



1  
00:00:11,190 --> 00:00:09,350  
good morning hello uh karen thank you so

2  
00:00:14,150 --> 00:00:11,200  
much for you know taking the time to

3  
00:00:16,950 --> 00:00:14,160  
speak with me this morning

4  
00:00:17,830 --> 00:00:16,960  
absolutely good morning

5  
00:00:24,390 --> 00:00:17,840  
um

6  
00:00:26,150 --> 00:00:24,400  
thing our readers at parenting would

7  
00:00:30,550 --> 00:00:26,160  
love to know is

8  
00:00:31,830 --> 00:00:30,560  
what is it like to be in space

9  
00:00:36,389 --> 00:00:31,840  
it is

10  
00:00:37,750 --> 00:00:36,399  
in 2008 on a shuttle flight the

11  
00:00:39,750 --> 00:00:37,760  
unfortunate part of that it was a very

12  
00:00:41,270 --> 00:00:39,760  
short mission only 14 days

13  
00:00:42,790 --> 00:00:41,280

and i remember the first time we opened

14

00:00:45,029 --> 00:00:42,800

the payload bay door the space shuttle

15

00:00:47,190 --> 00:00:45,039

and i was able to to look out

16

00:00:49,670 --> 00:00:47,200

the back windows of the flight deck it

17

00:00:51,350 --> 00:00:49,680

it's it's pretty much indescribable um

18

00:00:53,590 --> 00:00:51,360

how beautiful it is

19

00:00:55,910 --> 00:00:53,600

and the feeling of floating

20

00:00:59,349 --> 00:00:55,920

um you know like a superhero is amazing

21

00:01:00,310 --> 00:00:59,359

and i'm so excited to to do it again

22

00:01:02,630 --> 00:01:00,320

wow

23

00:01:04,229 --> 00:01:02,640

uh so your son is very young

24

00:01:06,230 --> 00:01:04,239

uh how do you feel like

25

00:01:09,590 --> 00:01:06,240

becoming a mom has changed the way you

26

00:01:14,870 --> 00:01:12,310

that's a good question i i think i've

27

00:01:16,870 --> 00:01:14,880

always been somebody who has tried

28

00:01:18,469 --> 00:01:16,880

worked very very hard to excel at

29

00:01:19,990 --> 00:01:18,479

absolutely everything i do and i never

30

00:01:21,670 --> 00:01:20,000

accepted good enough

31

00:01:23,510 --> 00:01:21,680

and since i've become a mother i've

32

00:01:25,030 --> 00:01:23,520

realized there are some things i have in

33

00:01:27,510 --> 00:01:25,040

order to balance

34

00:01:29,910 --> 00:01:27,520

my life with my family and my job i need

35

00:01:32,149 --> 00:01:29,920

to accept good enough on some things and

36

00:01:34,550 --> 00:01:32,159

that's okay and i think i've learned to

37

00:01:36,469 --> 00:01:34,560

do that and

38

00:01:38,550 --> 00:01:36,479

you know i'll work to the level i still

39

00:01:39,990 --> 00:01:38,560

try to excel in in most things i do but

40

00:01:42,069 --> 00:01:40,000

like i said there are a couple things i

41

00:01:43,270 --> 00:01:42,079

just you have to say in order to be able

42

00:01:45,109 --> 00:01:43,280

to spend the time at home with my

43

00:01:47,350 --> 00:01:45,119

husband and my son i need to accept good

44

00:01:48,710 --> 00:01:47,360

enough on a few things

45

00:01:49,670 --> 00:01:48,720

right um

46

00:01:50,870 --> 00:01:49,680

so

47

00:01:53,510 --> 00:01:50,880

have you

48

00:01:55,350 --> 00:01:53,520

told jack where you're going is he upset

49

00:01:56,149 --> 00:01:55,360

what's the longest you've been away from

50

00:01:57,910 --> 00:01:56,159

him

51  
00:01:59,990 --> 00:01:57,920  
and does he understand where you're

52  
00:02:01,350 --> 00:02:00,000  
going

53  
