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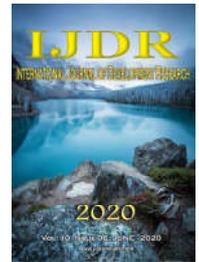
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RESEARCH ARTICLE

OPENACCESS

CHALLENGES OF HOME-AND-WORK ROUTINE FOR AN ACADEMIC MOTHER DURING THE CORONAVIRUS PANDEMIC

*Naíza Menezes Medeiros Abraham

Department of Pathology and Legal Medicine – Federal University of Amazonas, UFAM, Amazonas, Brazil;
Botucatu School of Medicine, UNESP, Botucatu, Brazil.

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*Corresponding author: Naíza Menezes Medeiros Abraham

ABSTRACT

The pandemic has not only had a major impact on health and economic systems, but also radical changes in habits and lifestyles. This context can exacerbate the challenges faced by academic mothers. Managing the virus threat is adding a significant new dose of domestic and emotional work to our lives. Writing about the present time expands the personal and professional importance of being a mother and an academic at the same time.

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INTRODUCTION

Academic mother are women who are both professors and mothers, share stories of an academical mother is a privileged space to be able to blend these worlds, and bring an element of hope and optimism to the topic of work and family in academe (Ward and Wolf-Wendel, 2012; McDermott, 2020). Beginning in December 2019, several patients with pneumonia of unknown etiology emerged in Wuhan City, Hubei Province, Central China (WHO, 2020). The pandemic not only is having a great impact on the health care systems and economies in all continents, but it is also causing radical changes of common habits and lifestyles. With this new reality, some abrupt changes were made, a change that was not a choice, but we were forced to. Most of the population were not prepared or expecting for the new home-and-work routine, this context could exacerbate challenges faced by academic mothers. Studies alert the need to understand the real impact of motherhood on academic and scientific life, with the aim of supporting new policies to increase the participation of women in science (Santos Machado *et al.*, 2020). During the pandemic, a letter from academic women suggested that by instituting more flexible policies, we can make science fairer for everyone, providing alternatives to support faculty with children and offer mechanisms for problem-solving at personal

and institutional, affected by the new scenario (Staniscuaski *et al.*, 2020).

Challenges in lifestyle in Coronavirus Pandemic: I'm a professor at a Federal University in Amazonia, undergraduate classes have been suspended since March 16. Some non-classroom activities are maintained and, during this period by videoconference, like seminars, scientific journal's club, department reunion, administrative actions. Also, I am a doctoral student, with my research and subjects in course, with some restrictions. In personal life, I am a mother with a two-year-old son, married with a government employee, who is in home office mode. My personal life of being a wife and mother has brought both great joy and many insights, so share and writing about the present time amplifies the personal and professional importance of being mother and academic at the same time. Some defiant issues we can mention in the home-and-work routine, like proper equipment's, computer and effective internet, exclusive time dedicate to work, with a begin and end. At home, the daily routine continues with taking care of our children and the household chore, this is the actual scenario. Now I will add some spices elements, before the pandemic, some mothers, contained secondary help, like nanny, housekeep, and family. Now we are just for our own. Managing the threat of the virus is adding a new and significant dose of domestic and emotional labor to our

lives. And what to do if the spouse must work too? Who will stay with the baby, or clean the house and some time work? We can affirm the word is particularly challenging. And not forgetting of taking care of our mental health, disruption of our daily routines combined with a deeper uncertainty about tomorrow can lead us to some level of anxiety. This reality, we believe it's not so particular, truly is most of the cases. So, what we are doing to deal with? Let's try to organize this little, temporary, "chaos."

What we are experiencing is not the ideal model of home office or homeschooling, the tasks may be the same, but the situation is not. To maintain physical and mental health it is important to create new habits and an organization plan. Having moments of pause and establishing a workplace, even if it is a table, this signals that we are busy and cannot be disturbed, or an attempt at it for our children. Some sense of order it's what we all need to both commit ourselves. The word for this period is flexibility, above all with time, the word its mutual understanding, like a previously agreed between the academic mothers and their chiefs it's necessary, but is that a privilege for everyone? Certainly not. Working from home feels freeing and empowering, working while quarantined cannot sound that way. In this pandemic moment, it is a privilege to work at home, but if the home office reduces the risk of contagion by the new corona virus, it can increase physical and mental exhaustion.

In the home, we keep trying our bests, and awards are very replaced for the kindness and understanding of who is around. Sharing the management of the house as much as possible, makes the load lighter.

Planning is necessary as well executing, but we must mentalize not always we will get it, so patience and self-empathy it's recommended. Are there any benefits during the quarantine period? I'm certainly sure, like how discovery the strait of multitasking mother, and the unique moments with our family times, the short planes how to cooking new recipes, and play soccer in your living room, or the ones not that expect, how the invasion of the little one in some web conference. What moves us? Love for life, hope, and faith for better days.

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