

## Episode 1 – Moms Are In Crisis: The Mental Health Epidemic

**Kristin** [00:00:00] Hey,

**Deena** [00:00:02] hey

**Deena** [00:00:03] Oh, yeah. Hey, We're here trying. We made it.

**Kristin** [00:00:05] You're trying. You're so tired but you're trying.

**Deena** [00:00:06] I'm tired.

**Deena** [00:00:09] I'm here.

**Kristin** [00:00:10] Oh, wow.

**Kristin** [00:00:11] Well, welcome to After Bedtime. Today's topic is near and dear to our hearts because we are moms. And what we're talking about today is in 2023, apparently, according to the people out there, moms are crumbling!

**Deena** [00:00:29] There's a crisis.

**Kristin** [00:00:30] There's a mental health crisis in motherhood. Let's go.

**Deena** [00:00:34] Let's tackle it.

**Kristin** [00:00:44] Finally, it's after bedtime. The kids are asleep and it's time to get down. I'm Kristin.

**Deena** [00:00:51] And I'm Deena. We're the duo behind the ever popular Instagram account. "Big Little Feelings" that helps you navigate all things parenting.

**Kristin** [00:00:58] But, this is not a boring ass parenting podcast. We're gonna laugh. We're going to cry. We're going to maybe pee our pants a little bit. Because honestly, parenting is hard as fuck. And maybe after a long day of parenting, you're sitting there and you're wondering, Where the fuck is this village everyone's talking about?

**Deena** [00:01:16] Where is it?

**Kristin** [00:01:17] Where's the village?

**Deena** [00:01:18] Where is it.

**Kristin** [00:01:18] I'm waiting! Consider this podcast after bedtime. Your village.

**Deena** [00:01:27] Kristin.

**Kristin** [00:01:27] Hey, girl,

**Deena** [00:01:29] How are you? We're here.

**Kristin** [00:01:31] How are you?

**Deena** [00:01:32] Well, you know what I'm going to say? Tired as fuck.

**Kristin** [00:01:36] Tired. Tired? Yeah. Is this whole podcast going to be just about, like, how tired we are?

**Deena** [00:01:42] Yes.

**Kristin** [00:01:43] Oh ok, because it's a parenting podcast,

**Deena** [00:01:44] Without a doubt.

**Kristin** [00:01:44] Did we do it?

**Deena** [00:01:45] I've been tired for years.

**Kristin** [00:01:46] I'm so tired. I'm also excited to be here, but I'm also a touch tired. Like, part of me is like, Ooh, was after bedtime a mistake?

**Deena** [00:01:57] You can have lots of feelings at once.

**Kristin** [00:01:59] Wow

**Deena** [00:01:59] I'm a therapist, I'm here to tell you.

**Kristin** [00:02:01] My feelings are valid. Thank you. Thank you. I don't regret it, but, like, I'm tired.

**Deena** [00:02:07] Yeah.

**Kristin** [00:02:08] So we really started. Big little feelings with a dream of giving helpful, actual advice from a child therapist mixed with a real ass mom who can get down and show you what motherhood and fatherhood and parenthood and caregiving and grandma giving what it's like, really like.

**Deena** [00:02:27] Yeah. And it was inspired by you texting me all the time.

**Kristin** [00:02:31] Oh, my God. And just being, like, just all the time, like, Hey, how do I take away a pacifier? Like, I understand. I've read all the books. Like, I know how to do these overarching things, but like, how do I take a pacifier away? How do I not traumatize them? How do I get them to not be there when they pee their pants? What am I supposed to say? What should I be doing?

**Deena** [00:02:50] And now this podcast is going to be fun. This is next level. Like, if you love the Instagram, you're gonna love being here.

**Kristin** [00:02:59] Yeah. Everything that we can, like, scrape the surface on on Instagram, but we can like, barely dive into. Like marriage struggles and infertility, which sounds so fun now that I say it out loud. Like, by the way, some of these things are fucking hilarious. Like, my husband leaving his socks all over the house. That's hilarious in an angering way. We're your besties. That's what's happening. This is a warm hug we're your lifeline. So we

want to hear from you. We want your questions. We're going to answer what you're struggling with. Let's get into it.

**Deena** [00:03:31] Also, these glasses that I'm wearing right now.

**Kristin** [00:03:33] Yeah

**Deena** [00:03:34] Every single family member of mine has gone out of their way to tell me how much they don't like these glasses. But you know what? I love them.

**Kristin** [00:03:42] I love them. Why is this? This is like a recurring theme. I feel this is a recurring theme. First of all, I feel like and you can't see the glasses that Deena's wearing, but if you could see them, they are see through iconic glasses. I really feel like you're in your Gwyneth era. You're really in like, Gwyneth in a courtroom. Yeah. Type of like fighting off the Aspen. I don't actually even know what happened with that lawsuit. I just know visually the vibes that I feel like the glasses are giving Gwenny in a courtroom that.

**Deena** [00:04:13] Feels right in my heart.

**Kristin** [00:04:14] Cashmere.

**Deena** [00:04:15] Mm.

**Kristin** [00:04:16] Very, very elegant.

**Deena** [00:04:17] Mm hmm.

**Kristin** [00:04:18] You know?

**Deena** [00:04:18] Thank you.

**Kristin** [00:04:19] Ok. So sorry to your family.

**Deena** [00:04:20] I love them. I stand by it

**Kristin** [00:04:22] Okay? I thought, I thought you meant your family. But you mean your glasses.

**Deena** [00:04:25] Oh, well, that's really complicated. I do love them. And that's another episode.

**Kristin** [00:04:33] It was very friendly, Like I love them. Oh, wow. This is great. This is good. Oh, you meant the glasses. Okay.

**Deena** [00:04:39] Yeah.

**Kristin** [00:04:39] Yeah, no, this is good. I have been knee deep in the Bravo world. Well, I mean, also forever, right? But also right now, I feel and I don't think you watch every single season of everything because you're a healthy human being.

**Deena** [00:04:57] No, it's because I didn't have cable for a long time.

**Kristin** [00:04:59] Oh, that's why not. Why? But also, I mean, it could be that it's healthier that way as a correlation, which is nice. I don't know that everyone's getting straight up. Divorced on Bravo.

**Deena** [00:05:11] Yes. That I know

**Kristin** [00:05:11] Everyone is cheating on everyone. This is alarming. It's all I can think about. All I can think about is fucking money with his 18 year old new fiancée and, like, you don't even know what I'm talking about. But I sent it to you anyways. I sent it to you on Instagram. I was like, look at this!

**Deena** [00:05:27] Even I was like, Oh my God, I have no fucking idea what's happening and like, wow!

**Kristin** [00:05:33] A lot of feeling. There's that one. There's the Orange County one. And like, her divorce is happening, although I don't know if they were really married. I just feel unsettled. I feel unsettled in the Bravo world. But I will say the one I think you do watch is Housewives of New York. The new one because I was like, Deena, you haven't. You can't just jump into like, I mean, you can first of all. But this is new. Yeah. So you can just run right into Housewives of New York, the new one.

