

## Your Burning Parenting Questions, ANSWERED: Q&A Episode 2

**Kristin** [00:00:04] Welcome Besties to After Bedtime with Big Little Feelings. Today's episode we are stoked for. We are answering questions from you, our besties. They are spicy. They are toddler questions. They are parenting questions. They are just real life questions. Let's go. Finally, here we are. It's after bedtime. The kids are asleep and it is time to get down. I'm Kristin.

**Deena** [00:00:33] And I'm Deena. We're the duo behind the ever popular Instagram account, Big Little Feelings, which helps you navigate all things parenthood.

**Kristin** [00:00:40] But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun.

**Deena** [00:00:54] Kristin on my way over here, I had I had the most me realization about what I did in college that literally no one will relate to.

**Kristin** [00:01:03] Are we just diving in right now, by the way? We're just diving. Okay, I'd start. Are we rolling? Okay.

**Deena** [00:01:09] It's so unrelatable. But it's so mean.

**Kristin** [00:01:12] Mean. I can't wait.

**Deena** [00:01:13] Okay. I didn't skip a single class in college. Do you know anyone else who did that? Like, that's. Is that insane?

**Kristin** [00:01:23] I wish you could bring my husband down here, but he's doing all three of our kids bedtimes right now because I moved into his apartment unwillingly when we met. Like, I just moved in three days later. So this is a great location. A lot of light. I love this. Moved everything in, and every morning he would be like, Are you going to class? And I'm like, I'm sorry, What? No, no, no, no, no. That's not for me. See you at the end of the day. You know what I mean? Like, never wanting, like yours is "never have I ever not gone to class". And mine was like, "never did I ever actually go".

**Deena** [00:01:56] Like, even the nights where I was so drunk and threw up the night before I was like, 8 a.m.. Got to make it.

**Kristin** [00:02:02] You were still partying, though. You're still partying like that's a champion, if I may.

**Deena** [00:02:07] Only in year one of college because then I got a B minus. Oh, and I revoked all my drinking buddies. I was like, Well, you can't party and keep up so you can't drink anymore.

**Kristin** [00:02:17] Still cannot relate. Might have been a healthier choice. You know.

**Deena** [00:02:24] Also the fact that I didn't skip a class like I don't know if that's a healthy good thing.

**Kristin** [00:02:30] That is a trauma response. What I'm gathering is we both had trauma responses in different ways, and perhaps a happy medium would have been nice, you

know, like enjoy college, also attend it, also have a personal life, skip class, be wild sometime, you know, like happy medium, right? Medium. Yeah. I don't know that I do that. Like either one of us has a goal. We're really. We're real on the extremes, the two of us. We sure are. I think we're working on it every week in therapy. 100%. Right? Yeah, that's pretty much what I work on it.

**Deena** [00:03:04] Like, I really have to work on the perfectionism thing. Oh, making a little bit of progress. I'm proud.

**Kristin** [00:03:09] That's great. That's a hard one. Yeah, lots of my husband has too, but in a different way, which is interesting. You guys are like twins. You guys can do a whole episode together. Just like debilitating shame.

**Deena** [00:03:20] Perfectionism is a little bit weird how Tyler and I are so similar in so many ways, and you and I are so similar in so many ways. Like Virgos. Yeah, it's a little weird. Yeah. Yeah, but it kind of makes sense.

**Kristin** [00:03:34] Speaking of perfectionism, how did you handle this Thanksgiving week home with your kids? But right now, Deena and I are sitting together on the Sunday, the Sunday after Thanksgiving week, after bedtime, technically during that time. And our husbands are doing that. I don't know about you. How did you do?

**Deena** [00:03:54] I am so tired. But but the thing is, this is my personality because I'm the type of person where I have free time. I just kind of go, go, go, go, go. Like I don't stop, You know what I mean? So my kids and I have done so many activities.

**Kristin** [00:04:11] But when you say activities, I feel like that's misleading. First of all, you did do activities. You sent me one where you sent me a photo. How dare you, by the way, you sent me a photo and it was like your kid in this perfect little activity box that you made from scratch. Like it was like sand and then, like, a full beach thing. Or what was I? And a shovel. All right? And you were like, This is where I'm at today. As if that was like the bare—like this was bad, you know, it's like bare minimum. I'm, like, really struggling. We're on my best day. I could never put together a sensory bed, you know what I mean? But like.

