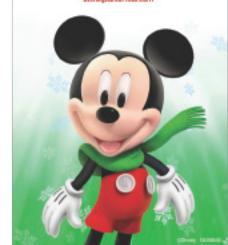


# December 8 Theatre at **Grand Prairie**

## Tickets available at AXS.COM











# breaking point

#### **ABOVE // Heather Vance Devers** in her home with her daughter, Betty, and son, Jude.

### The Weekend Guide

Handpicked events for your family to enjoy every weekend. Subscribe at dfwchild.com/newsletter.

#### Facebook

facebook.com/ dallaschildmagazine facebook.com/ . collinchildmagazine

> Follow Us on Instagram @dfwchildmag

**Email Us** Let us know what's on your mind. editorial@dfwchild.com

#### **VE BEEN WORKING ON THIS EDITOR'S NOTE FOR WEEKS.**

It's only 400 words, but I want it to be perfect because the feature in this issue hits so close to home.

Almost two years ago, with a 4-month-old baby boy who hadn't slept through the night since birth, a "spirited" 4-yearold girl, and a husband who was traveling constantly for work,

I was done. Burned out. Absolutely pushed to the brink of my sanity. I remember a particularly dark moment when my daughter was throwing her umpteenth tantrum of the day after I had *finally* gotten the baby down for a nap, and she woke him up. I lost it. I sobbed so hard that my daughter got scared. That was when I knew I needed help. I needed to put myself back in the equation.

That night I desperately Googled therapists who specialized in post partum depression and emailed the closest one. I called my general practitioner, and we came up with a plan: therapy to help lower my anxiety and manage my depression, and Zoloft to level out my moods. Within weeks I was feeling less isolated; I was losing the urge to run away and never come back. I found a gym with great child care so I could carve out some time for self-care. Did my kids hate it at first? You know it. But my therapist helped me realize that I had to fill my well before I could fill my kids', so I kept at it. And you know what? I started to gain a little of myself back. I started meditating when I felt overwhelmed. I started putting myself out there to make more mom friends. I started to realize that I am someone beyond "Mom," and that is OK.

Is mommy burnout something that you fix and never have to deal with again? Absolutely not. It's a black dog that sits on my doorstep, and if I'm not intentional about making time for myself, it starts scratching at the door.

Why do most of us struggle with burnout? I think it's a combination of the pressure of social media, the surplus of conflicting information on how to raise our kids, the strain of balancing 20 different activities to ensure our kids get into the best schools, and the expectation to do it all in a fashionable outfit with a smile on our face. We can't do it all.

I'm sharing my story with you in case you're struggling with burnout. If you're reading this while locked in the bathroom hiding from your kids, you're not alone. If you want to talk, I'm here. Email me—heather@dfwchild.com

Heather Vance Devers



EDITOR-IN-CHIEF Joylyn Niebes

CREATIVE + CONTENT DIRECTOR Heather Vance Devers

**FDITORIAL** 

**Executive Editor** 

Carrie Steingruber

Managing Editor

Elizabeth Quinn

Freelance Editor Maya Butler

Calendar Editor

Elizabeth Smith

Digital Editor

Sydney Blalock Ritchie

Editorial Intern

Emily Yearwood

ART

Contributing Editorial Designer

Lesley Busby

**Graphic Designers** Susan Horn, Ariana Leyva

CREATIVE DIRECTOR AT LARGE Lauren Niebes

**ADVERTISING** 

Account Executives

Alison Davis, Kristen Gramling, Mendy Lea, Nancy McDaniel, Diana Whitworth Nelson. Sandi Tijerina

> Advertising Coordinator Alli Renner

PR/MARKETING

Audience Development Director

Candace Emerson

**Promotions Coordinator** Tram-Anh Le

**ADMINISTRATION** 

**Business Manager** 

Leah Wagner Accounting

Jeanie Vance

HOW TO CONTACT US:

4275 Kellway Circle, Address:

Suite 146, Addison, Texas 75001 Phone: 800/638-4461 or 972/447-9188 972/447-0633 or 972/447-0425

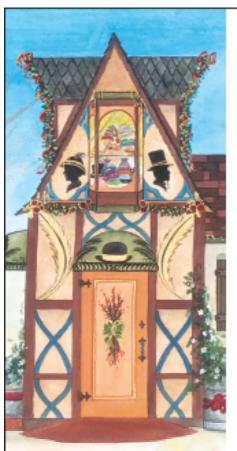
dfwchild.com Online

DallasChild is published monthly by Lauren Publications, Inc. DallasChild is distributed free of charge, one copy per reader. Only DallasChild authorized distributors may deliver or pick up the magazines. Additional or back copies of DallasChild are available for \$2 per copy at the offices of Lauren Publications. Inc. We reserve the right to edit, reject or comment editorially on all material contributed. We cannot be responsible for the return of any unsolicited material

Dallas Child is ©2019 by Lauren Publications, Inc. All rights reserved. Reproduction in whole or part without express written permission prohibited.

**UNSOLD** 







# DALLAS ARBORETUM Holiday at the Arboretum

Presented by reliant.

The 12 Days of Christman and Christhindlesorlet Treasures in The DeGelger House

DallasArboretum.org 8525 Gurbard Road - Dollas, Teams 75235

The Delim Arboratem is a non-profit organisation apported, in part, by femis from Dalles Park & Recreation.

6 november 2019 / dfwchild.com dfwchild.com / november 2019 7