

# WORKING MOTHER

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## Mindy Kaling on Pandemic Parenting: 'Every Parent Deserves a Get Out of Jail Free Card'

In a *Working Mother* exclusive, the mom opened up about what's changed for her in the COVID era.

By QUINN FISH NOVEMBER 20, 2020

The pandemic has flipped parenting on its head for moms all over the world—and comedy queen Mindy Kaling is no exception. In an exclusive interview with *Working Mother*, the TV writer opened up about mom-shaming, easing up on her own judgments, and adjusting to her new normal.

Mindy, who is best known for her roles on *The Office* and *The Mindy Project*, which she co-wrote, co-produced and co-directed, surprised the world with the birth of her baby boy, Spencer, in early October. The new addition joined the single mom and her 3-year-old daughter, Katherine. While caring for her boy has been “easier because he’s so little,” her daughter is another story.

The family has stayed busy with lots of the new LEGO DOTS 2-D crafting tiles, “reimagining their home” in new, creative ways, and COVID-safe playdates, but it hasn’t exactly been a walk in the park. The mom, who is currently working on two shows, Netflix’s *Never Have I Ever*, and the upcoming HBO Max comedy series, *The Sex Lives of College Girls*, admitted the pandemic has challenged her own views on parenting.

“I think when most mothers talk about mom-shaming, they think about times that they’ve been shamed by other moms, which definitely has happened, but very few times do we actually look within and think of the times we’re shaming other moms,” Mindy said. “For me, I find myself being silently judgmental of parents who let their kids watch a ton of TV, and especially during the pandemic, now I completely understand why they do that. There are just so many hours in the day and unless you’re a professional party planner, you know, I’ve really eased up on my judgment about that. And I write for TV! So, I no longer judge parents who let their kids watch *Frozen* three times a day. I get it now.”

These days, we can say we’ve *all* been there. Even celeb mamas. While the pandemic changed Mindy’s views on screentime—many families’ lifeline over the last eight months—she still chooses not to post her kids’ faces to social media for privacy reasons. “I love my daughter. I think she’s so cute and fun, and nothing would make me happier than sharing her face and all the fun things she

does with the world, but I think she's too young to actually give educated consent for that," she says. "So I just show glimpses of her because she's such a big part of my life, but not in a way that anyone would generally recognize her on the street."

She also admires parents who don't give their kids sugar, though she lets her daughter have sweets, which she didn't have in the house growing up, noting, "I'm a little less judgmental because I know how hard parenting is now." Quarantine has allowed her to lighten up about her own parenting, and she thinks other parents should too.

"These times are just really unprecedented, and I think the whole world is just going to have to give us all a big get out of jail free card for parenting for the next year and a half," Mindy laughed. Amen!

Mamas, let this be your reminder to give yourself some grace. If Mindy can do it, you can too. You've made it this far—you're clearly doing something right!

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