**Deena** [00:04:49] But yeah, that's who I am. You'll know because I'm pulling out. All right. Activity, you know, like if you just saw that on Instagram and you didn't know me, you'd be like, Damn it.

**Kristin** [00:05:03] She has it all together!

**Deena** [00:05:04] Exactly. Like perfection. Oh, yeah. No, no, That means I'm so tired that I just need five minutes. Like, here you go. You know, And I'm finding a great time. And I sipped some coffee for a second.

**Kristin** [00:05:16] But then, so after that, then you were like, children's museum. Like what? When we say activities, what are we talking about?

**Deena** [00:05:21] Oh, yeah. Like, went to, you know, the little indoor play structure. Went to coffee, went to a bakery one day. Yeah. You know, went to the children's museum. Yeah. Which is so hectic.

**Kristin** [00:05:33] Yeah. It's really. It's very busy. It's really nice though, like when you go on a nice day, it's the best. And especially when it's warm outside, by the way, it's like, so nice. But on a hectic day [sigh].

**Deena** [00:05:42] That's actually as we were walking out and I'm like, you know, I'm like, sweating a little bit. It's been a hectic hour and a half. Yeah. And I was like, Oh, I should just come. You're on a "not weekend".

**Kristin** [00:05:53] Yeah. Not a weekend. Yeah. That makes sense. Why? You're tired. I mean, I feel like you were just, like, back to. Back to back to back to back to back. You were out. You were doing. You were doing stuff. I had the opposite experience this week, and it was honestly very, very nice because I was just like, We're not going to do anything. We're just gonna relax. Then today, hit. It was not until Sunday. Sunday is where it's like, Oh my God, we are cooped up in this house. I don't know what I'm doing. Like, how are we going to get to tomorrow? Up until then, though, I really enjoyed the part of just like being home, doing absolutely nothing, letting the kids just, like, kind of destroy the house, like it's going to be fine. And then today was kind of like, this is the longest day. This was like daylight Savings Time day, you know, where it's just like, this is a long day.

**Deena** [00:06:40] We're ready. Weather does not help.

**Kristin** [00:06:41] It does not help. I'm ready for the routine. I'm ready to go back into like, you know, where can they go to, you know, school. And we just get back into routine a little bit. I think I'm ready. I'm ready.

**Deena** [00:06:52] Okay. But come over to my house soon for a cookie decorating party.

**Kristin** [00:06:58] Like I saw that activity and I was like, wow, I mean, I'll just send them to your house. That's great.

**Deena** [00:07:04] Please do. When I'm really tired I will do that for everyone.

**Kristin** [00:07:06] That is so wild. And I love it. And I love that about you. I do like what we did today, though. After this, like, long week home with our kids. We were supposed to record tomorrow, actually. And instead we texted each other and we're like, Hey, hey, Joe, you doing anything tonight? You up? You know, one of those just slide into each other. What are you doing later?

**Deena** [00:07:30] You want to hang out with me.

**Kristin** [00:07:31] And somehow convinced our husbands to do all of our kids bedtimes. And then you came over and made us a glorious charcuterie plate that I am staring at.

**Deena** [00:07:42] We're in Italy. I mean, I'm looking at it right now. I've got the olives, you know, the dried meats, the crackers, the cheeses. Like we're we're on vacation.

**Kristin** [00:07:50] Are we on the Amalfi Coast right now? We are. We have champagne. Oh, I just want to let you know this is so great. And we're really. You know what? I just realized? We should stop and celebrate this for one second. Is this self-care? Did we just do it?

**Deena** [00:08:05] This is self-care. Yes this feels nice.

**Kristin** [00:08:08] I think people like, plan this kind of stuff, which I feel like I'm working on, by the way. Different episode, but you and I, at least we're like the same. At least this is where we're very similar, where we're never going to be like, Hey, let's have our charcuterie night in like six weeks, right? It's going to be like, hey, what are you doing tonight? Do you want to record a podcast? Come over? And I like have charcuterie and then like we've been and be best friends, you know? Yeah, we did it. Like, I'm so happy we're here. I like this. Oh, my God. I'm also really happy because I feel like we have some really good questions to me and it's going to be actually, like, really fun to just chit chat.

