

Dear Mama,

I want to honor what you do each and every day in an effort to be a whole human being while parenting and providing for another little life. This past year was a tough one and probably challenged you as a mother in ways you didn't know was possible. It did for me.

When the stay-at-home orders first started, my daughter had just turned 1 year old. It was challenging to balance conference calls and emails, with keeping an eye on my ever-curious toddler. But I was grateful for the time because in the pre-pandemic world, Christina the professional & Christina the candidate consumed so many hours of my day.

But as the weeks went on, things got harder. Were there days that I lingered in the bathroom, holding on to quiet a little bit longer? Did I let the kid splash in the toilet so I could finish something on deadline?

Think back, we moms let some things slide for balance and survival – to just make it to the end of the day when everyone was in bed and our home was quiet.

I used to say that I had "Mom Guilt" because I wasn't able to spend all the time that I thought I should be spending immersed in her little world. And then a dear friend said to me, "Guilt is for the guilty. Have you intentionally done something wrong in your role as a mother?"

Let that sink in. You making a decision that is best for you and what you need in that moment is not guilt. Take a breath. Being a working mama requires so much and it may not always feel like it, but you're doing it! It may not feel like your efforts and sacrifices are seen, but they are. So raise a glass to yourself and all that you accomplish each day.



Christina

