

Day 6, Is no internet making me a better parent?

Maybe it's because today is Halloween, maybe because it's Day 6 of this internet detox, or maybe it's just because the day was so wonderful, but I had no desire to be on the internet today. There was no urge to check email, no wondering what I was missing out on, just enjoyment and really living in the moment for the day. It's the first day throughout this whole experiment that I can say I've felt that way.

I began my day with an 8-mile training run around White Rock Lake. The rest of the day consisted of resting, recovering, and then enjoying the sights and sounds of Halloween on our street filled with kids. I thought a lot today about how this week, in many ways, has felt like a vacation. I've felt like my anxiety and stress level have really decreased, and while I don't know how exactly to tie that to my disconnect from the internet, I know they have to be related somehow.

I'd like to say that I was crazy productive this week, like I envisioned I would be (painting, sewing, crafting and organizing were all on my list to accomplish), but that's sort of far from the truth. Other than keeping my house a shade more organized and clean than usual, I really didn't do much with my internet free time in terms of being productive and accomplishing tasks you can check off a To Do list.

However, I did spend that time relaxing, reading, and, yes, even watching TV (a lot of Super Nanny, to be honest). And when Kendall was awake, I felt like my tolerance for his tantrums was higher than it had ever been. I was more calm, less likely to get frustrated, and more likely to handle his meltdowns in a constructive way that didn't leave us both wanting to explode.

I've told a few people this week how Kendall seems to be behaving much better, less frustrated with me, less demanding. I'm sure some of this has to do with settling back into our routine at home after traveling all last week, but I'm also not going to throw out the idea that some of it might be in response to this decreased stress and anxiety level in me, and that that, indirectly or directly, is related to the time I haven't spent on the internet.

As my husband and I sat on the porch last night, baby monitor buzzing in the background, handing out candy, he played on his new Iphone. He thought he was being really funny, teasing me about not being able to take it from him and try it out. I looked at him confidently and told him I honestly didn't feel the need. It was the truth.