**Deena** [00:08:41] Okay, let's get into it. Let's do it. All righty. Besties. Let's get into this. This first question is from Amanda.

**Kristin** [00:08:56] Hey, Boo.

**Deena** [00:08:57] Hey, Amanda. Now that my daughter is two, she's really getting into Christmas. I just don't know what to do about Santa. I don't want to spoil the magic for her, but I also can't bring myself to lie. What do you recommend?

**Kristin** [00:09:10] Oh, I remember when this started being a thing online, by the way. Like, do you remember?

**Deena** [00:09:15] When Santa got cancelled?

**Kristin** [00:09:17] [Laughter] Yeah. Yeah, I do remember. Literally, Yes. It was canceled and it was like 2020. Oh, yeah. I was like, Aren't we dealing with that now? If it was in the middle of a pandemic and everyone was suddenly like, if you celebrate Santa and he is a part, you are ruining your children, your child, your and your child will never be, you know, you're ruining your relationship. That was wild. Yeah, that was that was a long while. So I think this is like a very valid question. And I also think this is, along with everything else, whatever is best for your family. Now, when people say that, like when my therapist says that, when she's like, Well, how do you feel? I'm like, Girl, tell me a few roads. You know what I mean? I like to know a few roads at least, and then pick what's best for your family, right? So that's what we're going to do here.

**Deena** [00:10:09] Road one is, you know, kind of the obvious one. You just say that Santa is this guy who comes once a year down the chimney and leaves you the presents.

**Kristin** [00:10:17] Just like straight up—

**Deena** [00:10:19] Straight up Santa.

**Kristin** [00:10:19] 1980s Santa, you know. Oh, gee, Santa, don't overthink it.

**Deena** [00:10:23] Yeah, he came on. The reindeer is there on the roof right now. You know, it's not a big deal.

**Kristin** [00:10:30] Okay. Road two—this is actually the road that I personally do, which is like somewhere in the middle, which is—I don't necessarily love—again only myself love saying out loud when my kid is like, is Santa real? Because both of mine say that at this point, two of them I don't love saying out loud. Like, Yes, he's definitely real. It just you know, I get what Amanda is saying. I don't necessarily want to literally lie. So I kind of do

the thing of like, Santa is just like anything else that's magical, like fairies and unicorns and he lives in this magical land in blah blah blah with the magic. And I just kind of make him this magical figure. And of course, at some point we're probably going to get to the road where magical equals not real, but for now, that what that's what feels right to me. And they still get the magic without it having to be like, No, he's not real.

**Deena** [00:11:27] Yeah, exactly. And then we got road three where we just straight up say to them like, Actually, no, it's not real. And it's something that makes a lot of us feel good and makes Christmas and holiday time feel special. Yeah. And we can still enjoy it and have fun with it. But no, he's not real. Yeah.

**Kristin** [00:11:42] And I was like, plenty of people who choose that road. There is literally no right road here.

**Deena** [00:11:46] Which, by the way, I've leaned to a little bit more this year.

**Kristin** [00:11:48] Really?

**Deena** [00:11:50] I have kind of a mix of two three going. Right?

**Kristin** [00:11:53] I love that. You know what? And things are not going to be perfect. They may not be permanent either, you know what I mean? Like, we just got to pick a road that feels the best and then go with it.

**Deena** [00:12:01] Whatever feels good for you.

**Kristin** [00:12:03] Boo. Oh. 2020, 2020. Santa canceled. That's not it. You know, it's not like we're all ruining everything for ever. Like, whatever road feels good to you is going to be good.