**Deena** [00:05:58] So I don't know anyone's name. I can't remember.

**Kristin** [00:06:01] Me neither.

**Deena** [00:06:01] For the life of me,

**Kristin** [00:06:02] Except for Jenna obviously. Queen.

**Deena** [00:06:02] But who is the one that I love? You'll know

**Kristin** [00:06:06] I don't know either, but. Oh, my God.

**Deena** [00:06:09] She's like gonna fuck everyone's dad I feel like.

**Kristin** [00:06:10] That's her. That's her tagline. It's like, if you cross me, I'm going to fuck your dad. But I'm just like, Yes, yes. Why are we celebrating this? I don't know. But I love you. She is just like, How is she so not tired?

**Deena** [00:06:31] Yes! Maybe that's what's inspiring us. Yeah, it's the liveliness.

**Kristin** [00:06:36] Oh. Like I know she doesn't have kids yet, and she, you know, I don't know if she wants kids or not, but I also feel like even if I didn't have kids, I would be very tired. I'm still tired, you know, like

**Deena** [00:06:46] You've always been a tired person. If I may.

**Kristin** [00:06:48] First of all, I'm always a tired person. Like, I don't know how people do it. I don't know how people do it.

**Deena** [00:06:57] Yeah,

**Kristin** [00:06:57] You just pull in all dayer.

**Deena** [00:06:58] Yeah,

**Kristin** [00:06:59] Just out here pulling all dayers? Wild. Whew. It's brutal, man.

**Deena** [00:07:03] Yeah

**Kristin** [00:07:03] But she has so much energy. She's so vivacious. She's just like, the second something walks by, like she's going to fuck it. Like she's on. You know what I mean? She's just on. All day!

**Deena** [00:07:13] That's very animalistic. I love it. Don't take life too seriously.

**Kristin** [00:07:17] Oh God, I love it. That's my world. I have nothing else really to add. Like, is there anything going on in your world? Because my world is just Bravo right now. I guess, that's what I'm learning.

**Deena** [00:07:24] Just naps, diapers, dinner. You know, the usual?

**Kristin** [00:07:28] What did you make for dinner last night? Because you make dinner, that's a thing you do.

**Deena** [00:07:32] Oh, wow. No, we, the whole family cooked. Like everyone was involved.

**Kristin** [00:07:36] Wow.

**Deena** [00:07:37] We made grilled steaks.

**Kristin** [00:07:38] Oh, my God.

**Deena** [00:07:39] We made mashed sweet potatoes.

**Kristin** [00:07:41] This makes me feel really bad about myself. Go ahead.

**Deena** [00:07:43] It's okay.

**Kristin** [00:07:43] Keep going.

**Deena** [00:07:44] That's valid. No, I'm just kidding. No, I love cooking it like lights me up though.

**Kristin** [00:07:49] This is like your thing. This is like your thing. So everybody's cooking and you're making steak and smashed sweet potatoes.

**Deena** [00:07:55] What else? We have? Oh, it was broccoli.

**Kristin** [00:07:59] Oh my God.

**Deena** [00:07:59] Yeah.

**Kristin** [00:07:59] Good for you. What did I do?

**Deena** [00:08:00] Some applesauce on the side.

**Kristin** [00:08:01] I'm not going to tell you. Really fucking garbage. I'm pretty sure we did like charcuterie dinner. That's where you just put, like,

**Deena** [00:08:08] Girl dinner

**Kristin** [00:08:09] You put...yeah, it's girl dinner. But now we're talking toddler dinner. Like, I love the trend. Can we bring it into the space? You just, you put out some crackers, you put a little leftover mac and cheese, you put out some cheese, you put out some grapes. This is a healthy nutritious

**Deena** [00:08:23] Put a strawberry on it.

**Kristin** [00:08:24] Strawberry, bell pepper, done!

**Deena** [00:08:25] You're done.

**Kristin** [00:08:26] We did a girl dinner.

**Deena** [00:08:27] Toddler style.

**Kristin** [00:08:27] Toddler style. Charcute.

**Deena** [00:08:29] I love that

**Kristin** [00:08:30] A little charcute.

**Deena** [00:08:31] Let's keep it going.

**Kristin** [00:08:31] Okay. So, I mean, I feel like that segues right into what we're supposed to be talking about today because we're all burnt the fuck out. So sometimes we're doing girl dinner, and that's completely fine and okay. By the way, for the record, because what we're learning, Deena and I went into like, a deep, deep, deep dive.

**Deena** [00:08:56] Deep, deep. Okay, Come back out.

**Kristin** [00:08:59] Okay, we're coming back up. We did a little deep dive on, like, what should our first episode be about? Like, what is really important? And then we were like, Oh.

**Deena** [00:09:08] Oh, yeah. Oh, there it is.

**Kristin** [00:09:13] The headline is, there's a mental health crisis in Moms. Let's do it.

**Deena** [00:09:22] Let's do it.

**Kristin** [00:09:31] Okay. There's a mental health crisis in moms right now in 2023. Yep, I feel that. Do you feel that?

**Deena** [00:09:38] Yeah. The feeling of being underwater constantly,

**Kristin** [00:09:41] Uh huh

**Deena** [00:09:41] And just drowning.

**Kristin** [00:09:43] Yeah. And I feel like we see it on our page, our Instagram page. Somehow, by the grace of God, I don't know how, but we have 3.2 million followers.

**Deena** [00:09:52] How did that happen?

**Kristin** [00:09:53] Two fucking nerds over here just. We tricked somebody. I don't know how it happened, but in having 3.2 million caregivers, primary caregivers, they could be moms, they could be dads, they could be whomever. The research goes towards this word, mom, but really, it's the primary caregiver. So we have access to 3.2 million of you, and we see it every day in our DMS, every day in the DMS, every day in the comment section. It doesn't matter what it what's clear. We could be talking about sleep. We could all be talking about pacifiers, we could all be talking about fucking eating and putting things on the right plate or the wrong plate. And what's clear is like the underbelly underneath all of this is these headlines that we were reading where it's like mental health crisis in Moms. Here's another headline. Moms are feeling more anxious and burned out than ever, even as the pandemic recedes.

**Kristin** [00:10:51] Mm hmm.

**Kristin** [00:10:52] So three years ago, pandemic, we're all isolated. We're all stressed as fuck.

**Deena** [00:10:56] Oh, my God, that was horrible.

**Kristin** [00:10:59] It was horrible. It was traumatizing for a lot.

**Deena** [00:11:02] Blocked it out.

**Kristin** [00:11:03] A lot of people. People losing loved ones. I mean, we're worried about health and safety and finances and jobs. And most moms, by the way, came out of the workforce because of the pandemic and things shifted. And now what we're seeing is three years later, just because it's like receding a little bit or moving back, it does not mean that the mental health is going up or receding with it. In fact, it's worse. So most moms are feeling anxious over two thirds. So 68% of moms say they are experiencing anxiety with more than a third, 35% reporting current levels as moderate to severe.

**Deena** [00:11:43] That's a lot.

**Kristin** [00:11:44] That is an alarming amount. Okay. Parents, they need more support. The majority of moms, 75%, 75% say they don't have enough support in the form of a village.

**Deena** [00:11:57] I'm just going to say it again. Where the fuck is the village everyone talks about?

**Kristin** [00:12:00] Where the fuck is the village? I mean, I hate that statistic, but it makes me feel a little less fucking crazy, because I'm just like, oh my God, everyone...Everyone

on earth has a goddamn grandma. Goddamn grandma comes over, comes with their kids on fucking vacation. By the way, they have both sets of grandparents there on either side, and they're just hanging out in goddamn Hawaii. And I'm like, Oh my God, they're doing bedtime. And Mom and Dad are out to date night, and they're just there and there's an extra helping hand. They're making dinner, they're making, they're getting supportive words.