00:02:03,910 --> 00:02:01,360  
the longest i've been away from him at

54  
00:02:05,830 --> 00:02:03,920  
this point is about five weeks

55  
00:02:07,910 --> 00:02:05,840  
and he's three years old so it's really

56  
00:02:10,070 --> 00:02:07,920  
hard to tell exactly what he understands

57  
00:02:11,510 --> 00:02:10,080  
but we do tell him that mommy's going to

58  
00:02:12,949 --> 00:02:11,520  
live on the space station and when he

59  
00:02:15,110 --> 00:02:12,959  
sees a picture of the space station he

60  
00:02:16,790 --> 00:02:15,120  
knows what it is he knows what a rocket

61  
00:02:18,470 --> 00:02:16,800  
is he knows that the space station

62  
00:02:20,229 --> 00:02:18,480  
travels around the earth

63  
00:02:22,470 --> 00:02:20,239

he knows that in the space station

64

00:02:24,390 --> 00:02:22,480

there's no gravity and things float

65

00:02:26,150 --> 00:02:24,400

um you know and that's the level of a

66

00:02:27,990 --> 00:02:26,160

three-year-old it's really hard to tell

67

00:02:29,750 --> 00:02:28,000

if they understand it at a deeper level

68

00:02:32,150 --> 00:02:29,760

than that but i'm looking forward to

69

00:02:34,470 --> 00:02:32,160

being there and sending down videos for

70

00:02:37,350 --> 00:02:34,480

him and showing him just simple things

71

00:02:39,990 --> 00:02:37,360

like when i'm eating and and when i'm

72

00:02:43,110 --> 00:02:40,000

when i'm just playing around and

73

00:02:44,869 --> 00:02:43,120

just sharing that with him

74

00:02:46,550 --> 00:02:44,879

what does a normal day look like for you

75

00:02:48,470 --> 00:02:46,560

right now as you're training

76  
00:02:51,509 --> 00:02:48,480  
for your upcoming mission and being a

77  
00:02:53,270 --> 00:02:51,519  
mom to your son

78  
00:02:54,710 --> 00:02:53,280  
well i'm in star city russia right now

79  
00:02:56,949 --> 00:02:54,720  
i've been here for a couple weeks and

80  
00:02:58,710 --> 00:02:56,959  
we're in the final preparations

81  
00:03:00,710 --> 00:02:58,720  
actually we're pretty much done we had

82  
00:03:02,149 --> 00:03:00,720  
final examinations which are simulations

83  
00:03:03,910 --> 00:03:02,159  
in the russian segment of the space

84  
00:03:06,149 --> 00:03:03,920  
station and in the soyuz which is the

85  
00:03:08,630 --> 00:03:06,159  
rocket that is taking us up to the space

86  
00:03:11,830 --> 00:03:08,640  
station and it's pretty intense

87  
00:03:13,509 --> 00:03:11,840  
but i did bring my son here with me and

88  
00:03:15,430 --> 00:03:13,519

i was able to at least spend time with

89

00:03:18,390 --> 00:03:15,440

him on the weekends in the evenings

90

00:03:20,390 --> 00:03:18,400

and but now we had our final ceremonial

91

00:03:23,110 --> 00:03:20,400

events at red square yesterday after we

92

00:03:24,789 --> 00:03:23,120

passed all of our exams and i have some

93

00:03:26,949 --> 00:03:24,799

free time that i can spend with my

94

00:03:28,149 --> 00:03:26,959

husband and my son so it's going to be

95

00:03:29,750 --> 00:03:28,159

very nice and the weather is great here

96

00:03:32,390 --> 00:03:29,760

in star city so i'm looking forward to a

97

00:03:35,350 --> 00:03:32,400

few days of relaxation

98

00:03:37,430 --> 00:03:35,360

that sounds lovely um

99

00:03:39,350 --> 00:03:37,440

do you feel it's difficult to manage

100

00:03:41,670 --> 00:03:39,360

