

PARENTING

# New World

Globetrotting reporter Lisa Ling, famed for her curiosity about the plights and pursuits of everyday people, talks about how becoming a mom changed her views of work and herself

By Lauren Paige Kennedy

## FAMILY & PARENTING



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Concussions require plenty of recovery time

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Is sharing a bed a good idea?

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Are stem cell treatments the answer?



### EXPERT TIP

"Three to five weeks is about how long it takes kids with concussions to fully recover. About 90% of children are fully healed at around four weeks."—*Michael O'Brien, MD*



*"I was so excited to have a girl because I'm hoping to raise a little feminist."*

## PARENTING

# Mom View

**● Your daughter, Jett, turned 1 in March. Any major milestones to report?**

She's not walking yet, but she's crawling at a furious pace. She's hard to keep up with—she's pulling herself up all over the place! And she's such a hilarious dancer: The second you turn on music she starts dancing.

***You say the world looked different as you drove home from the hospital with Jett. How so?***

Life as I knew it was not the same. I had this life that I'd become responsible for. The way I drove, the billboards I was seeing with scantily clad women... everything was about *her*. And I felt this desire to protect her from the world. I hope I can do it well.

***You had two miscarriages before having Jett. How did you cope?***

When I was pregnant with Jett, I was terrified every time I went in for an ultrasound. I braced myself to hear: "There's no heartbeat." Until the eighth month I never really calmed down. The miscarriages were hard. But the way I look at it is Jett is the baby we were supposed to have.

***What has surprised you most about motherhood?***

That I would enjoy it so much, frankly. I never had a desire to be a mother. I've always been career-driven—I felt like [my work] was my purpose. But having a child has changed my life. It's brought me incredible fulfillment, a new perspective and purpose. I love it.

***How do you find balance?***

It's very, very challenging. I've worked out a system: I'll travel for maybe 10 days, and then I'm home the rest of the month. I prefer that to 9 to 5, because when I'm home it's totally immersive.

The final season of Ling's TV series *Our America* is airing now on OWN.

Read the full Q&A with Lisa Ling in our free iPad app!

Reviewed by **Hansa Bhargava, MD**  
WebMD Medical Editor