

Episode 2 – The Epidural Didn't F*cking Work: Kristin's Birth Story with Baby #3

Kristin [00:00:00] Welcome Big Little Besties to After Bedtime. Today's episode is the episode you've all been waiting for, you've all been asking us for in the DMS. I am finally ready to share and unpack the truly jaw dropping birth story of how Baby Number Three barreled into this world in under 45 minutes. It is hilarious. We are literally almost peeing our pants in this episode. It is crazy. It is wild. We get into everything. We're sharing it because birth can be all kinds of different things. It can sometimes go ways that you never expected it to go. And whatever your birthing story is, you're not alone. And we can totally unpack this together. Let's fucking go.

Kristin [00:01:00] Finally. Here we are. It's after bedtime. The kids are asleep, and it is time to get down. I'm Kristin.

Deena [00:01:07] 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 [00:01:14] But this is not a boring ass 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.

Kristin [00:01:28] Sitting on the chair directly next to me.

Deena [00:01:30] The same chair.

Kristin [00:01:31] The same chair.

Deena [00:01:32] You guys are sharing a chair?

Kristin [00:01:33] We thought we had two chairs. We don't have two chairs. So we're actually sharing a chair.

Tyler [00:01:39] Yeah.

Kristin [00:01:39] Very awkwardly.

Tyler [00:01:40] Yeah, it works.

Kristin [00:01:41] Okay, wait, wait, wait. We have to pause because we want to welcome you, listener, Big Little Bestie to the second ever episode of After Bedtime with Big Little Feelings. I am so fucking stoked for this episode. Oh, on my right, we have the Super Daddy. Sometimes people call him the Zaddy. Which weird. I know. VP Hype Squad of Big Little Feelings. Tyler. He's here because he is the perfect person to co-remember. And also just be kind of like the sounding board for one of the most, um, chaotic days of really all of our lives together. Honestly. My husband, my heart, my soul. Tyler Denham. The man, The legend. The myth.

Tyler [00:02:31] Hello, hi.

Kristin [00:02:31] Hi.

Tyler [00:02:32] I'm so happy to be here guys this is so exciting.

Kristin [00:02:34] We're happy you're here.

Tyler [00:02:35] I'm the first guest, I'm the proper first guest?

Kristin [00:02:37] Yeah.

Kristin [00:02:38] You sure are, I think you're, like, the only guest. I don't know if anybody else wants to hang out with us.

Deena [00:02:42] Yeah. You can share my chair.

Kristin [00:02:45] Deena would love that!

Deena [00:02:45] I'd love a friend!

Tyler [00:02:47] You just like rotate chairs, might be an episode where you guys are just sitting on the same chair.

Kristin [00:02:51] You know that's true why don't I do this more-- that's an idea.

Deena [00:02:55] That's very fitting.

Kristin [00:02:55] That's an idea.

Kristin [00:02:56] We should do. Yeah, we should, cause this.

Tyler [00:02:59] You guys can do that.

Kristin [00:02:59] This is weirder, you know? Than us doing that.

Tyler [00:03:02] No, that's what I'm saying, for you guys.

Deena [00:03:02] That's like us holding hands. Therapy assignement feels like.

Kristin [00:03:05] Oh, yeah. Is that what that is.

Deena [00:03:07] When you and I do it, though Kristin.

Kristin [00:03:09] Yeah. That's natural.

Deena [00:03:09] That's different.

Kristin [00:03:09] That's natural.

Tyler [00:03:12] It's cool.

Kristin [00:03:14] Hi. Welcome.

Tyler [00:03:15] Thank you. Thank you for having me.

Kristin [00:03:18] VP Hype Squad.

Tyler [00:03:19] Hello.

Kristin [00:03:20] The man. Can we talk about

Kristin [00:03:23] It's been a long one.

Kristin [00:03:23] V.P. Hype Squad? Like, why are you the V.P. Hype Squad?

Tyler [00:03:25] I started the group text. It's called. Yeah, it's called Hype Squad.

Kristin [00:03:28] Yep.

Tyler [00:03:29] Group text.

Kristin [00:03:30] Yeah,

Tyler [00:03:30] I'm just out there every day, just pumping you guys up, just like. Good morning, ladies.

Deena [00:03:35] You keep us going. You give us life. You are like a healing experience that I needed with my own mother. You know, all the compassion, the hype.

Kristin [00:03:45] Yeah, the love.

Tyler [00:03:45] Like girls. I'm so proud of you.

Kristin [00:03:47] It's unconditional love. Is that what it is? Because it's like. I know that was a shitty story. Like, I know that was shitty today, but you're coming in, You're still gassing us up.

Deena [00:03:55] He's like, You tried so hard.

Kristin [00:03:57] You were so good today, honey.

Deena [00:03:59] I loved it. I love you.

Kristin [00:04:01] I loved it.

