

COMPETING DEMANDS

## This 'Academic Doula' Calms the Panic of Faculty Parents

By Megan Zahneis | December 4, 2023



Diane Wolf, emeritus professor of sociology at the University of California at Davis TALIA HERMAN FOR THE CHRONICLE

Lorena V. Márquez wasn't used to asking for help.

Like so many junior female faculty members determined to establish themselves, Márquez, a

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**The New York Times**

<https://www.nytimes.com/2024/08/28/opinion/surgeon-general-stress-parents.html>

GUEST ESSAY

# Surgeon General: Parents Are at Their Wits' End. We Can Do Better.

Aug. 28, 2024

By Vivek H. Murthy

Dr. Murthy is the surgeon general.

One day when my daughter was a year old, she stopped moving her right leg. Tests found that she had a deep infection in her thigh that was dangerously close to her bone. She was rushed off to surgery. Thankfully, she's now a healthy, spirited young girl, but the excruciating days we spent in the hospital were some of the hardest of my life. My wife, Alice, and I felt helpless and heartbroken. We got through it because of excellent medical care, understanding workplaces and loved ones who showed up and reminded us that we were not alone.

When I became a parent, a friend told me I was signing up for a lifetime of joy and worry. The joys are indeed abundant, but as fulfilling as parenting has been, the truth is it has also been more stressful than any job I've had. I've had many moments of feeling lost and exhausted. So many parents I encounter as I travel across America tell me they have the same experience: They feel lucky to be raising kids, but they are struggling, often in silence and alone.