



1
00:00:04,950 --> 00:00:03,510
hi I'm Karen Nyberg a NASA astronaut and

2
00:00:07,199 --> 00:00:04,960
crew member of the International Space

3
00:00:08,550 --> 00:00:07,209
Station the space station is an amazing

4
00:00:10,560 --> 00:00:08,560
laboratory where we are conducting

5
00:00:11,040 --> 00:00:10,570
valuable research to benefit life on

6
00:00:12,900 --> 00:00:11,050
Earth

7
00:00:14,550 --> 00:00:12,910
our work has led to advancements in

8
00:00:16,620 --> 00:00:14,560
telemedicine helping people in remote

9
00:00:19,019 --> 00:00:16,630
locations helping develop important

10
00:00:20,640 --> 00:00:19,029
vaccines and much much more as the

11
00:00:22,739 --> 00:00:20,650
mother of a preschooler it means a lot

12
00:00:24,810 --> 00:00:22,749
to me to know that our work in space is

13
00:00:26,249 --> 00:00:24,820

helping all of us on earth for more

14

00:00:30,439 --> 00:00:26,259

information about the benefits of our

15

00:00:32,940 --> 00:00:30,449

space research visit WWN ASAC of

16

00:00:34,230 --> 00:00:32,950

everybody NASA's Josh Byerly here inside

17

00:00:36,570 --> 00:00:34,240

Mission Control I'm joined by my friend

18

00:00:37,950 --> 00:00:36,580

nicole stott we're gonna be talking

19

00:00:40,620 --> 00:00:37,960

about you know the Sunday is Mother's

20

00:00:42,330 --> 00:00:40,630

Day and with Karen Nyberg the PSA that

21

00:00:44,160 --> 00:00:42,340

you just saw here on NASA television of

22

00:00:46,290 --> 00:00:44,170

course is a mom so we want to talk about

23

00:00:48,630 --> 00:00:46,300

moms in space so why not talk to a mom

24

00:00:50,490 --> 00:00:48,640

who has been in space how you doing the

25

00:00:52,200 --> 00:00:50,500

call I'm great thanks so let's talk

26
00:00:53,550 --> 00:00:52,210
about you know there are moms and dads

27
00:00:55,740 --> 00:00:53,560
obviously there's lots of astronauts

28
00:00:59,310 --> 00:00:55,750
having cosmonauts have have children and

29
00:01:00,570 --> 00:00:59,320
and family so how different is it to you

30
00:01:02,520 --> 00:01:00,580
know commit yourself to going up in

31
00:01:03,720 --> 00:01:02,530
space for five or six months and and to

32
00:01:04,560 --> 00:01:03,730
kind of prepare your family for that

33
00:01:07,289 --> 00:01:04,570
it's a little bit different than just

34
00:01:09,029 --> 00:01:07,299
taking you know a road trip right yeah

35
00:01:10,709 --> 00:01:09,039
it is it's quite a bit different but I

36
00:01:12,359 --> 00:01:10,719
think there's some common things like

37
00:01:15,179 --> 00:01:12,369
you know even if you were taking a road

38
00:01:17,309 --> 00:01:15,189

trip or planning a vacation that was

39

00:01:19,559 --> 00:01:17,319

going to be fun you're gonna be engaging

40

00:01:21,779 --> 00:01:19,569

your family and that in some way and I

41

00:01:24,870 --> 00:01:21,789

think and I see Karen doing this now -

42

00:01:26,520 --> 00:01:24,880

in preparation for her flight is you

43

00:01:29,010 --> 00:01:26,530

want to make sure that your family is

44

00:01:30,149 --> 00:01:29,020

involved with that that adventure that

45

00:01:31,289 --> 00:01:30,159

you're about to have that experience

46

00:01:34,169 --> 00:01:31,299

you're about to have and that's

47

00:01:37,200 --> 00:01:34,179

everything from the time that you're in

48

00:01:38,370 --> 00:01:37,210

training and exposing them to the

49

00:01:39,599 --> 00:01:38,380

different kind of training events that

50

00:01:41,399 --> 00:01:39,609

you participate in the different

51
00:01:43,199 --> 00:01:41,409
countries that you're visiting and and

52
00:01:45,779 --> 00:01:43,209
meeting those people knowing your

53
00:01:46,980 --> 00:01:45,789
crewmates so that they understand who

54
00:01:48,510 --> 00:01:46,990