Deena [00:04:01] I love you, how you are.

Tyler [00:04:03] I loved it. My personally, it resonated.

Kristin [00:04:08] You really do, like, "Oh, wow, Deena. Like, I really needed those stories today."

Tyler [00:04:12] You know, it's like when you're like, if I can just. If I can just touch one person, I'm that person for you every day just to make sure you got that baseline of at least one person.

Kristin [00:04:20] I mean, I feel like when we started, that's like what we were doing it for, you know, just like basically you.

Tyler [00:04:24] Yeah, It's true.

Kristin [00:04:25] Maybe two other people where we were like,

Tyler [00:04:26] No, it's true.

Kristin [00:04:27] Maybe somebody else feels like, like a garbage mom who stands, like, off to the side at preschool, pick up and is just kinda like.

Tyler [00:04:35] I am that mom off to the side at preschool.

Kristin [00:04:36] No, you are not. You are literally the social chair, belle of the ball...

Deena [00:04:41] You're a butterfly

Kristin [00:04:41] at preschool. You literally are like setting up play dates and like, making friends between other friends and then making friends for us. You're literally and then you come home and you're like, You'll never guess what Meredith said about Ethan's mom. You're never going to fucking guess.

Deena [00:04:59] Hot goss.

Kristin [00:04:59] Yeah, he gets all the hot goss

Tyler [00:04:59] No that's true, I do.

Kristin [00:05:00] You are not that mom. You are not that mom. Just to be clear, you're the popular mom. How's everybody doing today?

Tyler [00:05:07] With what?

Kristin [00:05:07] Just life, life.

Deena [00:05:10] I'm tired.

Kristin [00:05:11] You're tired? I'm tired.

Deena [00:05:12] Forever

Tyler [00:05:12] I'm tired. I feel like I hide it really well because I just drink...

Kristin [00:05:15] Do you?

Tyler [00:05:15] a lot of, like, imported energy drinks.

Kristin [00:05:17] Okay, that's true. That I beg you not to drink. And then I just send you like study after study?

Tyler [00:05:22] I'm just hollowing my bones out every day.

Kristin [00:05:27] ... chemicals in it. And he switches then to like...

Deena [00:05:28] Like wasting away from the inside.

Kristin [00:05:29] The diet chemicals he switches to. So he's like, it's so much better. And I'm like, I, this is worse. like just drink it with the sugar.

Tyler [00:05:37] You can't drink coffee all day. I'm not one of those people that's like a coffee all day person.

Kristin [00:05:40] I don't know that that's better.

Deena [00:05:42] Ah, yeah.

Tyler [00:05:43] No, there's going to be caffeine all day. It's just like what kind?

Kristin [00:05:46] Okay, I mean I do that too by the way, no judgemnt.

Deena [00:05:47] I tried to switch. I tried to have, like, a four pm kind of tea thing the other day.

Kristin [00:05:51] Yeah.

Deena [00:05:52] Oh it was a kombucha.

Kristin [00:05:52] Cute.

Tyler [00:05:52] I'd be into that.

Kristin [00:05:54] And then while I was drinking and I'm like, over halfway done, I was like, Oh. Why do I fucking feel weird? Like, I feel weird in my body?

Tyler [00:06:04] Oh was it a hard kombucha?

Kristin [00:06:04] No, I flipped it over and it was like, don't worry, this booch just has, you know.

Kristin [00:06:11] This booch, how dare you do.

Kristin [00:06:13] This booch just has one cup of coffee's worth the caffeine. Like how dare you think.

Kristin [00:06:18] Ohhh.

Tyler [00:06:18] Tricked ya.

Kristin [00:06:18] That I could handle one cup of coffee?

Tyler [00:06:21] Got your ass.

Kristin [00:06:21] Like, how dare you? I'm fucked. It's 4 p.m. I'm fucked.

Deena [00:06:26] Wow. You're never going to sleep.

Kristin [00:06:28] Was that yesterday?

Deena [00:06:29] No.

Kristin [00:06:30] I don't know. It was a few days ago.

Deena [00:06:31] Okay. Yeah. Lingering effect.

Kristin [00:06:36] Tired hangover just keeps going.

Deena [00:06:37] Drink a booch one time, that's really struggling.

Kristin [00:06:41] You'll never be yourself again.

Kristin [00:06:42] Oh, my God. Well, you can attest to this. That, like, I'm in a unique place today in my world, in my journey.

Tyler [00:06:50] Why?

Kristin [00:06:50] I'm in that interesting place. Why? Last night? Do you not remember last night?

Tyler [00:06:54] I do--.

Kristin [00:06:55] Okay.

Tyler [00:06:56] I think I'm already compartmentalizing.

Kristin [00:06:58] Deena was not there.

Deena [00:06:59] I want to know.

Kristin [00:07:01] My husband has forgotten about. He's pushed it down.