**Deena** [00:12:34] You go sit down and take a break.

**Kristin** [00:12:37] Go take a shower.

**Deena** [00:12:38] Yeah,

**Kristin** [00:12:38] You go take a shower.

**Deena** [00:12:39] Go eat something, have a snack.

**Kristin** [00:12:41] Wow. I can't imagine like 75% of us are doing this all on our own. 60% of moms agree that compared to ten years ago, parents are less likely to have other family members living nearby, a sentiment that is increased 21% since we last asked the statement in 2019. Again, no village. So this is what's also really interesting. Gen Z moms report higher levels of anxiety than Millennial moms. Gen Z is most likely to say they are wrestling with anxiety. 79%. 79%

**Deena** [00:13:12] Again, alarming!

**Kristin** [00:13:14] Holy shit and majority nearly half 45% report moderate to severe anxiety. Okay, this is the really interesting one. The last thing I'm going to say Gen Z feels more pressure to be perfect parents. When asked to review 25 different parenting ideals from keeping the kids busy with activities to maintaining a clean and tidy home, Gen Z moms consistently aspired to reach greater heights than their millennial counterparts, so millennials, on the other hand, they valued modeling a strong work ethic, earning an income, encouraging the family's spiritual and religious life, and having a successful marriage and partnership. That to me is so fascinating that Gen Z, the things that they are valuing, that's adding to all of this anxiety and pressure are things like a fucking clean home, the perfect little activity with the little squares and the sensory activities and that's the shit that's stressing them out and Deena, are we gen Z-ers? Did we just discover, like, not to make this about me? And us, but like...

**Deena** [00:14:30] I think we, might be, maybe in my youth...I'm a young woman here. Where am I? Who am I?

**Kristin** [00:14:39] Okay, but for real. And I think this is also broad because I feel like millennial moms are also, for the record, it depends what camp you're in, like maybe you're not on social media at all and maybe like, you just really care about earning an income and having a successful marriage, which by the way, I'm also stressed about what I'm learning about just all of the things that everyone is stressed about.

**Deena** [00:14:57] Pretty much everything you said I was like check, check, check.

**Kristin** [00:15:00] Oh, that's what it is.



**Deena** [00:15:00] Yeah.

**Kristin** [00:15:01] It's just all of it.

**Deena** [00:15:01] Yeah.

**Kristin** [00:15:02] Okay, put that away. Not about us anymore

**Deena** [00:15:06] But truly

**Kristin** [00:15:07] So, we have anxiety. That's why we're in therapy every week.

**Deena** [00:15:12] Which, by the way. Is everyone is what we just learned

**Kristin** [00:15:15] Is what we just learned. So picture perfect parenting. And this idea, is destroying moms who are doing, and by the way, moms means like primary caregiver. This might be dads, this might be single dads, this might be two dads. Primary caregivers out there are being destroyed from the inside out on this idea of having the perfect home and the Swedish playroom and everything has to be like wooden and check the box and have like the fucking rug that looks amazing and it cleans perfectly. And then everybody has the activities and then the food is cut into like cookie cutter shapes and like, you're just never you're never going to get there. Like, you're never going to get there.

**Deena** [00:15:57] It's impossible.

**Kristin** [00:15:57] You're never going to you're it's impossible. So no wonder then 80% have sky high levels of anxiety because speaking from, speaking from experience, you'll never get there. And so I'm constantly like, constantly trying. A, I'm in therapy every single week, but B, I'm constantly like at the end of the day, I go through the whole fucking thing that we all apparently are going through, where you're just sitting there and you're ruminating on like, Fuck, I didn't do this. Fuck, I don't do that. The most insane things, by the way, I don't know what your few things are. They're probably different because you actually do them like you actually do. And then so then the things you don't do. Like it's the opposite.

**Deena** [00:16:34] Oh, I have my own versions though.

**Kristin** [00:16:34] Exactly.

**Deena** [00:16:35] Yeah.

**Kristin** [00:16:35] So it's like the opposite, which is ridiculous because mine is like hiking, which is absurd. I don't know what it is about like seeing kids on social media in the wild and getting their feet fucking dirty and like, playing in a river that just every day, day in and day out, I feel like garbage that my children are not. And they're like inside on their iPads.

**Deena** [00:16:56] Okay, this is hilarious because you sent me a photo the other day where you were hanging out with your kids and they were in a sandbox.

**Kristin** [00:17:03] Sure.

**Deena** [00:17:03] And I was like

**Kristin** [00:17:04] In the city but yeah

**Deena** [00:17:05] yeah,

**Kristin** [00:17:06] sure.

**Deena** [00:17:06] Okay. And I was like,

**Kristin** [00:17:07] And you were like, oh wow.

**Deena** [00:17:08] I was like, Wow, what a shitty mom I am. Like, Did I let my kids go in a sandbox? Like, no, I forced them to do a structured fucking activity.

**Kristin** [00:17:18] You can't win. You can't win, you can't win. And then I'm like, Well, fuck, I hate structured activities. I'm never going to do them. So then I feel like garbage because I'm not doing crafts, I'm not doing activities. And like, this is what at the end of the day, at night when I'm like, okay, I didn't take them for a hike. I didn't do the activity, I didn't do this, I didn't do that. We had McDonalds for dinner. Everybody has fucking McDonald's for dinner. I try to bring it back and be like, none of this. First of all, let's. I've been just bringing up none of this fucking matters. None of this fucking matters. Like you do not need to do an activity.

**Deena** [00:17:52] No,

**Kristin** [00:17:52] You do not need to go for a hike. They do not need to go in a sandbox. None of this, first of all, fucking matters. Okay, But second of all, if I may, I'm never not going to feel this way If I can't get it into my head that I can't do everything perfectly and I don't need to.

**Deena** [00:18:07] Yeah,

**Kristin** [00:18:08] both. I can't. And I don't need to.

**Deena** [00:18:11] And your kids will be okay

**Kristin** [00:18:13] And the kids will be beyond okay.

**Deena** [00:18:16] This societal pressure we're both feeling though.

**Kristin** [00:18:18] Yeah.

**Deena** [00:18:18] It's all made up. Like it's all made up.

**Kristin** [00:18:21] Yeah.

**Deena** [00:18:21] It doesn't have to be that way.

**Kristin** [00:18:23] Yeah, well, it's just like. Oh, God, it makes me so emotional because it's just. I see again, all of these parents, like, on our page, and they're just doing the most like they're doing the most. They're doing so amazing and they're all just worried, like everyone is worried and everybody is trying to be perfect. And it's like, at what point can we just...I

need like a quiz, but not I don't even know what I'm trying to say, but something that can just make me like check a box in front of my face and be like, Does this bring you joy -- glitter? Yes. No. No. Okay. Never use glitter again. I assure you. Your child's going to be okay. Yeah, fuck glitter.

**Deena** [00:19:05] Fuck the glitter.

**Kristin** [00:19:06] Fuck glitter. Okay. Hiking. Is it realistic that you're going to go hiking every day or once a week or once a month? You just keep checking. It's like, choose your own adventure, you know? And then if it gets to like once a year, you're like, Yes, it's like, cool. Maybe try once a year also doesn't fucking matter. And it just like, smacks you in the face.

