

Stay-at-Home Moms

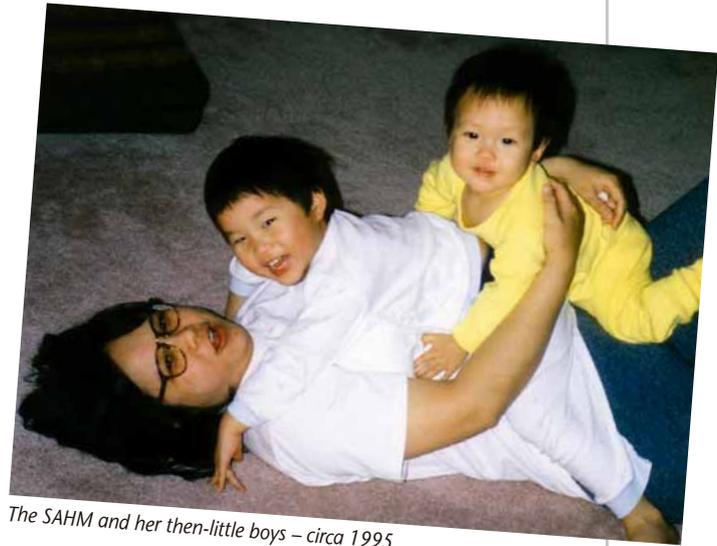
By Dr Wendy Low

It was wonderful to read articles written by and about “Women in Medicine” in the last issue of the *SMA News*. They gave different perspectives of a lady doctor’s life, from the viewpoints of colleagues at different stages of their medical careers. What was missing was an article written by a lady doctor who has chosen to become a homemaker.

Whether you are a doctor who happens to be a woman, or a woman who happens to be a doctor (believe you me, there IS a difference!), it is time to recognise that whichever path we chose to take, was a choice made with much sacrifice. Like it or not, Women ARE different from Men; and when it comes to family and children especially, it is harder for us to segment our minds from home when we are at work, compared to our male counterparts.

To those who have chosen to give up their careers to spend time nurturing their families, kudos to you too, for having the courage to make that decision! SAHMs (Stay-At-Home Moms) have been underrated for much too long. The rewards are not material things, but intangibles, like the closeness and bond that develops between mother and child when they spend time together, the chance to experience her child’s various milestones, taking his first steps, riding a two-wheeler bike for the first time without trainers, that tight “hello” hug given by her child when he comes home from school, and the list goes on and on.

I was a SAHM for six years. I feel fortunate that I was able to spend the formative years of my two children’s lives



The SAHM and her then-little boys – circa 1995.

developing a closer relationship with them. It was a stressful time, yes. And there were times especially in the midst of the toddler tantrums when I wondered why I was doing it! SAHMs do not get time off, and there is no annual leave or medical leave. But, looking back now, I would have done it all over again if faced with the same choices.

Even though I went back to full-time work eventually (actually, being a SAHM is more than a full-time job in itself!), the bond formed with my sons has not diminished. The foundation of the relationship between my sons and I were strongly built during the years I spent at home taking care of them. I hope that by having made that choice to stay home, my sons will grow up appreciating the role of women not only in the workplace, but also as wives and mothers at home. ■

About the author:
Dr Wendy Low (MBBS, 1988) is currently a GP with a private medical group. Apart from spending time with her family at the movies and enjoying contemporary pop / rock music, she also reads Science Fiction (*Star Wars: The New Jedi Order* is a favourite) and is a closet Trekkie. As she enters her fifth decade of life, she hopes to spend more time exploring the world and trying new experiences.