I did my higher surgical training on the Trent rotation and went on to do two spinal fellowships – Hong Kong under Professor Luk and Nottingham. Motherhood came late for me as I was focussed on my career and completing my training. I became a mum just before I went on my fellowship to Hong Kong and left my little three month old son for my husband to look after for six months – as a way of remembering me!!! This is despite the fact that he was a busy academic at the medical school in Nottingham. When I got back, my son was weaned and sleeping through the night. My husband was exhausted. As I thought I had ‘missed out’ we decided to have another one during my second fellowship. We were lucky to have another little boy which I helped bring up despite a full on second fellowship. Juggling parenthood with work was extremely difficult however a very supportive, tolerant, understanding and helpful husband and getting along with the in laws does help. It doesn’t however remove the guilt that one feels when you are at work late; come home tired; had a bad day and you feel as if you are neglecting your family as you don’t have enough energy to be a mother and wife. I’ve learnt to separate work from home life and having some ‘me time’ is key to survival. Sleep is also very important.