**Deena** [00:12:14] Exactly.

**Kristin** [00:12:14] You pick. Merry Christmas. Merry Christmas, Love.

**Kristin** [00:12:28] Okay? Meghan. Hi, Boo. Introducing new baby to daily life with a toddler who is experiencing all the feelings. Tantrums. That's not really a question if you read it, but we got it. We get it. So Meghan is asking how you introduce a new baby to daily life with a toddler who is experiencing all the feelings and tantrums. Oh, girl. Meghan, I have such seared memories of sitting outside of an ice cream shop with my at the time four year old. So this was when baby was born. My third. I was sobbing with her in the backseat, sobbing. You saw it, Deena. When you have a kid who is already one that has those bigger feelings anyways, it was hard with both kids, but when you have one that's like maybe more strong willed or tends to have bigger feelings, it was like an hour at times, you know? And it's not about the new baby. It's about the purple crayon being whatever or the dog or it was about nothing and it was just be Oh my God. It was just it was really hard and heartbreaking. So let's start with that. Like, this is hard.

**Deena** [00:13:45] It is hard. It is. It's a huge transition for toddlers. I mean, they go from being your everything. They get all your care attention or even if they're the second kid, like the world gets rocked. What they're used to every day is no longer that. And that is really hard. You know, we want to help our kids prepare for what's going to happen. And that means talking about baby coming in, that baby's cry. And we're going to put them

down for naps and feed them and show them what it looks like, like the more familiar we can get them with what this, quote, new life is going to look like. You know, the less scary it is when it actually happens, it helps them transition.

**Kristin** [00:14:22] And I think we're really sticks out for me is you can do a lot of the things that are out there. Like you can prep as much as you prep. And then another thing we love to do is called like, don't blame the baby, right? Which is if the baby needs to sleep or if you need to feed the baby and your toddlers like, Hey, do you want to play with me, Mommy? You won't, you know, don't say no, I can't play with you right now. I'm feeding the baby. Right? Just a really slight shift.

**Deena** [00:14:45] Or like "shhhh shhh too loud!" "The baby is sleeping"

**Kristin** [00:14:48] Yeah. So instead, you're going to say something like, It's quiet time in our house, so we're going to be quiet now, or I would love to play with you. I need five minutes and then I'm going to play with you. This really helps prevent that sort of jealousy in that connection of like, wow, every time I ask Mom to do something, every time I want to do something fun, I can't because of this, like, terrible little creature. But what I was going with to begin with is you can do a lot of the strategies and it also can just be really, really hard. And I promise it will end like this. You can sometimes think like, Oh my God, I've ruined this. Like, what have I done? It was so good before and now I just brought this little baby in. And now of shaking, everything up. This is a phase. Like, this is a phase that is so normal and it will pass. Let them have their big feelings. Let them explode. Like maybe they just need to let it out because they're just feeling like the same way you are. By the way, you're probably like low key sobbing at night sometimes. I was right after having a normal baby.

**Deena** [00:15:50] Oh, my God, Kristin. I just. Had like a severe flashback of night three with my second baby. And I just looked at my husband. I was like. What did we do? Like sobbing. I was like, oh, we got to do this.

**Kristin** [00:16:02] We've all been there. So like, let our toddlers do that. It's not the end of the world. Just like you're going to come around, you're going to love this little baby and they're going to be like part of the family. You got to let your toddler go through that, too.

**Deena** [00:16:15] Exactly. And it might look different than you think. So just have an open mind and kind of like flow with it as best you can, because I really thought that when the second one came in, my first one, who's also a big feeler, yeah, I thought he was going to have a really hard time at the beginning. Turns out the first three months were like pretty smooth and then all of a sudden it got more rocky and I was like, Oh, here it is.

**Kristin** [00:16:36] Yeah. Sometimes it's when the baby becomes like a person and wants to, like, grab their toys. And now suddenly, yeah, it's different every time. Yeah, you're doing great, Meghan.

**Deena** [00:16:47] Yeah. You're going to love it.

**Kristin** [00:16:48] Congratulations. Congratulations, Booboo. The next question is from Vanessa. Deena, why did you cut your hair? It used to be so long. Thank you, Vanessa. Wow. This question. It was really long, by the way. Mermaid.

**Deena** [00:17:05] Especially after baby two. Yeah, I just forgot to. No, not forgot. I just couldn't go to the hair place, you know, like, I just physically could not do that.

