moving soon. So, I just kept my cool and I was like, "Sorry, Pam. I understand. And we won't do it again and whatever." And I think I handled that quite well just to set an example as well. Yeah I was quite proud of myself. Because I can, um, if I feel like we're being unfairly treated I mean, I wanted to tell her, you know, this is not a retirement village and it's a complex with kids and we have to be able to **[inaudible 00:53:00]** and I was going to tell her, you know Pam why don’t you go sleep later and go -- I know it's your nap time. But you should be thinking about sleeping at a different time because kids will play. I didn't tell her that. **[Laughter]**. And then I told her sorry. I just apologised and said we will try to stop it, you know.

**P1:** And you were happy with that. Like you felt like that well-handled.

**P2:** I was happy with the way I **[laughter]**

**P1:** Oh goodness.

**P2:** **[inaudible 00:53:25]** or you know, I don’t want to **[inaudible 00:53:28]** elderly people, you know. So I didn't want to tell her all those things, but I did it.

**P1:** Yeah, you helped. Um, Amina thank you. I've run out of time and I think…

**P2:** No problem.

**P1:** …I've covered all the things. Thank you so much. Um, thank you for getting back to me. I was going to e-mail you sort of like later in the week and check on you, but I really appreciate that you got back in touch with me. I'm so sorry for your loss.

**P2:** You're welcome. Thank you. I hope everything goes well with your research.

**P1:** Thank you and for you as well. Good luck with the house and, yeah all of that. Okay, thanks Amina, bye.