**Deena** [00:19:25] Yeah.

**Kristin** [00:19:26] If you never go and hike, it's going to be okay.

**Deena** [00:19:27] By the way, when you say hiking.

**Kristin** [00:19:29] Yeah,

**Deena** [00:19:29] When you say hiking,

**Kristin** [00:19:30] Yeah.

**Deena** [00:19:30] I've gone a handful of times with my whole family and. Wow. Wow. A toddler on a trail. I just have to say, it is so stressful sometimes.

**Kristin** [00:19:40] This is the other point where it's like, Do I even really want to go fucking hiking with? Oh, probably not. Like, probably not. First of all, like,

**Deena** [00:19:50] Yeah,

**Kristin** [00:19:50] Is my version of hiking what I actually did, which is put them in a sandbox outside in the city. And we all enjoyed ourselves and the sun was shining and I sat down with a coffee and they were occupied and they're outside in sand? Oh wait, I already fucking did it. And that applies to

**Deena** [00:20:06] You crushed it!

**Kristin** [00:20:07] Every worry that everyone is having right now listening to this podcast, like whatever it is that you're like, oh Fuck, I didn't do this. There is definitely a version of like, Wait, that thing might have actually been a nightmare or not as good as I'm anticipating or not. I'm not building it. I'm building this thing up so high in my head and I kind of did it like a kind of did a version of it that was actually better for our entire family.

**Deena** [00:20:30] That's right,

**Kristin** [00:20:31] You know.

**Deena** [00:20:31] Yeah. Because if it works for you,

**Kristin** [00:20:33] yeah,

**Deena** [00:20:34] it's going to translate into you being a more present Mom. Calmer, right? More enjoyable overall for everybody.

**Kristin** [00:20:40] Less anxiety, by the way, you're having less anxiety 80% at the end of the day for just letting that shit go. You cooking with your family? If I cooked with my family, I would be a monster. That is stressful for me. I don't know how to cook, first of all, we all know this. Well, maybe you don't know this, but I don't cook.

**Deena** [00:20:59] Kristin might burn the house down.

**Kristin** [00:21:01] I, first of all, like, have, like, drowned our house down already. Like I left the sink on. And then our house drowned down. If that's a thing which you don't know that that's a thing, but you can actually, like, overflow a sink and then and then the ceilings.

**Deena** [00:21:15] It will destroy your ceilings. It will drip through all the lighting.

**Kristin** [00:21:18] Go turn your sinks off.

**Deena** [00:21:19] Ruin all the floors.

**Kristin** [00:21:20] Yeah,

**Deena** [00:21:21] I remember that.

**Kristin** [00:21:21] So. Cooking. Not my thing. If I ever do it, it's incredibly stressful. And so I'm going to imagine, like, I'm going to be yelling like, it's not going to be a fun experience for anyone. And so I probably should cut some slack there and know, like, I'm doing what's better for my family by doing a charcuterie dinner. They fucking love it,

**Deena** [00:21:41] That's right?

**Kristin** [00:21:41] They fucking love it.

**Deena** [00:21:42] Proud of you.

**Kristin** [00:21:43] You know what I mean?

**Deena** [00:21:43] Yeah.

**Kristin** [00:21:44] Yeah. Except I still have, like, the debilitating anxiety that we're all talking about. But,

**Deena** [00:21:47] yeah exactly,

**Kristin** [00:21:47] we're. We're in therapy. You know, We're in therapy working on it

**Deena** [00:21:50] That's key. Okay, shifting gears, a really wild stat that is super relevant to me and resonates with me. Nearly three quarters of moms are putting on a strong facade for their family's sake to avoid being seen as stressed. More than half of those moms feel like they're going to be seen as a failure if they ask for help. And nearly just as

many say that they don't feel they'll get the support and the help that they need to relieve the stress and the mental load that they carry. If they do ask for help.

**Kristin** [00:22:19] Which I feel like most when we again unpack like what's happening, what we're seeing on our page, I feel like that. I mean, that's the biggest thing that I see.

**Deena** [00:22:27] Yeah,

**Kristin** [00:22:27] right.

**Deena** [00:22:28] Yeah.

**Kristin** [00:22:28] It's like, okay, everybody talks about sharing a load and asking for help and dividing it up. But like in your situation and I feel like most that we're seeing, it's like, okay, and how.

**Deena** [00:22:42] Yeah. And then a lot of people too would be like, well, it's actually simple. Just make a list of all the household things you have to do and then divided between the two of you.

**Kristin** [00:22:52] Yeah.

**Deena** [00:22:53] And I'm like, Okay, well, my partner isn't following through on his half.

**Kristin** [00:22:58] Yeah.

**Deena** [00:22:58] So um, that's really tough.

**Kristin** [00:23:00] That is tough. Cos I was going to say we do do that. But then you I follow through the follow through, but then it goes off and then we have to have like a year later we'll have like another one

**Deena** [00:23:10] Little business meeting. Get it back on track.

**Kristin** [00:23:14] Yeah. I mean shit.

**Deena** [00:23:15] It took three years and we've made some progress. But all that to say, the stress, the overwhelm we're feeling, the anxiety like it all makes sense.

**Kristin** [00:23:24] Yeah.

**Deena** [00:23:25] This makes sense.

**Kristin** [00:23:25] Yeah.

**Deena** [00:23:26] And this crazy thing happens to neurologically. Like, I'm going to be a nerd for a second. When you become a parent. Yeah, it is crazy.

**Kristin** [00:23:33] Yeah.

**Deena** [00:23:34] Your hormones and your brain literally change both from the experience of becoming a parent. And by the way, this is the birthing parent. And the non birthing

parent have these hormonal shifts and your brain changes for both parents. And the more that you are involved in caregiving, like so this could be, you know, a house with two dads, for example, the person who is taking on more of the caregiving, their brain changes in this significant way where the prefrontal cortex becomes larger, has more connections. And part of that is because you're doing these new tasks of juggling so many things, you're planning ahead, you're thinking about how to do it. Your focus increases like it changes your brain. Yeah, And while you're in it, though, the experience is so intense while your brain is changing. It is so demanding, it is so stressful.

**Kristin** [00:24:28] And that's why you're so worried about everything, too, because you're just like literally hard wired to be like bing, bing, bing, bing, bing, bing, bing, bing. And like, Oh my God, we need the pants for the fall. And they don't have this and they don't. And it's like, it's just a lunchbox. But biologically, like, you're the one who's, like, keeping your young safe and, like, feeding them or whatever. But right now, it's like the holiday cards and the pants that have to be ordered and the diapers and this and the feeding. And those are like survival instincts, making it feel like, baby me, me, me, me, me, you literally, I'm going into like stress mode.

**Deena** [00:24:58] Coupled with the other big brain change that happens, which is your amygdala, part of your, like, intense emotional reactions and fear. Hello.

**Kristin** [00:25:07] Hello,

**Deena** [00:25:08] Fear.

**Kristin** [00:25:08] I feel that every day.

**Deena** [00:25:09] And aggression.

**Kristin** [00:25:09] Yeah. Oh, wow,

**Deena** [00:25:11] it changes too. And becomes more active.

**Kristin** [00:25:14] Oh.

**Deena** [00:25:16] The fear, the anxiety, like it's all making sense. This is actually a brain change that happens in parenthood, which is wild and valid.