Tyler [00:07:01] It it's already been. It's been shoved away...

Deena [00:07:04] These days are so so long

Tyler [00:07:04] Shoved away, gone, gone. What did happen last night?

Kristin [00:07:09] I'm in that phase every single month. This is what, like being a woman is, where it's that game of Am I pregnant? I'm not. Because a, it's like not that easy for me to get pregnant. Am I pregnant? Is this my period or is this a [00:07:25]menty-b? [0.0s] You know what I mean? And you don't know.

Tyler [00:07:28] It's a fun game for me to play.

Deena [00:07:30] It is fun, Tyler?

Tyler [00:07:32] It's a game.

Kristin [00:07:35] It's not. It's not. He said one... I just kept, like, crying a little. A little bit.

Tyler [00:07:40] Just a touch

Kristin [00:07:40] Just a little bit here.

Tyler [00:07:41] Just a tear here and there.

Kristin [00:07:41] And then he made one joke in the kitchen. And it was a joke. It wasn't mean. It wasn't. It was. It was.

Tyler [00:07:46] It wasn't really a good joke.

Kristin [00:07:48] Do you remember what it even.

Tyler [00:07:49] yeah, It was a super good joke

Kristin [00:07:49] What was it?

Tyler [00:07:49] So it's like when I'm traveling.

Kristin [00:07:51] Okay. We were away to stop and pause for a second. What this is, is that every time that we take a flight, no matter what. My husband is taking a nap. And somehow, even though we have prepped and we have talked about like, okay, he gets the two big girls, I get the baby, or maybe he, no matter what happens, I always end up with all three children sitting on my lap screaming, wanting snacks, having iPads. Maybe they're not even screaming. But somehow all three kids are on top of me. And I look over and every single flight we've ever been on, no joke. His mouth is wide open. He is snoring audibly and taking a fucking nap on an airplane with kids and Deena, I feel like even your husband, like it's just a thing. Like I look around the airplane and every man is on a fucking airplane with their mouths open, snoring, sleeping.

Tyler [00:08:44] So it's like when I'm traveling, you want to me to do something on the plane and you're like, Oh if you're not asleep.

Kristin [00:08:50] Yeah, I wanted you take care of something for your family.

Tyler [00:08:51] Cause I always sleep on the plane, when we're flying as a family.

Kristin [00:08:54] Yeah.

Tyler [00:08:54] And I was like, No, I'm not going to sleep. I won't have any kids.

Kristin [00:08:56] Yeah, that was the moment

Tyler [00:08:58] You could. Literally you could hear. You could hear the last thread

Deena [00:09:01] The sirens go off.

Kristin [00:09:02] Yeah.

Tyler [00:09:02] That last thread just went bink, you know, just like, you.

Group [00:09:06] [Laughter]

Tyler [00:09:12] No it was it was bad.

Kristin [00:09:16] I was sobbing but like while laughing because it was really laughing.

Tyler [00:09:16] It was. It was hysterical.

Kristin [00:09:18] So I was like, sob laughing

Deena [00:09:21] and peeing your pants.

Kristin [00:09:21] True [00:09:21]menty-b. [0.0s]

Tyler [00:09:22] Like, Oh, no.

[00:09:23] Yeah, yeah.

Deena [00:09:25] Yeah.

Kristin [00:09:26] The jury's still out.

Tyler [00:09:26] It was good joke, though.

Kristin [00:09:27] I've taken two pregnancy tests. I'm not pregnant. Period's not here. Is it a [00:09:32]menty-b [0.0s]

Tyler [00:09:32] Could be.

Kristin [00:09:33] But I'll let you know next week. I hope by next week we know. You know, this won't be forever, but like,

Deena [00:09:37] Might be, who knows.

Deena [00:09:40] Deena's like maybe it's forever.

Tyler [00:09:40] Maybe it's [00:09:41]menty-b. [0.0s]

Deena [00:09:42] Maybe. And you know what? We all three of us. I wasn't there last night, but I was for your birth.

Kristin [00:09:48] Oh.

Deena [00:09:49] We shared a really special experience together. That's a really special day.

Kristin [00:09:53] Let's. Let's get into it. That's what we're here for actually

Tyler [00:09:56] Speaking of napping at the wrong time.

Kristin [00:10:02] Okay wait. Like if the listener does not know what we're talking about, because maybe you did not view the stories where I was live giving birth on Instagram. Crazy. I know. What we're referring to is I literally posted a video, no joke from the hospital. From my perspective, I'm laying in the hospital bed. Okay, I'm trying to take a little nap or even just a rest and I'm zooming in on my husband. This is various times, by the way, and he is snoring louder than I have ever heard him snore in his entire life. And this isn't even just before, by the way. This is after to you. It was just like a 48 hour hospital stay of me sharing on Instagram, just zooming in on him, snoring and sleeping like he's never slept more in his entire life than when I was giving birth. And after. Here we go.

