

WORDS ABOUT WELLNESS

Today's "Words About Wellness" is brought to you by:

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Parenting through the Pandemic: A Reflection on Gratitude

How will I know if I am parenting well during this pandemic? I recently looked around and took stock of the situation. My children had moved the dining room furniture into the living room to accommodate the VR set. Did they consult me? Not sure. My puppy ate through the Amazon boxes. Oh well. My husband's lips are moving and I am nodding my head. Yeah. On the surface, things do not look that great.

However, I can think of no other people that I would prefer to be with during this time. Even now, this many weeks into the stay at home order, I am grateful to have them close. My children are six years apart and up to now, they have not been very close. For example, when my son went back to college, he left without saying goodbye to my daughter. A couple of days passed before she noticed he was gone. I use to describe their relationship as benign neglect. Now they are friends. I find them laughing together, absorbed in some virtual world. They chat and listen to music while grilling vegetables and sausage. I realize that this time we are living through *right now* is changing the course of their relationship forever.

I am so incredibly grateful. That gratitude fills my heart and settles my mind. I remember that my job is to be a steady presence in their lives. To model generosity and perseverance. Then I notice what is working well. I see that we have developed a kind of rhythm to this life. We walk the dogs in the morning. My daughter texts us her goals for the day. My son reads. A lot. We eat dinner together. On Wednesday nights, we clean the house. I make popcorn when we watch movies. These simple patterns give our life structure. We are doing okay, and for that, I am immensely thankful.