**Kristin** [00:25:24] Okay. So when people are like, oh, like they're, you know, the age old, like women, you're fucking crazy. Like, why don't you guys calm down? Chill out. Like, we can't. Yeah, our brains have changed to interpret you sitting on the couch as a fucking threat. Fuck you. You are literally triggering my survival skills right now. Get your ass off the couch and help me make dinner. That doesn't apply to me cos my husband makes the dinner. But, like, you know, generally speaking.

**Deena** [00:25:56] My house is a place.

**Kristin** [00:25:58] Where we're like that's why we're angry. That's why we're angry.

**Deena** [00:26:02] Yeah. You know what's so funny, too? Especially because, you know, I'm a therapist. Yeah. Super into the mindfulness field and world. I used to meditate every day before becoming a mom. I could handle so many things, like I had such a great

bandwidth. And now as a mom, I'm, like, irritable some days, you know, like, it makes sense.

**Kristin** [00:26:22] So, yeah.

**Deena** [00:26:23] This makes sense.

**Kristin** [00:26:24] Oh, yeah, we're irritable.

**Deena** [00:26:25] Oh, yeah.

**Kristin** [00:26:26] Whew, truly irritable. I think probably, the biggest thing that I was really reading and taking away from this also, by the way, was okay, A, your physiological changes like you just said, okay. B, pressure to be a perfect parent and you can't do it. C, you're on your own and you have no village. D, which I thought was really, really interesting, is that not just like you're on your own, you have no village, but when 80%, 80% of women reporting anxiety and yet fewer than one in four moms, 23% say they are currently receiving professional mental health support. And many moms acknowledge the obstacles to seeking such support. This is what's so telling. 47% say they lack time. Duh.

**Deena** [00:27:21] Yeah.

**Kristin** [00:27:22] When

**Deena** [00:27:23] I can't imagine doing one more thing,

**Kristin** [00:27:24] I can't imagine doing one. You, Deena, you've been doing amazing. You're prioritizing your mental health and you're just like, still, you're doing amazing. And even though it takes away from your kids, like you were just saying this yesterday, you were like, I feel so fucking guilty. I'm going into a two hour therapy session and my partner has to take them and I don't even know if he's going to do a good job. And it's hard to release everything because like he has to get the chocolate milk and he has to get the dinner and he has to get the diaper, but like, you know that you're going to be a better mom for them by going and doing it. And that's fucking hard 100%. I have a confession, which is my husband every week is like, you have to go back to therapy. You have to go back to therapy because it's been like maybe only two months. But for me, I'm a work in progress. You know, we got we got quite a lot to cover. Got quite...I always joke to my therapist that like, we'll be here til you're 80 girl. Like when you retire I'm throwing you your retirement party.

**Deena** [00:28:16] I know about your childhood and I stand by that.

**Kristin** [00:28:18] Like, we got a lot of work to cover, you know. And, I keep telling him because it's usually when I'm like, in a fit full of tears, I'm drowning in anxiety, I'm doing everything that we're talking about in this entire episode. And he says that like, Hey, maybe you should. And I'm like. I don't have time. Like, tell me one time. Look at my calendar. Like, when can I find an hour? And so I'm literally doing exactly what the statistic is saying where like 47% of us cannot find the hour for therapy, that's goddamn hard. And then the other one third of moms are not seeking professional mental health support, 30% of them, because of the stigma. The stigma attached to receiving therapy, mental health support services. I mean, I think it's a really big disconnect in parenting where we all are like, we came into this. It's the only job in the world that there is no training, that there's no

test for. You just have something thrown at you and then you're supposed to be perfect 100% of the time, 365 days of the year. And then when you say I'm struggling, that could either mean like, I need help. I need help from a partner, a grandparent, somebody I hire somebody to come in and do my fucking laundry or you need a therapist. It doesn't matter what kind of help that is, or even like, I'm just going to go to Instagram and follow this parenting account and maybe they can help like a little bit in some way, but like not in a pressure filled way. There's so much shame attached to that step of getting help because we're supposed to feel like the thing you said where it was like, you're supposed to act like you have it all together. Whatever you said it was, what 70 something percent was like, they're putting on the facade and not showing the unhappy feelings to their family, but I would argue, yeah, to your neighbors, to your social network, to anyone, to social media, you're supposed to put on this facade of like, perfect mom, I've got this, like, not struggling. I'm fine.

**Deena** [00:30:29] Mm hmm.

**Kristin** [00:30:30] And that's stopping us from getting the help that we deserve. Not only do we need, but, like we deserve.

**Deena** [00:30:37] We do deserve it

**Kristin** [00:30:38] Shit.

**Deena** [00:30:39] Yeah.

**Kristin** [00:30:39] Therapy is a game changer.

**Deena** [00:30:41] Yeah,

**Kristin** [00:30:42] Therapy is a game changer.

**Deena** [00:30:44] Yeah.

**Kristin** [00:30:44] Not only unpacking your childhood, your life, your marriage, By the way, like anything you're struggling with. Therapy.

**Deena** [00:30:53] Exactly.

**Kristin** [00:30:53] Therapy. Please get help.

**Deena** [00:30:55] Well, let's go into what we can do to kind of help ourselves through this. This this crisis that we are all just in right now. Like, we're really. First of all, that feels good to know that. Like, we're all in this together. You know, you thought it was you. I thought it was me. It's all of us.

**Kristin** [00:31:11] We think Katrina has the perfect life on Instagram. She don't she don't like she's struggling, too.

**Deena** [00:31:16] That's right.

**Kristin** [00:31:16] She's struggling. We're all struggling in our own ways. Okay.



**Deena** [00:31:19] Now there are some things that we can do. To help ourselves feel better.

**Kristin** [00:31:24] Yes.

**Deena** [00:31:24] Okay. Because this is a lot.

**Kristin** [00:31:26] We're just going to do three, by the way, because we want this to be like, fucking manageable, by the way.

**Deena** [00:31:31] And we are working on this ourselves. Like, biggest thing is we know research shows these are good things to do. And it's hard to actually do when you're in real life.

**Kristin** [00:31:41] Yeah, we're going to try right alongside you, by the way. Like, let's do a check in. Like, are we trying a little bit? Let's try it. Okay.

**Kristin** [00:31:48] Okay, let's do it

**Deena** [00:31:48] Number one. Number one is, we can prioritize self-care a little bit.

**Kristin** [00:31:53] Self care is such a trigger word, I feel like.

**Deena** [00:31:56] Yeah.

**Kristin** [00:31:56] It's such a trigger word,

**Deena** [00:31:57] I cringed as I said it.

**Kristin** [00:31:58] Yeah, it's literally like, first of all, it's so different. It's so funny on social media because we live in it and we're knee deep in it. But I always see the most ridiculous shit where someone will post something about having a shower and they'll be like, This was the most amazing thing. Like sometimes all you have is a shower and like, by the way, even my therapist is like, you can turn a shower into a mindful moment. Like pay attention to the soap running down your body, smell the scent of the shampoo, like if you can do nothing else. But on social media people are like, showering is not self-care. Like mom need more support. And then you go on the other side and you see somebody be like, I take like a hotel stay for 24 hours. That's what I do by myself. And like more elaborate version of self-care. And people are irate about it and they're like, Not everybody could do that. Like, nobody has access. First of all, self-care...whatever this alludes to or whatever, it is this illusion of self-care. It's going to look so different not only for every person, it's also going to look so different for every season of your life.