Deena [00:11:03] All right, let's dive into baby T's birth. We're going to dive straight in like I did to your vagina, though.

Tyler [00:11:11] Just like the baby head first.

Kristin [00:11:12] Oh, boy.

Deena [00:11:14] Oh, boy.

Kristin [00:11:15] I'm starting to get fuzzy. This is good. That's good. That's good.

Deena [00:11:17] Are you sweating?

Kristin [00:11:18] Yeah, definitely. Definitely. By the way, so we have not shared this yet because I feel like you can't really shared on Instagram. I mean, first of all, let me back up. We absolutely share this on Instagram, but not in the way of like, the whole thing is there and you like, see it?

Kristin [00:11:34] Deena

Deena [00:11:34] I saw it all.

Kristin [00:11:35] Saw it all and also Deena's...

Deena [00:11:36] I loved it

Kristin [00:11:38] Deena's fantasy is that she somehow does show her birth everywhere on something, right?

Kristin [00:11:42] Yeah. I would love to show you everything.

Kristin [00:11:45] Like dying. I love birth. Yeah. Loves a birth. Remember the first time we're just this. This podcast is never going to flow, by the way. I just want everybody to know that because I'm going all over the place.

Deena [00:11:57] Left, right, up, down

Kristin [00:11:58] Here we go. Do you remember when we posted your first birth that happened? Not Hunter, because I wasn't there. But Cohen and or maybe he was Hunter because you were posting it

Deena [00:12:10] Yeah

Kristin [00:12:10] and you were gonna post photos, and the photos were on National Geographic everywhere. Because you can share anything about birth on Instagram, Like you can share it all. So Deena is like, knee deep in that world, you know, like all day you're seeing vaginas and blood

Deena [00:12:27] I love it

Kristin [00:12:28] and yeah all of that.

Deena [00:12:28] Yeah.

Kristin [00:12:29] So first it was going to be the first version of Hunter's birth was like.

Kristin [00:12:33] Not like,

Deena [00:12:34] Here's his head. Yeah, true.

Kristin [00:12:36] Just blood all over the shower curtain on the floor.

Tyler [00:12:38] Yeah, not for me.

Kristin [00:12:39] I think 90% of people just clicked out of this.

Tyler [00:12:41] I was like, Good. Yeah.

Deena [00:12:44] Like, never mind. No, thank you.

Tyler [00:12:46] Nope, nope. Been there.

Deena [00:12:49] Get back.

Tyler [00:12:50] Been there, done that. Got that T-shirt.

Kristin [00:12:51] We don't need to go back there. This was, what, ten months ago now? Ten and half months ago? Yeah. We have not all unpacked this as a group, which is the most fun part about all of this.

Tyler [00:13:00] We have not have we.

Kristin [00:13:00] No, no, this.

Kristin [00:13:01] This is the most fun.

Kristin [00:13:02] Yeah, we unpacked it in therapy.

Deena [00:13:04] Yeah, I was going to say unpack the trauma for Kristin.

Kristin [00:13:06] For months. Yeah, that's.

Tyler [00:13:08] How different it is. I feel like. Yeah, there's not really anything for me to unpack.

Kristin [00:13:12] Let's talk about that.

Tyler [00:13:13] Okay.

Deena [00:13:14] Okay. You might change your mind.

Tyler [00:13:16] We'll find out. Yeah.

Deena [00:13:18] We're going to bring you deeper and deeper.

Tyler [00:13:21] By force. You will unpack this.

Kristin [00:13:23] You better make something up to make me feel better. All right, baby T's birth. What? I mean, what do we even. How do I begin? Do you want to begin? Do you know? Was there? Yeah, I was sick about.

Deena [00:13:35] I was so excited to have this baby. I was your non certified Dula of the day. I beat you guys to the hospital.

Deena [00:13:41] I had coffees waiting for you.

Kristin [00:13:42] You. She was organized. She was getting the room set up. We were going.

Deena [00:13:46] I walked up to the window. They were like, Hi, how can I help you? I'm like.

Tyler [00:13:49] I'm here for a baby. I'm here for my baby.

Deena [00:13:51] We, my team, my people are having a baby today and I am helping.

Tyler [00:13:57] They were like, Do you need us to call anyone for you?

Kristin [00:14:00] Security.

Deena [00:14:00] Psychiatrist. Like, do you have one on staff? I am too fucking excited.

Kristin [00:14:04] Growing up with, like, candles, like all these things I had sent you or you're like, I'm going to Amazon that I'm an Amazon.

Deena [00:14:10] I did I got you a fan.

Kristin [00:14:11] Getting like a portable fan. Just all these things at the last minute where I'm like, Deena, I can't give birth without fucking fake candles in freaking. Oh, no, I'm going to get those. I'm going to get those. No, I'm going to get them overnight.

