The fall viral surge, following on the heels of a summer that felt more like a winter from a patient volume point of view, has been hard on everyone. Across the hospital, all teams having been working harder than ever, in very challenging conditions. Across the board, people have been pushing their limits to care for very sick children. This can be anxiety-provoking and exhausting. Learning under these conditions is particularly challenging. It is often said that "Volume teaches", and while there is truth in this, there are also limits to the benefits of volume. It is nice sometimes to have some time to think. This week, I would like to acknowledge the extraordinary efforts of our **pediatric residents**. Residency is never easy. Residency in a pandemic, followed by a 'tridemic' of viral illness resulting in unprecedented and overwhelming volumes of young children needing hospital care takes it to a whole other level. Our residents keep showing up and doing more. Given the situation, they are pushing to be more independent and do more with less. Doing this is never easy, but it does get a bit easier with experience. .. which they are getting more of everyday! Please join me in thanking our pediatric residents for their hard work and their commitment to learning more, even under challenging conditions.

Have a good weekend.

Beth Foster, MD, MSCE, FRCPC Professor of Pediatrics Chair, Dept. of Pediatrics McGill University Pediatrician-in-Chief, Montreal Children's Hospital of the MUHC Harvey Guyda Chair in Pediatrics