

# Za'atar White Bean Salad on Malawach



How do you know when you're done? Not done with eating, mind you, but done having kids? I thought I knew. I participated in a week-long Positive Psychology workshop last summer and spent the majority of my time digging deep and reflecting on the fact that I thought I was done. Gd had blessed me with two incredible children and that's it. Leave the party while it's not only good but great. I spent the many months since that workshop giving away all of our baby gear to various friends and colleagues who were not done and needed the support. "Put it to good use", I thought, "cause I don't need it anymore". But then something happened (as it always does). My father-in-law died and I turned 37. Suddenly I found myself wrestling with my own mortality and with that, the questioning of

whether or not I was really ready to close this chapter in my life.



My arguments for not having a third have always been the same: With the life we lead (the expenses of daycare costs, being a working-parent household, wanting to live an observant/kosher Jewish life), we can give two kids a great life but three kids? Three kids would be tough. Plus, I don't know what you do for a living but I spend a lot of my day talking with adolescents with mental and developmental health struggles so that coupled with the statistics of giving birth after 35 (i.e. the rise of potential of certain developmental delays), I'm frikkin' freaked. Again, Gd has blessed us with two healthy, developmentally-abled children. LEAVE THE PARTY WHILE IT'S GREAT. But what if it could be greater?

I still have no answer. We are in conversations, clearly. With baby one and two, we were closed up about our family planning but with the potential of baby three I've basically been polling everyone I know (and don't know) on what their thoughts are on how many kids I should have. Yes, that means I sometimes accost strangers in the grocery store with awkward, inappropriate questions like, "Excuse me, hi, you don't know me but, you have lots of kids. How's that working out?"

That's totally normal . . . right? HELP!



So since motherhood and parenting has been constantly on my mind, I made y'all a Mother's Day breakfast/brunch/lunch/dinner recipe using some of my favorite ingredients. If you don't know what malawach is you can read about it and get the recipe for this quick yet super fancy meal over at [Interfaithfamily.com](https://www.interfaithfamily.com). Happy Mother's Day!



Would not be able to parent without my besties!



Supporting our friends, Bear and Bud Bookclub, at the

Babyccino event in LA last weekend.