Deena [00:14:22] Add the playlist. Yeah. Fan. Yeah. We had artwork from your other kids.

Tyler [00:14:26] Oh, that's true.

Deena [00:14:27] We hung it up. Yeah.

Tyler [00:14:28] That was nice.

Deena [00:14:28] I was honored to put your socks on, your cozy, your cozy uterus socks?

Kristin [00:14:33] I remember the cozy uterus. Yeah, I'll know about that.

Kristin [00:14:36] Yeah, well, I'm looking like I'm looking at you as if, you know, I do.

Tyler [00:14:39] I'm very used to putting on your socks. That's not new to me.

Tyler [00:14:44] That's not a new

Kristin [00:14:45] I'm dying.

Kristin [00:14:47] That's actually true. What is this, like, 15 years? Like you think he's talking about pregnancy, but truly in college? Yeah, college as like drunk idiots, right? Is where it began.

Tyler [00:14:57] Can you put my sock? I'm just so cozy. And my feet are cold.

Tyler [00:15:02] My feet are cold. Can I have a pair of your socks.

Kristin [00:15:05] I mean, that's how you, like, landed the deal. You know what I mean?

Tyler [00:15:08] Like, this is going to get me really far.

Kristin [00:15:10] Yeah, that's how you closed it, for sure.

Kristin [00:15:12] Literally, closed hte deal

Kristin [00:15:14] 3am is a little chilly.

Tyler [00:15:16] Nice. Yeah. Nice for for the five guys listening to this. Yeah. You want to get some points through, throw some, throw some socks on your wife's feet.

Deena [00:15:25] Mike? Are you listening? I would like some cozy socks.

Kristin [00:15:28] I want you to take care of me. That's Deena's like it's Deena's number one thing. Is that

Tyler [00:15:33] cozy socks?

Kristin [00:15:34] Just no. It's like, Do you want to explain it? You want to explain it? You're number one. Like your your fantasy. Yeah, go ahead. The fantasy of, like, your fantasy is like being like, I'm just kind of, like, sick, and you need to, like, take care of me. Like, when put a little warm blanket on me.

Deena [00:15:52] You see, I don't feel well, like, So, um. Take care of.

Kristin [00:15:56] Me. Take care of.

Tyler [00:15:57] Based on a sample size of two. I say that's like a pretty popular thing for her.

Kristin [00:16:05] Oh, it's both of us. Oh, no.

Deena [00:16:09] I just want someone to take care of me, think about me.

Kristin [00:16:10] Trauma.

Deena [00:16:11] Yeah.

Kristin [00:16:11] Okay.

Deena [00:16:11] It's coming from trauma

Kristin [00:16:12] childhood. All right. Okay. We don't have to go back that far, but yeah,

Deena [00:16:17] That would be another repisode.

Kristin [00:16:17] Yeah, that was a. That was a light bulb moment.

Tyler [00:16:20] Oh. Aha. Oh.

Kristin [00:16:22] Okay.

Deena [00:16:22] Um, so we arrange your room.

Kristin [00:16:24] Putting my socks on.

Deena [00:16:26] They like them. They bring us to your room. We literally rearrange all the furniture to make it so cozy.

Kristin [00:16:32] But we mean you.

Deena [00:16:33] Yeah

Kristin [00:16:34] Yup

Deena [00:16:34] So I'm hyped. Yeah. Nurse walks in. I'm like, Let's have this baby. And she's like, It doesn't work like that. So this is going to be a really long day. And I was like, Oh, this.

Kristin [00:16:45] This is an induction, by the way.

Deena [00:16:47] Okay.

Kristin [00:16:47] By the way. Right. This is an induction. Yeah.

Tyler [00:16:49] So you're like.

Kristin [00:16:49] On the dot you got. Nothing's happening.

Tyler [00:16:51] Like, I wasn't in it. I was just conserving energy.

Kristin [00:16:54] Okay

Deena [00:16:55] That was smart

Kristin [00:16:55] Are we segueing this to about you already?

Tyler [00:16:58] No

Kristin [00:17:00] Just wondering

Tyler [00:17:00] The third one is about me. You have the first two about you. Okay.

Kristin [00:17:08] No, I think that's wrong. First of all, by the way. They're all mine They're all mine. This ones Deena's, by the way.

Tyler [00:17:13] Anybody else?

Kristin [00:17:15] It was Deena's.

Deena [00:17:16] Best day of my life.

Kristin [00:17:17] Yeah. So this is an induction, and we have no idea what to expect because, like, idiots, like, we just walk in there, I mean, and also, I just feel like what a recurring theme of parenthood and motherhood. This could be your third fucking baby. And you still don't know

Tyler [00:17:33] No prep?