you're gonna be spending your time with

55
00:01:51,059 --> 00:01:48,520
and where you're gonna be coming over

56
00:01:54,569 --> 00:01:51,069
visiting mock-ups and and just generally

57
00:01:56,639 --> 00:01:54,579
I think making them a real part of the

58
00:01:57,870 --> 00:01:56,649
whole experience how do you keep in

59
00:01:58,800 --> 00:01:57,880
touch with them I mean it's a little bit

60
00:02:01,050 --> 00:01:58,810
different than it used to be you've got

61
00:02:02,190 --> 00:02:01,060
you know phones and email and internet

62
00:02:04,199 --> 00:02:02,200
and things like that so does it make it

63
00:02:05,819 --> 00:02:04,209

easier it does I think and and I think

64

00:02:08,010 --> 00:02:05,829

that's something that you can get used

65

00:02:08,520 --> 00:02:08,020

to on the ground you know we travel

66

00:02:11,429 --> 00:02:08,530

quite a bit

67

00:02:12,990 --> 00:02:11,439

training and preparation so you already

68

00:02:13,640 --> 00:02:13,000

have to be kind of creative with the way

69

00:02:15,559 --> 00:02:13,650

you can

70

00:02:17,210 --> 00:02:15,569

indicate with your family and that's you

71

00:02:20,000 --> 00:02:17,220

know everything from Skype and to just

72

00:02:22,160 --> 00:02:20,010

email and phone calls and stuff but you

73

00:02:24,559 --> 00:02:22,170

know the station has a really beautiful

74

00:02:27,080 --> 00:02:24,569

setup for communicating with the ground

75

00:02:29,569 --> 00:02:27,090

and just like we do with the control

76

00:02:31,280 --> 00:02:29,579

center here we can speak to our families

77

00:02:33,970 --> 00:02:31,290

on a regular basis everyday multiple

78

00:02:36,319 --> 00:02:33,980

times if we wanted with the the

79

00:02:39,050 --> 00:02:36,329

satellite phone essentially that we have

80

00:02:40,190 --> 00:02:39,060

and through email like you mentioned and

81

00:02:42,259 --> 00:02:40,200

then while I was up there and I don't

82

00:02:44,119 --> 00:02:42,269

know now maybe it's even more frequent

83

00:02:46,220 --> 00:02:44,129

we had once a week video conferences

84

00:02:48,710 --> 00:02:46,230

with our family and and other folks if

85

00:02:50,750 --> 00:02:48,720

we we wanted to as well so I think we're

86

00:02:53,479 --> 00:02:50,760

really fortunate with the way the

87

00:02:55,399 --> 00:02:53,489

communication system is and and I think

88

00:02:57,140 --> 00:02:55,409

about family members that are on

89

00:02:59,569 --> 00:02:57,150

deployments military deployments and

90

00:03:01,520 --> 00:02:59,579

they have so much more of a limited way

91

00:03:03,770 --> 00:03:01,530

to communicate with their their friends

92

00:03:06,050 --> 00:03:03,780

and family and I think we're honestly

93

00:03:07,729 --> 00:03:06,060

pretty blessed to have what we do with

94

00:03:09,289 --> 00:03:07,739

station now so you flew up to the

95

00:03:11,660 --> 00:03:09,299

station back in 2009 as part of

96

00:03:14,390 --> 00:03:11,670

expedition 20 and 21 and you didn't 133

97

00:03:17,629 --> 00:03:14,400

back in 2011 yeah your son was seven

98

00:03:19,610 --> 00:03:17,639

back in 2009 now he's 10 was he

99

00:03:21,199 --> 00:03:19,620

mystified by it or is it just sort of oh

100

00:03:23,300 --> 00:03:21,209

yeah mom's an astronaut you know I I

101
00:03:25,640 --> 00:03:23,310
mean they got to get used to it at a

102
00:03:27,920 --> 00:03:25,650
certain point right yeah I think they do

103
00:03:29,240 --> 00:03:27,930
I think it's like any job a parent has

104
00:03:31,339 --> 00:03:29,250
you know sometime your kid is gonna

105
00:03:32,899 --> 00:03:31,349
really think it's great and other times

106
00:03:34,879 --> 00:03:32,909
it's gonna be like you know I could care

107
