

## **I can't run - November 2, 2015**

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**The most challenging part of having MS is being a good parent. I have 3 girls, 8, 12 and 14, and nothing is more precious than them. It is a big change for me and my wife, to not only plan for their future, but plan around my MS. I have been blessed with a lovely wife and poised daughters.**

**I can't run with them anymore, but I can help with other things, reading, homework, support their endeavors... One of the larger challenges we have is MS. Even they call it the MonSter. Something is wrong when a 8 year old takes care of her dad. It makes me sad to think that all they will know is taking care of dad, childhood should be different.**

**On the brighter side, I pay much more attention to parenting than I used to. I have a computer background, like sports (I used to play many,) like to cook, so can help my kids with these and more. Having MS, while not expected or desirable, did not end my life. While I recognize my new limitations, I have found many aspects of my personality that haven't changed and can still be applied, thankfully, parenting is one of them.**

**MS has not only effected me, my entire family, like it or not, is impacted. They still have the same dreams, I still want to fulfill them. The angst I have about their future needs is palpable. They are questions I no longer have answers to. It is often narrow of me to focus only on me, there is so much life ahead of them. I want them to enjoy it all.**

**When life events happen for others and I should be joyous, all I can do is hope that (whatever that is,) can happen for me and my family.**