**Kristin** [00:17:14] Okay. But it's always been really long.

**Deena** [00:17:16] No, it was. Yeah, it's always been very long. Yeah. And then after the second, maybe it was like, really long.

**Kristin** [00:17:23] Okay. But then you decide. I mean, what made you decide to cut it like that? Short, right? We didn't just go back to like, normal, then go, I love this. I love this.

**Deena** [00:17:31] Let's cut. You know what's coming?

**Kristin** [00:17:33] I don't know.

**Deena** [00:17:34] I've actually never said this out loud.

**Kristin** [00:17:36] But how would I know this?

**Deena** [00:17:39] You were almost there. So we went on the Today show. Okay. Right on The Today show.

**Kristin** [00:17:44] You know, it's. Oh, my God. Okay.

**Deena** [00:17:46] This is the honest truth.

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

**Deena** [00:17:48] We went on the Today show and I was like fairly postpartum style, by the way. Like, that was that was hard. But I was excited. So I showed up like a dream come true. Yeah, go on with Hoda.

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

**Deena** [00:18:00] So we do it. And then I FaceTime my Mom Right after. And she was like, I was like, Hey, mom, Like, we just finished. And she was like, Oh, wow, your eyebrows look really thick, like, interesting. And your hair is just like, Really? What? You should cut at least like eight inches. And that was the first thing she said. And I was like, Oh. And my heart sank and little, little me inside was just like, Oh, maybe I should cut it all off. And little boy.

**Kristin** [00:18:31] This is like another this is another episode of because Lowkey, this happens every time. But now, like, no, you can't put anything on your eyebrows either.

**Deena** [00:18:40] Like my brows. Nothing. I will say however. Yeah. Progress. Yeah. Progressed. I ended up months later, months later having a conversation with my mom about it and was really healthy and good where I was like, You know what, Mom? This actually happened and that didn't feel great. And we had like this heart to heart about it. And for the first time, she was like, You know what? I totally get that now. Like, that was really my thing. And I was really proud of her. And we're all growing.

**Kristin** [00:19:06] Wow. Okay. But now we love the short hair. Like, are we here for the short hair?

**Deena** [00:19:11] You know, I wanted to change and I needed a change. Yeah. You know, some days I miss it, but overall, I like it. Okay.

**Kristin** [00:19:17] I feel like for a while, too. I mean, let's make the whole podcast about this. By the way, I love this shit, I feel like for a while too you, you were like playing around with the side bang, You know what I mean? I don't remember if that was before or after the haircut. Like you were very into changing your hair in some, in some capacity, right? You know.

**Deena** [00:19:36] Was that in a Britney way, though?

**Kristin** [00:19:37] Oh. Oh, my God. I'm reading her book right now. I'm finally okay. I mean, we're really just going to take a segue here. I have to say it for like five seconds. I started it. Remember, I couldn't start it because it was like everyone said, it was so sad. And I just don't know if I was ready for that low key. If we can all pause and talk about Britney's book.

**Deena** [00:19:57] I want to know.

**Kristin** [00:19:58] Do you—like when you think of Britney and the time. Do you think like, oh, she had postpartum depression?

**Deena** [00:20:06] What?

**Kristin** [00:20:07] Thank you. I'm reading her book—

**Deena** [00:20:10] My mind's blown.

**Kristin** [00:20:11] And when she shaved her head, her baby was five months old. Three months before that. They like the husband, not her husband. Yeah. Kevin Federline, like took her babies away from her. So for whatever reason, good or bad, if he took the babies away. Oh, wow. And she was two months postpartum. Okay.

**Deena** [00:20:29] I'm getting chills.

**Kristin** [00:20:30] And so when all of that happened and the paparazzi is chasing her and the paparazzi is chasing her with like the baby in the lap and saying she's a bad mommy and stuff. All of that happened when she was having like debilitating postpartum depression anxiety. Oh, my God.

**Deena** [00:20:44] This makes so much sense though. Why was that not the headline?

**Kristin** [00:20:48] We fucked her. We ruined Britney!

**Deena** [00:20:51] She deserved better than that.

**Kristin** [00:20:53] How is it even humanly possible that these men were still, like, chasing her around and ruining her life and people like no one was helping her? I had no idea. Like



I did not literally. No clue. No correlation. Right. Thank you. I just thought she was like, Oh, fully party girl.