**Deena** [00:32:54] Yes,

**Kristin** [00:32:55] Every goddamn quarter. That shit is changing.

**Deena** [00:32:57] Yeah.

**Kristin** [00:32:57] Okay.

**Deena** [00:32:58] Every chapter it's different.

**Kristin** [00:32:59] Yeah. Sometimes it's a fucking shower and it's by yourself. Okay? Because that's all you can get. Filling your cup looks, to me a workout. I have to do it. But it's not going to feel like, Oh, wow. Now I feel like I know I have to do it because I have to do it for my health. But that to me is not like my version of I'm going to come back and be like rainbows and butterflies and like, fulfilled. But not for me, but for a lot of people it is.

**Deena** [00:33:19] Yeah. I remember after I had my second baby, all I could do for self-care at that time was go on a walk with the baby strapped to me, which is like, you know, in an ideal world, I'd be able to go out by myself and take that walk. Why couldn't we? We, me and my husband just didn't have it figured out of how someone could juggle both of them. We, like, weren't at that point yet. And so the baby would get strapped and I'd be like, Well, at least I'm getting a little sunshine and fresh air Like, this feels this feels good ish.

**Kristin** [00:33:50] Yeah. Yep. And then there are sometimes, too, by the way, where we have to push ourselves a little bit where there was, I mean, four and a half years that I was in a basically a postpartum anxiety state, baby to baby where no one else could touch or take care of the kids. No one. There was not a baby sitter. And it wasn't until I had a miscarriage, and Deena you sent your babysitter over, and I just had no other choice. And from then on, I was like, Wow, this is nice. Like, it's not every day, but like once a month going on a date and having a babysitter. Now, there are also financial reasons it may not be applicable to everyone, but there's also certain times where, like, you really have to actually push yourself.

**Deena** [00:34:36] Yeah,

**Kristin** [00:34:37] With, by the way, the help of therapy is how I did that with the help of therapy or not to be able to be like, Can I go for this 20 minute walk by myself? Like, are my kids now in a place where I could, like, I have to do this all the time, every few months and check in and be like, You know what? I'm sabotaging myself. Like, I need to go do this like this. This is a me thing. Like I'm doing this. You know.

**Deena** [00:35:00] It's a growth journey for sure.

**Kristin** [00:35:02] For sure. Okay. Number two.

**Deena** [00:35:04] Number two is a big one. Actually, science shows very, very important. Make time to cultivate relationships.

**Kristin** [00:35:11] Yeah,

**Deena** [00:35:12] Ok.

**Kristin** [00:35:12] Community.

**Deena** [00:35:13] Community high quality relationships. And that's the thing. It's not about the number of friends or support or relationships we have. It's literally just comes down to the quality of your friendships. And this can impact our health so much.

**Kristin** [00:35:28] And that is why I do feel like it's very clear anxiety at 80%. Right. I don't care who you are. Well, maybe 20% of you are fine, but I feel like 80% of us after you have a baby, it all changes. Maybe your friends didn't have kids. Maybe they do have kids. And

so we're all on our own islands, just surviving every day. I cannot answer a goddamn text message. I'm not cultivating our relationship. It is so hard to keep up with relationships as a mom.

**Deena** [00:35:58] Yeah,

**Kristin** [00:35:59] Like it is so hard to keep up with relationships as a mom. So, I mean, I think this is a growth area that Deena and I are both working on, which is like. Like, I'm good at. Like, I have long term, really close friendships, thank God. And they understand. But I'm definitely craving more of like as my kids get older, like, I want to go do something with moms once a month or like, go have fun, you know, or build a social network or have that community.

**Deena** [00:36:27] Not to mention, for me personally, like it is hard making parent friends.

**Kristin** [00:36:30] Hard making mom friends.

**Deena** [00:36:31] Very hard

**Kristin** [00:36:32] Very hard.

**Deena** [00:36:33] And then my family moved a few years ago, so we had to start all over. But I'm going to toot my own horn for a second. I made a friend. I just want to put that out there. I made a new friend recently.

**Kristin** [00:36:44] A friend!

**Deena** [00:36:44] I did. I did. It was at a park.

**Kristin** [00:36:47] Yeah,

**Deena** [00:36:47] It was at a park. And it was actually not even me who did this. It was my toddler. I was pushing him on a swing, and there's a mom pushing her baby next to me, and we're like, you know, side by side. And we give each other like, a little nod and smile.

**Kristin** [00:37:00] Yeah.

**Deena** [00:37:00] And then my toddler just goes off and starts, like sharing his whole life with this stranger and is like, my dad is in Los Angeles right now. He's actually at a birthday party. My grandma's here and he's visiting his friends. And it's just like telling his whole life story. And then all of a sudden he goes, And you know what? When I was a little little baby, I just slid right out of my mom's vagina. This is my mom. Her name is Deena. And I like, look at this mom. I'm like Oh, my fucking God. Nice to meet you. I'm Deena. This is my vagina by the way. Yeah. Hello. We love meeting you. And you know what?

**Kristin** [00:37:38] And now you're friends

**Deena** [00:37:39] Now we're friends.

**Kristin** [00:37:39] Well, that's a hot tip

**Deena** [00:37:40] She, she asked for my number.

**Kristin** [00:37:42] There you go. It was your vagina.

**Deena** [00:37:44] Yeah.

**Kristin** [00:37:45] It was your vagina that did it. Well, I'm proud of you.

**Deena** [00:37:46] You can use that one too, if you want to take that tip.

**Kristin** [00:37:49] It's hard, but apparently we all need to work on like building a community. Makes sense.

**Deena** [00:37:53] It does make sense, and it's hard.

**Kristin** [00:37:55] Okay, The last one keeps, like, short and sweet because it really needs no other.

**Deena** [00:37:59] And we've gone over it so much already

**Kristin** [00:38:01] 100 times.

**Deena** [00:38:02] It's therapy, it's good support,

**Kristin** [00:38:04] It's therapy. Mental health services

**Deena** [00:38:07] We all deserve it. And you know what? Fuck that stigma.

**Kristin** [00:38:10] Fuck the stigma.

**Deena** [00:38:10] That's stupid. That stigma's stupid. Kay. That's shit's old.

**Kristin** [00:38:18] No, but really, if you feel like you're struggling at all in any way, truly big smile, a little bit of anxiety. There's like, therapy is so amazing. It's great. It's great. If nothing else, you can just plug it into the self-care thing and be like, I'm alone for one hour, you know, like.

**Kristin** [00:38:34] Just get in there. Whatever you gotta do.

**Deena** [00:38:35] By the way. I got permission to share this from my husband. He started therapy a few months ago. Fucking life changing

**Kristin** [00:38:42] Game changer.

**Deena** [00:38:42] Life changing.

**Kristin** [00:38:43] Bless therapy.

**Deena** [00:38:44] He's like, I wish I had gone sooner. I was like, I know. That's why I was, like, yelling at you for two years to, like, Please, please, please, please go.