training and being a mom how do you do

101  
00:03:44,390 --> 00:03:41,680  
it and do you have any tips for other

102  
00:03:46,470 --> 00:03:44,400  
working moms

103  
00:03:48,470 --> 00:03:46,480  
i think i think this is almost like when

104  
00:03:50,309 --> 00:03:48,480  
you bring the brand new baby home nobody

105  
00:03:52,070 --> 00:03:50,319  
really gives you instructions we we go

106  
00:03:53,910 --> 00:03:52,080  
through all this training and learning

107  
00:03:56,229 --> 00:03:53,920  
from every everything from driving a car

108  
00:03:58,390 --> 00:03:56,239  
to the training we go to in college and

109  
00:03:59,910 --> 00:03:58,400  
then when it comes to being a parent you

110  
00:04:01,670 --> 00:03:59,920  
kind of learn by doing and so i think

111  
00:04:03,270 --> 00:04:01,680  
that's what we're doing right now

112  
00:04:06,070 --> 00:04:03,280  
one of the main things

113  
00:04:08,869 --> 00:04:06,080

that i try to do now is is not make it a

114

00:04:10,550 --> 00:04:08,879

negative that i'm leaving um never

115

00:04:12,070 --> 00:04:10,560

insinuate that there's anything negative

116

00:04:15,750 --> 00:04:12,080

about what's going on and keeping him

117

00:04:17,990 --> 00:04:15,760

apart of of the life of that

118

00:04:20,150 --> 00:04:18,000

that we're leading and and just um it's

119

00:04:21,990 --> 00:04:20,160

a normal thing

120

00:04:22,790 --> 00:04:22,000

i see um

121

00:04:24,950 --> 00:04:22,800

so

122

00:04:26,790 --> 00:04:24,960

how did your own mother encourage you in

123

00:04:29,110 --> 00:04:26,800

stem in this question of the honor of

124

00:04:30,629 --> 00:04:29,120

mother's day and do you have any advice

125

00:04:34,390 --> 00:04:30,639

for other parents who have daughters

126

00:04:39,270 --> 00:04:36,710

my mother was awesome in that she let me

127

00:04:41,510 --> 00:04:39,280

do anything i wanted i grew up in a very

128

00:04:43,590 --> 00:04:41,520

small town in minnesota

129

00:04:44,629 --> 00:04:43,600

my mother was wasn't unable to go to

130

00:04:47,189 --> 00:04:44,639

college

131

00:04:48,230 --> 00:04:47,199

and so to her she just wanted me to be

132

00:04:50,550 --> 00:04:48,240

able to do

133

00:04:52,710 --> 00:04:50,560

anything i wanted she taught me when i

134

00:04:56,390 --> 00:04:52,720

was really little

135

00:04:58,629 --> 00:04:56,400

to to sew and to do a lot of the stuff

136

00:05:01,350 --> 00:04:58,639

that i need to do at home and she always

137

00:05:05,270 --> 00:05:01,360

encouraged me never anytime i wanted to

138

00:05:08,070 --> 00:05:05,280

join a sport or do anything academic it

139

00:05:10,870 --> 00:05:08,080

was always encouraged

140

00:05:13,270 --> 00:05:10,880

and so i think i think for parents of

141

00:05:15,590 --> 00:05:13,280

other little girls just let them dream

142

00:05:19,029 --> 00:05:15,600

and let them their imagination roll and

143

00:05:21,189 --> 00:05:19,039

do whatever it is that they want to do

144

00:05:22,230 --> 00:05:21,199

oh if you have any plans for mother's

145

00:05:31,830 --> 00:05:22,240

day

146

00:05:35,510 --> 00:05:33,590

do you feel like the distance from your

147

00:05:37,270 --> 00:05:35,520

loved ones and family feels more

148

00:05:43,189 --> 00:05:37,280

tangible when you're in space than when

149