**Deena** [00:21:05] I understand her shaving her head now, like I fully fully understand that.

**Kristin** [00:21:10] Like when she did the umbrella. The umbrella thing with her shaved head. Her baby was five months old. Of course, she postpartum.

**Deena** [00:21:16] This is crazy.

**Kristin** [00:21:17] Oh, So everyone really should read her book because it's actually really, really good. And I feel for her. And wow.

**Deena** [00:21:25] Makes me feel really sad.

**Kristin** [00:21:27] I know the book is, like, very sad and also, like, I feel like we as a culture owe it to her to read the book 100% because like, none of us had any idea.

**Deena** [00:21:37] I don't like to read books, but I'm going to read that.

**Kristin** [00:21:38] You don't like to read. Straight up research—buy the audio book just to support her. You know what I mean? Because Michelle Williams, lowkey like I love this, that we're just completely you're just letting us segway right now. And I love it so much. Deena.

**Deena** [00:21:51] I love that. I literally don't know.

**Kristin** [00:21:59] This is this is another thing that you don't know about Deena, which is Deena Lowkey does not know a single celebrity or pop culture reference like I think the other day you didn't know who Kristin Bell was. Like somebody was describing her in full, in full, just all. And I think, you know the girl in Frozen and she does the voice of reason and she does this in like Hello Bello and Dax Shepard and it's like not one thing. Ring the single bell to Deena. That's my favorite thing about it. Just the way I don't know. Okay. For the listener, Michelle Williams of Dawson's Creek, that should ring a bell to you. You watch that, Michelle. Really? Okay. Michelle Williams, Heath Ledger's wife. I feel like I'm doing her a disservice. She's in a lot of other really great films. She probably really does the voice randomly of Britney Spears in her audiobook, and I won't give too much away. It's just incredible. She does an incredible job when she's, like, mocking Justin Timberlake. So I'll leave it at that. That's great.

**Deena** [00:22:54] Everybody do much for me, but I'm going to go listen anyways.

**Kristin** [00:22:57] Yeah, I think the best. She's got it. I think the best.

**Deena** [00:22:59] She's got it and guys get it.

**Kristin** [00:23:00] I guess we should move on to the next question. Okay, This is great.

**Deena** [00:23:13] This questions through. Devin. Devin, what's up? My six month old is on a vegetables strike after being on a three week vacation and not having the veggies he was used to at home. Sweet potato and zucchini were always safe and now he won't touch them. Help!

**Kristin** [00:23:27] Okay, first of all, congrats on going on a three week vacation. Yeah, that sounds amazing. So, like, whatever happened, that was like a problem from that. Worth it.

**Deena** [00:23:38] Maybe because vacay is what? Toddlers are kind of hard.

**Kristin** [00:23:41] Oh, okay. That's true. It's okay.

**Deena** [00:23:44] It's magical. A little hard.

**Kristin** [00:23:45] Okay. Fair. All right. If we're going to say, listen, three weeks, I mean, this is going to happen whether you want on a vacation or maybe you had a new baby or maybe you were moving, like the amount of times that you go through motherhood and you have these periods where things are going to fall off the tracks, okay? There's not going to be whole lot of vegetables or eating a lot of chicken and fries. There's a lot of screen time, whatever it's going to be. And yeah, that might affect things for a little bit, especially at 16 months old. But the eating—you might naturally, by the way, start to be seeing your kid become a pickier eater right now anyways. So it might be because of the vacation. It also could just be because of the age.

**Deena** [00:24:24] Yeah, a lot of them, as they get into that stage, especially like you just start to see they start to prefer carbs and fruits.

**Kristin** [00:24:33] The zucchini and what was the other thing sweet potato that may no longer be the safe food. Now what that doesn't mean is we're not serving zucchini or sweet potatoes anymore because our child doesn't like it. That's not what's true. Now, maybe what the seafood is, is blueberries or it's blackberries or it's some sort of fruit. Maybe it's rice. That's kind of how things start to evolve. You're still going to put the zucchini on the plate, the sweet potato on the plate, the chicken on the plate. You're still exposing them to all of the things, no matter whether they like it, whether they're protesting or not. It's just that maybe that seafood is going to shift into something else.

