

“Motherhood is a full-time job! Home-schooling is a full-time job! Being a stay-at-home mom is a full-time job! Advocating and supporting a child with special needs is a full-time job! But wait... I also have a full-time job! COVID-19 has changed all of our lives and as a mother of three this challenge has been an adjustment to say the least. Work and home life are now completely blended. The truth is the hardest thing is to manage expectations. At work I don't want to appear distracted or less committed. At home I don't want to seem distracted and not provide my children with my attention, engagement, or learning. I don't want to miss out on connecting with the students. I don't want to not be available to my spouse or my extended family members who need support in isolation. Balancing everyone else's expectations is unrealistic!

The worst critic is myself and my own expectations. And the truth is that I know better not to do that! But it's real. We are all experiencing things that we have never experienced and were not prepared for. So I focus on what I always do-GRATITUDE.

I'm grateful for my employment and the amazing teams I am honoured to lead and work with. I'm grateful that a smile comes across the faces of my colleagues when one of my "littles" climb up on my lap during a meeting or when we identify our children or pets as our "colleagues" to identify their behaviour in the moment! I'm grateful for the students who I check on and who check in on me! I'm grateful for the health care workers who are taking care of family, friends and who are checking in on my son locally and from all over the province. I'm grateful for this time with my kids and that the lunch break that I usually skip is now a bike ride, a game of basketball, or even a cooking lesson. Focusing on the little things, laughter and our well-being is what will get us all through this challenging time. Stay Home. Stay Safe.” – Karen Hudson

“We are soaking up the warm weather and sunshine and taking as many walks as we can. I spend lots of time trying to keep up with my busy toddler and have become pretty skilled at making him endless snacks. Aside from missing our friends and family, we are enjoying all of this time together.”

Meghan Majic
Pathways Specialist and Assistant to the Registrar



Karen Hudson, B.A. (Hons.), B.Ed., M.Ed.
Manager, Student Success and Wellbeing

“Thank-You”

There are many ways to show gratitude to mothers and mother-figures on Mother's Day, from getting a thoughtful gift to giving a meaningful message. Here are a few ideas to show your appreciation while social distancing:

1. Order takeout from her favourite restaurant, or a bouquet of flowers, to be delivered to her home
2. Visit her home to do work on the garden/yard
3. Have a drive-by parade with your family outside her home
4. Collect pictures of her, print them out, create a collage of your favourite memories, and deliver it to her
5. Give her a simple phone call and ask about her day!

Celebrating our Fur-Moms!

