

Dance your stress away.

THE LOCKDOWN DIARIES



A midlife mum's
perspective on
lockdown and its
implications

SAFFRON AND CYRUS

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We pieced things
together one day at a
time



Some days were long and productive when we stopped feeling torn by work. Cyrus created a map on the computer and then we pretended to take a trip on it to experience it as though we were really there.



Snippets of remote-working

Like so many other working mums, I was anxious that I wasn't spending enough time with Cyrus.

However I needn't have worried since he was quite content making a lava quarry with his little bits of paper,



Brushing up on skills

We sat down and did some painting. We were happy, content and learning more about the world each day. I felt restless, but thankful at the same time that our house had become a playground.





Super-women

I contacted the author of this book to tell them how much I enjoyed it. It gave me ideas I hadn't thought about before. I then spent an hour or so identifying my own unique traits to get me out of my thinking rut that day.







Sometimes I felt tired. I needed a pick-me-up, a little treat to make me feel better after feeling guilty for being on my phone too much, not doing enough messy play and letting Cyrus watch too much TV.





Top tip: find a quiet space
and get into a thinking
position



Uh Oh Milo! was a firm favourite with
Cyrus at bedtime. It was a fun book for
mummy to read too!





Hand washing ...



Mindful gifting

A gift I received during lockdown from a friend made me feel supported, guided and loved beyond comprehension after some nightmares and tears.



A touch of kindness



Growing and learning

Cyrus often had little conversations with his seedlings to help them grow. He loved learning about plants and animals during our quarantine.







We constantly reminded ourselves that
we were lucky to be safe during
lockdown and that it was OK to be
emotionally drained. Life was certainly
less hectic, but cabin fever was setting in
and we had all really had enough by
May.



Tinkering around with dad

Three years after buying our window blinds, H finally got around to putting them up ... and even had a helping hand to do it. Cyrus showed a fascination for gadgets and making things.





We became parents, teachers and playmates all rolled into one and were oscillating between laughter, tantrums, crying and sheer desperation at times. We just hoped we would see better days.



Bedtime routine

Cyrus went to bed each night with his "friends" -
dinosaurs and Bambi ...





I spent more than one evening reading children's books ... sometimes without Cyrus being there! We read, we held hands and we lay in the garden after dinner.







During my first staycation from work I tried to spend as much quality time with my son as possible, by staying present. I unplugged my laptop and put down my phone to focus solely on him. The hardest part was that I couldn't answer him when he asked when he would return to nursery and see his friends.





First day out since lockdown



We began by taking small steps being careful not to stray too far in case we needed to get back really quick.



Real subjects

We watched Cyrus grow daily through our photos - and his legs just seemed to become longer one day!





We created 'thinking hats' and put them
on whenever we wanted to think
differently about things.



Breath of fresh air

Ice-cream in Whitley Bay proved a huge hit during staycation number two. I've never seen a small boy eat so much so fast.



Blowing away the cobwebs

A walk in the woods was something we had craved throughout lockdown and it started to feel safe to venture out again in June.



Mummy and son time

As we became more familiar with our new
uncharted territory outside, we strayed farther ...
and farther away.







Lockdown birthdays ...

A very happy birthday

We did our very best to have a good day on
Cyrus's fourth birthday - despite having promised
him a party with friends all year. There's always
2021 though!





Doodling time

Cyrus spent hours doodling during lockdown.
One day we'll look back on them and analyse
together what they mean!



A little reunion

There were tears and big emotions when we were eventually able to see grandad once more. But worry was always there in case we were carriers of this awful virus.







Life's a beach ...



About the author:

Aranda Rahbar is the owner of Saffron and Cyrus. A personal blog about her strength, weakness, reality and utopia as a new mum over 40.