00:05:47,590 --> 00:05:45,189

that's hard to say i know when i'm on

150

00:05:48,790 --> 00:05:47,600

earth and in a way i can have a video

151  
00:05:51,590 --> 00:05:48,800  
conference

152  
00:05:54,550 --> 00:05:51,600  
with my son and husband every single day

153  
00:05:56,070 --> 00:05:54,560  
when i'm in space i can call them on we

154  
00:05:57,990 --> 00:05:56,080  
have an internet protocol phone that i

155  
00:06:00,070 --> 00:05:58,000  
can call them every day however video

156  
00:06:01,110 --> 00:06:00,080  
conferences will only be once a week and

157  
00:06:03,270 --> 00:06:01,120  
i think that's going to be a little

158  
00:06:05,189 --> 00:06:03,280  
unusual but i hope to videotape like i

159  
00:06:06,629 --> 00:06:05,199  
said some of the things that i'm doing

160  
00:06:08,870 --> 00:06:06,639  
and send it down as frequently as

161  
00:06:11,350 --> 00:06:08,880  
possible so that they can see what i'm

162  
00:06:13,430 --> 00:06:11,360  
doing on a daily basis

163  
00:06:14,870 --> 00:06:13,440

what about the other way around your son

164

00:06:16,390 --> 00:06:14,880

is probably still setting a lot of

165

00:06:17,909 --> 00:06:16,400

milestones do you have any agreements

166

00:06:19,670 --> 00:06:17,919

with your husband for him to capture

167

00:06:22,550 --> 00:06:19,680

some of jack's first for big moments

168

00:06:27,590 --> 00:06:24,309

i think i think there will be a lot of

169

00:06:28,790 --> 00:06:27,600

pictures taken and a lot of video taken

170

00:06:30,790 --> 00:06:28,800

my son will actually be starting

171

00:06:32,710 --> 00:06:30,800

preschool in september so i will miss

172

00:06:35,270 --> 00:06:32,720

his first day of school which of course

173

00:06:37,270 --> 00:06:35,280

makes me sad but uh but there will be a

174

00:06:39,590 --> 00:06:37,280

lot of pictures and uh

175

00:06:41,189 --> 00:06:39,600

and my husband's gonna do a great job of

176  
00:06:43,830 --> 00:06:41,199  
of getting him out the door to his first

177  
00:06:48,629 --> 00:06:46,309  
um do you hope that he'll follow in your

178  
00:06:51,110 --> 00:06:48,639  
footsteps is he displaying an aptitude

179  
00:06:52,710 --> 00:06:51,120  
for science

180  
00:06:54,790 --> 00:06:52,720  
he actually is displaying an aptitude

181  
00:06:57,189 --> 00:06:54,800  
for science he loves he loves to

182  
00:06:59,670 --> 00:06:57,199  
understand things he loves to to look

183  
00:07:02,070 --> 00:06:59,680  
things up we'll go to google and he'll

184  
00:07:04,230 --> 00:07:02,080  
say he wants to look up an animal and

185  
00:07:05,909 --> 00:07:04,240  
he'll tell me i will probably in a 15

186  
00:07:07,909 --> 00:07:05,919  
minute period of time look up about 20

187  
00:07:10,150 --> 00:07:07,919  
different animals

188  
00:07:13,189 --> 00:07:10,160

he loves the planets he loves to talk

189

00:07:15,830 --> 00:07:13,199

about the planets he loves dinosaurs he

190

00:07:17,830 --> 00:07:15,840

loves looking at on his cars and trucks

191

00:07:20,309 --> 00:07:17,840

he'll he'll look down at the wheels and

192

00:07:22,550 --> 00:07:20,319

say we need to fix this or we need to

193

00:07:24,469 --> 00:07:22,560

so i think he definitely has an aptitude

194

00:07:26,230 --> 00:07:24,479

and i wouldn't be surprised if he ends

195

00:07:28,710 --> 00:07:26,240