**Kristin** [00:38:50] Yeah,

**Deena** [00:38:51] but, like, I'll take it.

**Kristin** [00:38:52] Dude therapy, medication. There is no stigma. Get help. Get support. You deserve it.

**Deena** [00:38:58] You deserve it.

**Kristin** [00:38:59] You ucking deserve it.

**Deena** [00:39:00] Yeah.

**Kristin** [00:39:01] All right. Well, this has been very informative. I feel like I have my homework. I'm gonna have my take aways, We're going to go work on a few.

**Deena** [00:39:07] Dude, I am excited to grow. Let's keep doing this. Okay?

**Kristin** [00:39:15] Okay. We all know that parenting does not stop. So let's get into some questions from our listeners. All right. Question number one, It comes from Steve. Is it okay to put a boundary of no TV if you hit your brother?

**Deena** [00:39:32] Mm hmm.

**Kristin** [00:39:33] QUESTION

**Deena** [00:39:33] Yes, I love this one. Okay. It seems very logical.

**Kristin** [00:39:37] Yeah.

**Deena** [00:39:37] Right. Like I need to teach my kid. I need to motivate them to not hit and teach them about real world consequences. When you hit, your actions have consequences so no TV.

**Kristin** [00:39:48] Or no dessert. Or no, whatever. Yeah. Taking things away.

**Deena** [00:39:53] Seems very logical to the adult brain. Yeah. However, when you get into it for a kid brain that's still developing, they haven't developed the parts of their brain that can actually, like, handle of this. What I'm saying is this is probably not that effective.

**Kristin** [00:40:08] Right.

**Deena** [00:40:08] Okay. So first of all, the toddler preschool, our kid brain goes, wait a minute. Like, what does TV have to do with hitting? This, this makes no sense to me. And then also, you can almost guarantee when it's time to turn that TV off and they've lost that privilege, they're going to lose their shit. Right. Because it just it just doesn't make sense. And what we know about effective consequences and I'm not saying to let your kid do anything they want.

**Kristin** [00:40:36] No.

**Deena** [00:40:36] And there's no consequences. And they just run the household. They run over you. No, no, no. What I'm saying is consequences are great, but they have to be effective and they have to make sense

**Kristin** [00:40:47] And they need to be related. You need to have a related consequence, especially at this age, but also in general. By the way, because your brain doesn't stop developing until like 26.

**Deena** [00:40:58] Oh, yeah.

**Kristin** [00:40:59] So especially at this age though, it needs to be really like directly related. It's so helpful to think of it like if they're just sandwiched right next to each other, literally related. So it takes way, way, way too long for a toddler to understand like, this is over here, this is hitting over here, and then let's even use like the dessert thing as a better example where it's like you hit your siblings. See that notice 6 hours have gone by and everybody else is eating ice cream at the table and they don't have dessert. And so then they're going to scream and they're going to cry and they do not understand. One plus one equals two. Like they're just not going to get it. So we want it to be related and in the moment. So if you hit your brother or if you throw a toy car. Right? Right then and there in the moment, this toy, we need to keep it safe we don't hit our brother with the toy. I'm going to put the truck up here. We don't use our hands to hit our brother. I'm going to hold your hands down here. I'm going to do a little bear hug. I'm going to keep him safe. It's not okay to hit right then and there. That's the consequence.

**Deena** [00:42:03] Exactly in the moment. Make sense. You know, if you are taking this truck and you are slamming the baby with the truck.

**Kristin** [00:42:11] Yup.

**Deena** [00:42:12] The consequence is, the truck goes bye bye. And we're not threatening them. We're just in charge. Calm, confident, keeping everyone safe. The truck's going to go up here and we'll try again later.

**Kristin** [00:42:24] Yeah,

**Deena** [00:42:24] I know we can use it safely.

**Kristin** [00:42:26] And with repetition. This is going to take time, by the way, because again, not a fully formed brain. So over and over and over, when they're holding that truck, they'll go, Oh, I don't hit the baby with it. Right. Because you're saying that message, whether that's aloud or with your actions of we don't hit the baby with the truck. Right. If I want to keep this truck in my hands, I'm not going to hit the baby. So we're really like reinforcing that. Would also argue, by the way, when you zoom out, when you just really zoom out because yeah we're talking about younger kids, but also in general, this whole idea of like punishment and taking things away. And is this really effective learning, Right? Our kids are not coming into this world knowing, quote unquote, good behavior. Their brain is still developing. They lack impulse control, that this is our job to teach them. And so I cannot imagine if we sent them into a school and they got their math problem wrong, that we're ripping the test away or we're putting them into a room by themselves to go think about what they've done or taking TV time away because they didn't understand the math problem that they just understood. So even if we just zoom out really at any age, we're trying to teach our children better behavior. And what that is, is calmly, consistently in the moment, teaching them by showing them and saying it with words and then following through over and over and over and over.

**Deena** [00:44:00] To get really nerdy.

**Kristin** [00:44:01] Yeah,

**Deena** [00:44:02] That's the learning environment they need for their brain to be in a state where they can actually take in new information and learn.

**Kristin** [00:44:10] Yep. Yeah. Next question.

**Deena** [00:44:13] All righty. Ooh. This is a big one from Sarah. Have you ever thought about divorce and the effect it would have on your kids? And would that make you want to stay?

**Kristin** [00:44:25] Oh. Oh, wow. Oh, boy. Oh, boy.

**Deena** [00:44:30] This one's hittin me hard.

**Kristin** [00:44:33] I feel like we get this question a lot, by the way.

**Deena** [00:44:35] That's true.

**Kristin** [00:44:36] A lot of people are worried about this, like they're in a marriage. It's hard.

**Deena** [00:44:41] Yeah, especially after kids.

**Kristin** [00:44:42] They're the whole concept of, like, staying together for the kids.

**Deena** [00:44:47] Yeah, well, as a therapist, I'm here to say that divorce can be the healthiest option for some families where parents need that space to be the parent that they want to be. If you're unhappy, if you're miserable, like that's not a great environment.

**Kristin** [00:45:04] If the home is chaotic. If it's not feeling very good about their environment. Yeah, probably the best environment for your kids, even if that's two separate homes.

**Deena** [00:45:13] Exactly. And change is hard. Yeah, no doubt about it. And you create new systems and ultimately become a healthier family system.

**Kristin** [00:45:21] Right.

**Deena** [00:45:22] So totally, totally doable. And for me personally, that's a funny one that we're going to have to have a whole episode on because ahhhh, feeling a lot of feelings.

**Kristin** [00:45:33] Feeling a lot of feelings. Are you divorcing your husband?

**Deena** [00:45:36] I don't know.

**Kristin** [00:45:37] Okay.

**Deena** [00:45:38] Tune in.

**Kristin** [00:45:40] I don't know. I will say also, just from a personal perspective, coming from a home where the parents, my parents stayed together, quote unquote, whether it was for the kids or for the finances, whatever their reasoning was. There was one year of my life and I think I was 14 where they separated. And before that it was when I say it was chaos, it was chaos, it was chaos and fighting and things. Again, we'll have we'll have our whole episode about that. Sure. Well, maybe. And when they separated for that one year stands out as the golden year of my childhood. Okay. It was going to my dad's apartment. Apartment. It did not have to be fancy. It was not devastating that like, he didn't have a fancy home and it was the best year of my life. Things were calm, things were consistent. There was not constant arguing and fighting and mayhem. And so I think choosing divorce is hard only, you know, if it's right for your family. But I will say I hope it helps someone out there as the child who was in a situation in the chaos, if you are feeling like God, this would just alleviate like maybe this is what's best, it might be what's best. It really might be. Your child might someday, thank you and be like, God, that was the best. Having two stable homes. The best.