00:03:37,159 --> 00:03:34,889
less what you're doing you just need to

108
00:03:42,199 --> 00:03:37,169
go by being in that new you yo card or

109
00:03:44,839 --> 00:03:42,209
whatever whatever and but Ill was I had

110
00:03:46,069 --> 00:03:44,849
a really good time our family is I think

111
00:03:49,939 --> 00:03:46,079
into the space thing

112
00:03:51,319 --> 00:03:49,949
my son was I think excited about it and

113
00:03:52,939 --> 00:03:51,329

like we said just being able to engage

114

00:03:54,710 --> 00:03:52,949

them you know getting over here and

115

00:03:56,960 --> 00:03:54,720

getting to see the mock-ups and watch

116

00:03:59,030 --> 00:03:56,970

some of the the egress training that we

117

00:04:01,969 --> 00:03:59,040

do and out at the MBL and the big suits

118

00:04:03,649 --> 00:04:01,979

and stuff you know it's like it's like a

119

00:04:05,839 --> 00:04:03,659

kid getting to see the toys that their

120

00:04:07,909 --> 00:04:05,849

their parents get to spend some time

121

00:04:09,409 --> 00:04:07,919

with and then helping them understand

122

00:04:12,050 --> 00:04:09,419

what you're gonna be you know using that

123

00:04:14,000 --> 00:04:12,060

stuff more and I've given a number of

124

00:04:16,399 --> 00:04:14,010

presentations to my son's schools and

125

00:04:19,310 --> 00:04:16,409

others where he's come along with me and

126

00:04:20,779 --> 00:04:19,320

I think that he could do I probably

127

00:04:23,180 --> 00:04:20,789

actually I know he could do a better job

128

00:04:25,580 --> 00:04:23,190

getting up there and making that

129

00:04:27,080 --> 00:04:25,590

presentation and speaking very very

130

00:04:28,430 --> 00:04:27,090

knowledgeably about what

131

00:04:29,840 --> 00:04:28,440

comes on in the space program and the

132

00:04:31,430 --> 00:04:29,850

fact that as long as he's been alive

133

00:04:32,450 --> 00:04:31,440

there's been this space station up there

134

00:04:34,100 --> 00:04:32,460

with people living and working

135

00:04:35,270 --> 00:04:34,110

continuously so whenever you're out

136

00:04:37,700 --> 00:04:35,280

there and you're talking to them like

137

00:04:39,740 --> 00:04:37,710

how do you be mom how do you how do you

138

00:04:40,580 --> 00:04:39,750

you know check up on the schoolwork and

139

00:04:41,960 --> 00:04:40,590

make sure they're doing what they're

140

00:04:45,439 --> 00:04:41,970

supposed to be doing and have those kind

141

00:04:46,850 --> 00:04:45,449

of conversations yeah you know it's you

142

00:04:48,770 --> 00:04:46,860

have to accept the fact that your remote

143

00:04:50,659 --> 00:04:48,780

and you're not going to have that same

144

00:04:53,300 --> 00:04:50,669

you know that same level of hands-on

145

00:04:56,150 --> 00:04:53,310

kind of input that you can down here but

146

00:04:57,920 --> 00:04:56,160

I think it's kind of neat you just get a

147

00:05:00,020 --> 00:04:57,930

little bit more creative you know you

148

00:05:01,670 --> 00:05:00,030

use your phone calls in a way that I

149

00:05:03,260 --> 00:05:01,680

think you don't always want to be

150

00:05:04,909 --> 00:05:03,270

focusing on you know getting the

151
00:05:06,770 --> 00:05:04,919
homework done it needs to be kind of a

152
00:05:08,990 --> 00:05:06,780
bigger conversation that you have with

153
00:05:10,010 --> 00:05:09,000
them if they want I mean you know he

154
00:05:11,950 --> 00:05:10,020
might want to be going out and riding

155
00:05:13,879 --> 00:05:11,960
his bike when that phone call comes so

156
00:05:15,140 --> 00:05:13,889
you know you never know what's going to

157
00:05:16,969 --> 00:05:15,150
happen so he can't come to the phone

158
00:05:20,450 --> 00:05:16,979
yeah really sorry you know I'm in the

159
