

Barb's Mom and Wife Profile



What is Important to Me at Home

- Mutual respect of time, space and possessions
- Feeling organized
- A clean home, lived in is OK
- My family around as much as possible, safe and happy
- Everyone takes responsibility for themselves
- Everyone contributes to the house in an age appropriate way
- Feeling needed and important
- Cooking big meals for everyone
- Nurturing, being the mother of the house
- Everyone understands I am not superwoman but I will do my best
- Freedom and forgiveness when I have a bad day
- Feeling appreciated for everything I do
- My Jacuzzi time to relax with a beer or glass of wine and bubbles
- Time to focus on and celebrate my marriage, build on it

How to support me to be my best at home

- Try to do your best and then ask me for help, making me the first resource is demanding and frustrating for me
- Take initiative instead of waiting for me to ask
- Remember that I also have a life other than wife and mom, I have two jobs, friends and community responsibilities that I love as well
- If I say I am not well, I am really not well, respect that even if I don't look sick
- If I say I am overloaded please give me space
- Follow set expectations, of course there is some flexibility
- Do what you can to help the house run smoothly
- Don't use my illness as an excuse for everything...sometimes I'm just having a bad day
- Make plans with me not for me, I usually have plans for my time off but tend to give them up to accommodate everyone else and then feel overloaded trying to get things done during the week.
- After working all day, don't expect too much from me in the evening but I will do my best to include family time every night

What my family admires about me



- Know that I have bad days too and I am entitled to them, I can't be superwoman all the time
- Talk to me, share your day, your thoughts, your questions...discussion
- Show appreciation for me and each other
- If I am relaxing, ask me if you want to cuddle or lay with me, don't assume I want to and just do it
- If I say I can't afford something it's true...be patient
- If I'm having a nap or reading please leave me be until I return to the land of the living unless it is an emergency
- Leave things where I put them, trust me I know where they are when I need them
- If you use something put it back where you found it
- Clean up after yourself
- Never assume it's mom's job, if you can do it go ahead, I really appreciate it.
- As much as I would love to be the "be all and end all" for everyone, I can't, I'm not a machine to serve your purposes even though I try to be!
- Remember I am human + mom...humom!