**Deena** [00:25:09] And Big Little Bestie, if you don't know what a seafood is, by the way, you know, food that you know your your toddler, your kid is comfortable with something that they generally accept. Just for the record, too, this happens almost every time my family comes into town when things are just going off routine and my family's kind of like, you know, picking and pulling out through the fridge, like throughout the day. And my kids want whatever they're having, and then I'm just like, totally goes off track. So, you know, it's going to happen a lot. And like Kristin said, the main thing is the exposure. And by the way, even if they just touch the foods, even if they're just seeing it with their eyeballs, that is really important because if they never see it, it's going to become really unfamiliar. So you just got to keep exposing, exposing well.

**Kristin** [00:25:55] And like the whole logic of you, you never know if they're really never going to eat it. The only way you know that they're never going to eat it is by not putting it on their plate, right? So if you put a tomato on their plate 100 times, you can't without certainty, you know, like they might they might need that at some point. It might be like 50, 60 or 75 times in. You may as well try it. Yes, they might meltdown. Yes, they may have a tantrum. Don't let that stop you from putting it on the plate again, always knowing they have that safe food. So that's always there and we just expose it no matter what.

**Deena** [00:26:28] Exactly. That's the path to go.

**Kristin** [00:26:30] Okay. I'm low key. Ready to go eat this charcuterie.

**Deena** [00:26:35] I know. Me too. We can't crunch while we're here.

**Kristin** [00:26:38] You're just staring at it.

**Deena** [00:26:39] It's staring at me.

**Kristin** [00:26:40] And my champagne has ice in it, so, like, probably can't even sip it. Like, I feel like the besties heard at one time. Maybe. Sorry, but I would like to go. I would love to go. Go have the charcuterie and have some champagne with you.

**Deena** [00:26:52] You got any hot goss?

**Kristin** [00:26:54] I have a lot of hot goss of like. No, don't know. I wish we were those people. I mean, I could talk to you about Bravo, but, like.

**Deena** [00:27:02] You know, you want to talk about my dog going to the dentist?

**Kristin** [00:27:04] Yeah, that's the hot goss. Big Little Besties. This was the best.

**Deena** [00:27:12] We love hanging out.

**Kristin** [00:27:13] We love hanging out with you. I wish that you guys were here eating charcuterie with me. Maybe next time everybody could, like, bring a charcuterie for the listening session.

**Deena** [00:27:22] Oh, we could level it up and plan like a plan.

**Kristin** [00:27:26] Like, for us. And the best is.

**Deena** [00:27:27] That's fun.

**Kristin** [00:27:28] I don't know if we have that in us, do we?

**Deena** [00:27:31] I'm for the best use, probably.

**Kristin** [00:27:33] Okay, that's fine. Okay, so we'll. I'll do a girl dinner next time.

**Deena** [00:27:36] Okay?

**Kristin** [00:27:37] Sounds okay. I love you, bestie. See you next week.

**Deena** [00:27:44] Big little bestie. Today we talked about tantrums, big feelings, sibling jealousy, new baby, and, of course, picky eating. And honestly, we just scratched the surface here. There is so much more that we want to unpack with you about the toddler and preschooler years because wow, so much pops up for all of us. I mean, toddlerhood doesn't come with a manual. I wish it would. And that's why we created winning the Toddler Stage, the world's best selling behavioral course that covers everything from discipline to hitting aggression, sibling issues, sleep picky, eating, and so much more, all in one place. Find this life saving course our big little feelings.com and be sure to follow us

on Instagram where we give helpful tips daily and frankly, how the best parenting community in the world. Thank you so much for being here with us. This has been an Audacy Production executive produced by Lauren La Grasso, produced by Daniella Silva, edited by Bob Tabbador and theme music composed by Liz Fall and Studio Lighting design by Shane Sackett and designed by Jackie Sherman. Special thanks to Audacy Executive Vice President and head of Podcasts, Jenna Weiss-Berman. And thank you for being here with us. We can't wait till next week.