00:05:22,279 --> 00:05:20,460
pool right now but but yeah it's it's

160
00:05:24,830 --> 00:05:22,289
good because I think it forces you to be

161
00:05:26,629 --> 00:05:24,840
creative and but you can you can have

162
00:05:28,879 --> 00:05:26,639
those same kind of conversations you do

163
00:05:31,390 --> 00:05:28,889

here on the ground with them over the

164

00:05:33,879 --> 00:05:31,400

phone and and the fact that I have also

165

00:05:37,760 --> 00:05:33,889

you know just a really supportive

166

00:05:40,340 --> 00:05:37,770

husband who I know is he was engaged and

167

00:05:42,469 --> 00:05:40,350

and working all that while I'm not there

168

00:05:44,240 --> 00:05:42,479

you know makes it even even better and

169

00:05:47,360 --> 00:05:44,250

more comfortable as you know as a person

170

00:05:49,850 --> 00:05:47,370

who is been in kind of a detached or you

171

00:05:51,200 --> 00:05:49,860

know not nearby kind of position and

172

00:05:53,150 --> 00:05:51,210

he'd grown quite a bit by the time you

173

00:05:54,920 --> 00:05:53,160

get back he had and he was in the midst

174

00:05:56,300 --> 00:05:54,930

of losing you know those front teeth and

175

00:05:57,680 --> 00:05:56,310

everything I got back from my first

176

00:05:59,180 --> 00:05:57,690

flight and you know there was one still

177

00:06:01,520 --> 00:05:59,190

dangling he was making sure it didn't

178

00:06:04,100 --> 00:06:01,530

come out until I got home so I got to

179

00:06:05,960 --> 00:06:04,110

witness that yeah that's cool so as

180

00:06:07,550 --> 00:06:05,970

Karen gets ready to launch me you know

181

00:06:08,930 --> 00:06:07,560

you spent was it five I guess five

182

00:06:13,040 --> 00:06:08,940

months almost up there a little over

183

00:06:15,920 --> 00:06:13,050

three nine so is it does there come a

184

00:06:17,270 --> 00:06:15,930

time where you know time sort of stands

185

00:06:18,680 --> 00:06:17,280

still does it get easier after the first

186

00:06:20,089 --> 00:06:18,690

few weeks or does this beat up you know

187

00:06:21,680 --> 00:06:20,099

time kind of warps a little bit whenever

188

00:06:24,890 --> 00:06:21,690

you're out there so yeah you know the

189

00:06:25,969 --> 00:06:24,900

time actually went by fairly quickly for

190

00:06:27,650 --> 00:06:25,979

me I don't know if my husband and son

191

00:06:30,529 --> 00:06:27,660

would say the same thing with the

192

00:06:34,670 --> 00:06:30,539

perspective from down here but it goes

193

00:06:36,709 --> 00:06:34,680

by pretty quickly and I think it you

194

00:06:38,690 --> 00:06:36,719

know it kind of stays the same you know

195

00:06:40,340 --> 00:06:38,700

throughout I don't feel like it ever got

196

00:06:42,230 --> 00:06:40,350

easier to be away

197

00:06:44,060 --> 00:06:42,240

for my family that way I think that's

198

00:06:45,920 --> 00:06:44,070

the one thing that is just always there

199

00:06:48,890 --> 00:06:45,930

you know is that they're not going to be

200

00:06:51,140 --> 00:06:48,900

there with you and so I think you have

201
00:06:53,090 --> 00:06:51,150
to kind of go in but it may be accepting

202
00:06:54,440 --> 00:06:53,100
it is kind of a strong you know way to

203
00:06:56,210 --> 00:06:54,450
say it but just knowing that's the way

204
00:06:57,950 --> 00:06:56,220
it's going to be throughout and I

205
00:07:00,260 --> 00:06:57,960
remember after the three months when I

206
00:07:01,280 --> 00:07:00,270
you know my ride sts-129 got there to

207
00:07:02,870 --> 00:07:01,290
bring me home

208
00:07:04,640 --> 00:07:02,880
I remember thinking before they got

209
00:07:06,050 --> 00:07:04,650
there like wow you know I could I could

210
00:07:08,360 --> 00:07:06,060
stay up here another three months this