Kristin [00:17:34] No prep, we have no idea. Well, even if you do, I mean, like,

Tyler [00:17:38] like if you're going to be induced yeah

Kristin [00:17:38] with the second because my water was leaking. So I'm like, let's kind of an induction. Like I wasn't having contractions yet. So they give me Pitocin. So, like, I know what that feels like going from 0 to 100 real quick. But we had no fucking idea where you walk in. And they're like, Oh yeah, no, this is going to take a really long time. Like probably tomorrow earliest, you know. By the way, we haven't even talked about the psychotic part that I'm going to open up and share about

Tyler [00:18:05] which one?

Kristin [00:18:05] Which is I picked because I was able to pick between two dates. And so I picked Oh, yeah.

Tyler [00:18:10] I really like this part.

Kristin [00:18:11] The one day was on the Virgo and the next day was on the Libra. And we know I categorically have like pretty quick births. So I was like, we're going Virgo.

Tyler [00:18:22] And we already have a libra

Kristin [00:18:23] so when we walked in and we had our carefully laid plan A, I'm getting an epidural. That's it. I don't give a shit about the music. I don't give a shit

Tyler [00:18:31] first and foremost

Kristin [00:18:31] about the lighting. I don't give a shit about anything else. Who pulls? I don't care.

Tyler [00:18:36] Don't care

Kristin [00:18:36] I want an epidural and I want a virgo.

Tyler [00:18:42] That was your checklist for birth.

Kristin [00:18:44] I don't feel like those two things were unreasonable in retrospect. The sign, you know, I probably couldn't pick that. So when she says like, Oh, this is not going to take today, I'm like.

Kristin [00:18:56] Bitch it's going to go

Deena [00:18:57] The look on your face. You're like, Actually.

Tyler [00:19:00] I don't know if you know this about me.

Deena [00:19:01] I will somehow magically get control of my uterus and I'll fucking get this baby going.

Kristin [00:19:06] Today. We have until midnight, okay? Like, I'm not saying it has to be now. I'm just saying, like, it's what, 10 a.m. and we have until midnight. That's plenty of time.

Deena [00:19:14] Got hours.

Kristin [00:19:14] Plenty of time to have a baby.

Tyler [00:19:16] Honestly. Let's show that you had that because it's like you can pick. They gave us like a five day range.

Kristin [00:19:20] Yeah

Tyler [00:19:20] We're like, pick any day you want. And you're like, You fucking pick for me. I don't want to pick the day.

Kristin [00:19:25] Wait, that's what you said?

Tyler [00:19:26] Yeah. I'm like that's a lot of pressure.

Kristin [00:19:27] Normal people say you think? Oh, no, I want to pick the day.

Tyler [00:19:30] But. And that's why I'm saying it's a good thing that you were like, Oh, good. And get a little Virgo baby.

Kristin [00:19:34] Sure

Tyler [00:19:34] I was like, You got it, honey. It finally happened.

Deena [00:19:37] Well, that's because applying for it, of course, you're like, Well, fantastic.

Kristin [00:19:40] Well, and yeah, exactly correct. And we already have. We have a libra. So I'm like, you know, I mean.

Tyler [00:19:45] They're like, Pokemon gotta catch em all.

Kristin [00:19:46] Okay. All right, all right. We're like, We're really going into this. What happens next? Anybody? Because I black out at that point.

Tyler [00:19:54] I go ahead and get comfortable.

Kristin [00:19:56] Okay? Make this about you again. Go ahead. Well.

Tyler [00:20:00] I'm giving it from my perspective.

Kristin [00:20:01] No, I'm really curious. Keep going.

Tyler [00:20:03] First of all, great birthing suite.

Kristin [00:20:05] Okay.

Tyler [00:20:06] Okay. There's like, a little single size Murphy bed.

Kristin [00:20:08] Okay.

Tyler [00:20:09] Super comfortable.

Kristin [00:20:10] Great.

Tyler [00:20:10] Really comfortable.

Kristin [00:20:11] Great.

Tyler [00:20:11] I pop down to have a little rest because we know what you're having. A rest. And I get that you need a rest, but, like, I'm going to have a rest, too. I know it's going to be a long day.

Kristin [00:20:20] Yeah.

Tyler [00:20:21] So I'm like, you know, it can serve the energy. Yeah. Get a little rest. Do I regret the snoring? Yes.

Kristin [00:20:26] Yeah. The part about you having a rest is that that it's so loud that then I don't have the rest. You know what I mean? And it is kind of about me

Tyler [00:20:33] No i get that

Kristin [00:20:33] about to go on like a marathon in my body, you know

Tyler [00:20:35] Big time

Kristin [00:20:35] So you have a rest. And I stare at you

Tyler [00:20:41] having a rest

Kristin [00:20:41] with murder eyes, for like, 2 hours.

Group [00:20:42] Just filming me so you can just, like, be like. This was you. Yeah, This was you. Yeah. Do you feel good about this? That's you talking to me.