up in some type of a technical field

196

00:07:31,350 --> 00:07:28,720

when he's an adult

197

00:07:33,110 --> 00:07:31,360

great um and aside from your son

198

00:07:34,950 --> 00:07:33,120

obviously in your family what creature

199

00:07:41,909 --> 00:07:34,960

comforts are you going to miss most when

200

00:07:47,909 --> 00:07:46,070

my bed i think is an important one um

201  
00:07:49,350 --> 00:07:47,919  
although although you know i was only in

202  
00:07:51,270 --> 00:07:49,360  
space for two weeks on my shuttle flight

203  
00:07:53,110 --> 00:07:51,280  
so i'm not sure i ever became

204  
00:07:54,790 --> 00:07:53,120  
very very comfortable at sleeping and

205  
00:07:57,110 --> 00:07:54,800  
without gravity but from what i've heard

206  
00:07:58,950 --> 00:07:57,120  
from other people it becomes extremely

207  
00:08:00,790 --> 00:07:58,960  
comfortable

208  
00:08:03,029 --> 00:08:00,800  
so so maybe in a couple months that

209  
00:08:05,110 --> 00:08:03,039  
won't seem so important to me

210  
00:08:07,909 --> 00:08:05,120  
another thing is coffee in a cup we

211  
00:08:09,909 --> 00:08:07,919  
drink our coffee in bags and

212  
00:08:13,830 --> 00:08:09,919  
my morning coffee coffee in a cup i

213  
00:08:14,710 --> 00:08:13,840

think i i will probably miss

214

00:08:16,550 --> 00:08:14,720

right

215

00:08:19,110 --> 00:08:16,560

what is do you think the biggest

216

00:08:22,790 --> 00:08:19,120

misconception regular people have about

217

00:08:28,309 --> 00:08:25,589

oh gosh

218

00:08:29,830 --> 00:08:28,319

i think we are just normal people you

219

00:08:31,430 --> 00:08:29,840

know it's so hard when there's somebody

220

00:08:32,949 --> 00:08:31,440

that you see and you only see a small

221

00:08:33,990 --> 00:08:32,959

portion of them

222

00:08:38,310 --> 00:08:34,000

and

223

00:08:41,350 --> 00:08:38,320

have very very normal lives with normal

224

00:08:42,949 --> 00:08:41,360

families and we just happen to be in a

225

00:08:45,350 --> 00:08:42,959

job that is

226

00:08:47,590 --> 00:08:45,360

an extraordinary job and you know we're

227

00:08:52,829 --> 00:08:47,600

so lucky to be able to do it

228

00:09:00,470 --> 00:08:55,829

and now what do you think is your

229

00:09:02,630 --> 00:09:01,509

oh

230

00:09:05,030 --> 00:09:02,640

you always wonder if you're doing the

231

00:09:07,590 --> 00:09:05,040

right things for your children i think

232

00:09:09,430 --> 00:09:07,600

and you know i have struggled with is it

233

00:09:11,750 --> 00:09:09,440

is it a good thing for me to leave my

234

00:09:13,990 --> 00:09:11,760

three-year-old for six months

235

00:09:15,509 --> 00:09:14,000

and you know after going through in my

236

00:09:18,710 --> 00:09:15,519

head for a long time this is a dream i

237

00:09:20,470 --> 00:09:18,720

had since i was a young child myself

238

00:09:22,150 --> 00:09:20,480

and i don't think i would be setting a

239

00:09:23,910 --> 00:09:22,160

very good example for my son if i gave

240

00:09:25,110 --> 00:09:23,920

up on my dreams so

241

00:09:26,230 --> 00:09:25,120

so i think that's one of the biggest

242

00:09:28,870 --> 00:09:26,240

things and it's going to be really hard

243

00:09:31,030 --> 00:09:28,880

to say goodbye to him next week

244

00:09:33,509 --> 00:09:31,040

i see well thank you so much karen it