**Deena** [00:47:09] Yeah. And I'm going to make a lot of jokes about it throughout this podcast.

**Kristin** [00:47:13] Yeah,

**Deena** [00:47:14] But we'll get into it one day.

**Kristin** [00:47:15] About your divorce, you mean?

**Deena** [00:47:16] Yeah.

**Kristin** [00:47:17] Okay.

**Deena** [00:47:19] They're trauma jokes.

**Kristin** [00:47:20] They're trauma jokes.

**Deena** [00:47:21] All right. Last question is from Megan, and she's asking, What do I do when I'm visiting Grandma and Grandpa House, and at the end, they always want my toddler to hug, but I'm not sure that's best for my toddler and I feel uncomfortable. What a great question.

**Kristin** [00:47:37] Bless,

**Deena** [00:47:38] Bless

**Kristin** [00:47:38] Good for you, girl. Trusting those instincts.

**Deena** [00:47:41] Hell yeah,

**Kristin** [00:47:42] I love that. Oh, my God. Okay. When it comes to body boundaries, I mean, I feel like this is something that was not very big in our generation.

**Deena** [00:47:51] 100%.



**Kristin** [00:47:53] We were all taught to, like, be good girls, possibly good boys. I don't know. That's not my lived experience, but be a good girl. Override anything that you're feeling, whether that's nervous or scared or not wanting to be touched, override and go give Grandpa the hug.

**Deena** [00:48:09] You make them happy. You be a good girl.

**Kristin** [00:48:11] Yeah.

**Deena** [00:48:11] This is what you do.

**Kristin** [00:48:12] Don't make granpa sad.

**Deena** [00:48:12] Yeah.

**Kristin** [00:48:13] Yeah.

**Deena** [00:48:13] That's the message a lot of us got. And what we know now is that's very, very, very confusing for little kids, right? We want them to be able to listen to their body. We want them to be able to say no when they're uncomfortable, because think of when they grow up, when they're in situations where someone wants to touch them or they're feeling uncomfortable. We want them to know they are allowed to say no. Their no matters. Yes, and people should listen to it. And so, teaching...teaching this consent, these body boundaries from a young age is game changing. So...

**Kristin** [00:48:50] And one step further though, even because okay yeah adult listen to your non anything you say. No. But even by the way holy shit, if somebody would have taught me at age two, three, four. Hey, what are you noticing in your body right now?

**Deena** [00:49:03] Dude,

**Kristin** [00:49:03] You feeling icky. You feel a little butterfly? Are you feeling like, Ooh, that doesn't feel right. Cool. Go with that. Now you say, No, it's even. It's like the two step process of like, listen to what your body is saying. Maybe your body's saying Fuck yea I want to go give Aunt Natalie a hug like, great, do it right. But if your body is saying, like, something about this doesn't feel great, I don't really want you right now. You're listening to that. I can't even imagine. My whole life I've just been overriding.

**Deena** [00:49:28] Yeah.

**Kristin** [00:49:28] What the internal feeling is that I have to make everybody else happy.

**Deena** [00:49:32] No, you're right. That's.

**Kristin** [00:49:33] Holy shit.

**Deena** [00:49:34] The foundation.

**Kristin** [00:49:35] Yeah.

**Deena** [00:49:35] The very hot topic. Social emotional awareness. Yeah

**Kristin** [00:49:39] Yeah. So not only from a perspective of, like, consent, knowing later on, like, you're a teenager, your kid is a teenager. They're sitting in a car, they're at a party. Something doesn't feel right. They're listening to the alarm bells and saying no. And now also that person needs to respect that no, it's like finding their voice and also finding their feeling inside of themselves.

**Deena** [00:50:05] Yeah. And they've had the experience bringing it all back to when they're a toddler, a preschooler when they said no.

**Kristin** [00:50:11] Yeah,

**Deena** [00:50:13] Adults, people listen.

**Kristin** [00:50:14] Yeah.

**Deena** [00:50:14] And if not, then that's a problem.

**Kristin** [00:50:16] Right. Let's talk about Grandpa, because Grandpa is going to have feelings.

**Deena** [00:50:19] Oh yeah!

**Kristin** [00:50:19] Grandpa has feelings. Grandma had feelings aunt has feelings. This is a very cultural thing, by the way. Very cultural that like, this is rude. This is, you respect your elders. This is tough. I mean, it's tough being a parent. This is really comes down to is this a priority for you as a parent or not? You do not have to blindly listen to any parenting advice.

**Deena** [00:50:43] No

**Kristin** [00:50:43] By the way. If you hear this and you're like, fuck that. Like, that's not what our family does. Throw it in the garbage.

**Deena** [00:50:48] Agreed

**Kristin** [00:50:49] Like this is all options for people to be like, Huh? Wow. That's that's a good point and that's an important perspective

**Deena** [00:50:54] An interesting perspective.

**Kristin** [00:50:55] So like, if that is important to you now, you sort of have the foundation to stick to it and say, Gary, mom, whoever...I hear you. And we actually are teaching Ryder to listen to his body and say, no.

**Deena** [00:51:13] So, he's going to give you a wave of today or, you can give them options. By the way, do you want to give a high five? Do you want to just wave goodbye?

**Kristin** [00:51:20] Yup.

**Deena** [00:51:20] Say goodbye, blow a kiss.

**Kristin** [00:51:22] It doesn't have to be rude, quote unquote. Right. And so our meeting in the middle, we're saying like you can say bye in other ways, doesn't have to be a hug. Might be uncomfortable. Gary might not like it. Mom might not like it. Ultimately, you know what's best for your kid, what's best for your family.

**Deena** [00:51:36] Exactly.

**Kristin** [00:51:36] Yeah. Even though it's uncomfortable.

**Deena** [00:51:38] Well, shit. Thank you for being here with us.

**Kristin** [00:51:42] Well shit!

**Deena** [00:51:43] Damn it's bedtime.

**Kristin** [00:51:44] Oh, shit. I'm tired.

**Deena** [00:51:45] I know.

**Kristin** [00:51:46] I can't wait to go to sleep.

**Deena** [00:51:48] So soon, girl. It's so soon.

**Kristin** [00:51:51] I mean, first of all, I could do this forever.

**Deena** [00:51:52] But we're going to shut it down.

**Kristin** [00:51:53] We're going to shut it down. So if you are listening and you are struggling with your toddler, with discipline or hitting or boundaries or any of the millions of things that come up, check out our course. Winning the toddler stage. It's for ages one through six and it is everything behavioral you could possibly need. We're going to walk you through it step by step. You can find that on big little feelings dot com. And be sure to also follow us on Instagram and Facebook at big little Feelings. We give tips and tricks there for everything navigating the preschooler and toddler years and if you loved this episode by the way which I hope you fucking love this episode.

**Deena** [00:52:33] I loved it.

**Kristin** [00:52:34] I loved this episode. Listen and follow after bedtime with Big Little Feelings and Audacy podcast on the Audacy app or wherever you get your podcasts. We'll see you next week big little besties.

**Deena** [00:52:44] See you.