Kristin [00:20:49] Mildly. Mildly more ... But sure. Okay. So.

Group [00:20:53] You know, keeping going. Very weird word.

Group [00:20:56] That's why that was a funny thing. Get it. That's gross. Okay.

Tyler [00:21:02] I was asleep for that part, I guess.

Kristin [00:21:04] And I blacked out. Deena, you want to take it away? Because I don't think either of us.

Deena [00:21:08] As your Doula, dialed in. Dialed in.

Deena [00:21:12] So we take a ripenr. Right, well, when I say we, I mean Kristin.

Tyler [00:21:17] I have one in support. Yeah.

Group [00:21:19] Yeah.

Deena [00:21:20] We learn

Tyler [00:21:22] We're all getting loose.

Kristin [00:21:26] Okay.

Deena [00:21:27] You get the ripener.

Kristin [00:21:28] Yeah.

Deena [00:21:28] 4 hours go by. Yeah.

Kristin [00:21:30] Nothing. I'm pissed.

Group [00:21:31] Nothing. Nothing.

Kristin [00:21:32] I do remember that.

Deena [00:21:33] Another dose, right? Yeah, another fucking 4 hours. So I go home and say hi to my kids.

Kristin [00:21:39] Was it 8 hours at that point? That was. Here's what I think. One and only one.

Deena [00:21:42] Well, then you got Pitocin after that.

Kristin [00:21:44] No, I didn't.

Deena [00:21:46] Oh, okay. Yeah.

Kristin [00:21:49] I think I only had one. You didn't, Or I had to, but I never had Pitocin. And then my water.

Deena [00:21:55] Oh, you're right.

Kristin [00:21:55] My water broke on the ball.

Kristin [00:21:58] I had two does. So the second one, I was pissed and I was like, I'm not napping anymore. Going on this fucking ball to make something.

Deena [00:22:05] Yeah, you bounced so hard you exploded your water.

Kristin [00:22:07] Yeah. That my water broke and I was thrilled.

Tyler [00:22:10] That's why I can't jump on trampolines when you're pregnant.

Kristin [00:22:13] Okay. Probably about tons, right? Sure. Sure. Okay. So water breaks we're thrilled.

Deena [00:22:20] We're thrilled

Kristin [00:22:21] When we go in, by the way, we say and this is really why Deena did come, because I'm like, I love you. You're Tyler, the most supportive, loving person in the world. Also, I need a shark that's going to get me an epidural because they're not going to believe they when I say my births go quick.

Tyler [00:22:41] Yeah, they're like.

Deena [00:22:42] All day

Tyler [00:22:43] They work

Deena [00:22:44] All day. All day.

Tyler [00:22:45] We say when we get in there

Kristin [00:22:46] Every 30 minutes Deena is like, So just as a reminder, it goes quick. So at the very first contraction, you're going to shove that shit in there, right? How long will it take for the. Anesthesiologist to get in here?

Deena [00:22:56] They're ready.

Kristin [00:22:57] Everyone's on call.

Tyler [00:22:57] No we both were checking

Kristin [00:22:58] They're going to get in here, right? Yeah. Yeah.

Tyler [00:23:01] So I was talking to them a lot, too. I was like, She's not fucking around. Yeah, she's going to, like, rip your head off. Yeah, she doesn't get.

Kristin [00:23:07] Because what happened with my second was Pitocin happen, and then they didn't tell me that you needed this was just a random thing that this one person did and not everybody does. You need 2 hours of fluids before you can get the epidural, but it was going so fast from the first contraction was like 45 minutes or an hour. It was going so fast I wasn't having time to do the fluids. Long story short, I got it at a nine and nine centimeter and I was like, I will never fucking do that again. I never want to feel that again. And luckily for that one, it made it in time for her to come out. I pulled her out. It was beautiful, it was blissful. So I was like, That is not happening this time. Getting the epidural in time.

Tyler [00:23:46] Also, the doctor after was like, That's not a thing. You don't have to have 2 hours of fluid.

Kristin [00:23:50] Yeah, though everybody was like, so? So we were making sure that this was not going to happen this time. And then.

Deena [00:23:56] And then.

Group [00:23:57] And then, oh boy, what started going all the way.

Deena [00:24:01] So yeah, real fast. Yeah. Primal screaming.

Kristin [00:24:04] Oh, God, this.

Tyler [00:24:05] Is not a marathon. At that point, it was a sprint.

Group [00:24:07] Yeah. Oh, my God.

Deena [00:24:08] It literally went, like, just so fast. So fast. Yeah. And just so you know, our beautiful after bedtime listener, the average active labor last 4 to 8 hours. Yeah, it went by much faster than that. So by the way, a precipitous labor one that's 3 hours or under sounds like a dream. You're like yes, get it done so fast. Good for you. Jealous.

Kristin [00:24:32] Thought that would be a good thing.