211
00:07:10,250 --> 00:07:08,370
is a beautiful place to live and work

212
00:07:12,590 --> 00:07:10,260
we're doing some really cool stuff

213
00:07:15,290 --> 00:07:12,600

but on the other hand I was happy that

214

00:07:17,090 --> 00:07:15,300

my ride got there on time for mine and

215

00:07:18,950 --> 00:07:17,100

my family's sick to know that per the

216

00:07:21,680 --> 00:07:18,960

plan I was gonna be coming home like

217

00:07:23,150 --> 00:07:21,690

like was planned instead of it just kind

218

00:07:26,840 --> 00:07:23,160

of dragons like not having a delayed

219

00:07:29,000 --> 00:07:26,850

flight yeah so whatever you take a look

220

00:07:30,140 --> 00:07:29,010

at you know being up there being away

221

00:07:31,400 --> 00:07:30,150

from your family and things like that

222

00:07:32,930 --> 00:07:31,410

the amount of time that you spend out

223

00:07:35,210 --> 00:07:32,940

there like how day you wonder you come

224

00:07:36,410 --> 00:07:35,220

back to how do you I guess readjust and

225

00:07:38,030 --> 00:07:36,420

also how do you how do you talk to your

226

00:07:39,040 --> 00:07:38,040

your kids about you know what you just

227

00:07:41,600 --> 00:07:39,050

did like how do you how do you

228

00:07:43,190 --> 00:07:41,610

articulate that with them well you know

229

00:07:45,440 --> 00:07:43,200

I think that's what goes back to again

230

00:07:47,390 --> 00:07:45,450

the the keeping them tied in throughout

231

00:07:49,790 --> 00:07:47,400

the entire experience I think is really

232

00:07:51,410 --> 00:07:49,800

important so it's not a you know a huge

233

00:07:53,960 --> 00:07:51,420

surprise to them what you've been doing

234

00:07:58,100 --> 00:07:53,970

or the kind of experience it was I think

235

00:08:00,590 --> 00:07:58,110

what you try to do is in the kind of the

236

00:08:03,830 --> 00:08:00,600

most exciting way maybe possible explain

237

00:08:06,320 --> 00:08:03,840

to them the things you can't you know

238

00:08:08,690 --> 00:08:06,330

you can't show in a picture or you know

239

00:08:09,860 --> 00:08:08,700

write down or you know really talk to

240

00:08:12,920 --> 00:08:09,870

them about but you know kind of that

241

00:08:15,470 --> 00:08:12,930

physical feel of being in space or that

242

00:08:16,850 --> 00:08:15,480

that view out the window and you know

243

00:08:19,010 --> 00:08:16,860

the kind of impression that can have on

244

00:08:21,050 --> 00:08:19,020

you and you know maybe trying to take it

245

00:08:22,910 --> 00:08:21,060

a little bit further and explain to them

246

00:08:25,220 --> 00:08:22,920

why getting to see something like that

247

00:08:28,340 --> 00:08:25,230

is important and why what we're doing up

248

00:08:29,690 --> 00:08:28,350

there is is so important as well and you

249

00:08:31,460 --> 00:08:29,700

know hopefully they can carry that on

250

00:08:33,469 --> 00:08:31,470

and you know share it with other folks

251
00:08:34,940 --> 00:08:33,479
to maybe go up there one that would be

252
00:08:36,110 --> 00:08:34,950
awesome thanks for sticking by us always

253
00:08:37,490 --> 00:08:36,120
good to talk to you Nicole yeah you too

254
00:08:39,589 --> 00:08:37,500
Josh thanks if you would like to learn

255
00:08:41,120 --> 00:08:39,599
more about Karen and theatre and the

256
00:08:42,860 --> 00:08:41,130
rest of the crew and Luca you can log on

257
00:08:44,870 --> 00:08:42,870
to the NASA website to the NASA I got a

258
00:08:46,160 --> 00:08:44,880
slash station these guys are getting

259
00:08:47,630 --> 00:08:46,170
ready to launch at the end of the month

260
00:08:49,970 --> 00:08:47,640
they're down there undergoing final

261
00:08:51,830 --> 00:08:49,980
preparations and their mission is going