Deena [00:24:34] Nope. Nope. When you really look into people's experiences, the medical experience, it is like a train running through you. And for a lot of people it is a traumatic birth.

Tyler [00:24:45] And that's when we started yelling for the anesthesiologist.

Deena [00:24:48] We're screaming.

Group [00:24:48] Because we had met, we had talked to her a couple times. She was like, How you doing? I'm getting ready. I'll be on call. Yeah, She was crying like it happened. And she knows I burst into that room with you at like nine centimeters. And she was like, What is happening? And we were like, You know, we've been telling you all day, everybody is startled by how quickly this baby.

Kristin [00:25:06] She's like, I heard you. I heard you two floors down screaming.

Tyler [00:25:10] You could probably run faster. Yeah, yeah.

Kristin [00:25:13] You should've been waiting outside my fucking door. What were you doing? Okay.

Deena [00:25:15] But I also felt really mad at that point. Yeah, they were giving you the epidural. Yeah, because you probably don't remember them.

Kristin [00:25:21] I do remember this go ahead. This is the part I'm going to therapy for.

Deena [00:25:24] Screaming. Breathing through contractions. Yes. And they are all making jokes.

Group [00:25:28] They're laughing. They're like, Oh, you did need an epidural.

Deena [00:25:32] Yeah, they're laughing at you. And like, I almost started yelling at them.

Kristin [00:25:36] Yeah, I mean, you should've

Deena [00:25:37] But I also didn't want to, like, make your birth team mad and put you in jeopardy. I wouldn't know what to do. Yeah. And then they started asking you while you're like, Yeah, dying through die contraction, like. So do you want another baby after this? You want another baby? Yeah.

Deena [00:25:50] It's just like, What the fuck are you guys saying? Yeah.

Kristin [00:25:53] And then and then also I kept saying like, because then once we went in and I was. And it was just going so fast. But to me it felt like seven years. And so I'm like screaming at them, which I feel badly about. And I'm like, No, it's not working. Like, why is it not working? And the response over and over and over was it is working. Not like, oh, it takes time. Oh, it might be ramping up. It just over and over was like, it is working. And so my biggest nightmare in this world, I have literal recurring nightmares every night, nightmare where something catastrophic has happened. Catastrophic. And I'm screaming and I'm telling people, like, how pop like, she's dying, she's dying. And then everyone that I love and strangers are, like, around me, and they're all like, it's fine. Like, it's not a big deal. And they're laughing and they're making jokes and they're like, Yeah, she's dying. Cool. Okay. And then like, and they're just brushing me aside. And so this happened in real life. Know at the birth. Yeah, that was really bad. Okay so he barrels...

Kristin [00:27:00] You could pass for that then that's nice

Kristin [00:27:01] That's nice. Yeah.

Deena [00:27:02] Yeah, really fucked up.

Kristin [00:27:04] But also what was fucked up is just giving birth unmedicated, unwillingly. You know.

Deena [00:27:09] Like I went in willing.

Kristin [00:27:11] Deena had a home birth. Yep. On purpose.

Deena [00:27:14] Yeah, but your is your Jesus. You look at your birth plan, and the birth plan literally was just like chicken scratch. Huge writing that was, like, wrap me in our hospital sheet. Stab me in the back.

Kristin [00:27:24] Epidural.

Deena [00:27:25] Epidural

Kristin [00:27:26] Epidural

Group [00:27:27] That's it. That's all I want. You didn't need a bed? No, I don't give a.

Kristin [00:27:30] Fuck like put me in a closet. I don't need nice things like I'm garbage. Put an epidural in my bag. They'll come 26 minutes later, this baby will be here. I'm like, I'll take care of it. Like I gotta do love. All I need is the epidural, the baby. I don't need a room like she says. I'm here for the epidural.

Deena [00:27:53] Okay. From there. Yeah. You lay down. Yeah, You are primal scream.

Kristin [00:27:58] Because you have to lay down. By the way, once you've put the epidural in your body. But it hasn't worked yet. So you don't want to be laying down. You want to be standing up and swaying and moving or like, whatever the fuck you did over a shower curtain in your house. Which, by the way, when Deena gave birth, it was like. You know, like we're rapping at a nine and a half, you know, nine and a half and that's it and that's it. And mine is laying on my back all the lights, like where the fucking Real Housewives lights shining and I am screaming.

Tyler [00:28:38] Can I do impression of it.

Kristin [00:28:39] Yeah, sure.

Tyler [00:28:40] Because it's like stuck with me.

Kristin [00:28:41] Oh, wow. So you do have trauma?

Group [00:28:42] No, I don't think so. Because it's like, this is beautiful. It was like, Oh, it goes like this. It goes. OOHHHHH. That's more pain. Oh, yeah. BOTH My dad. No. Grandpa? Yeah. Like, I'm kind of scared. But this is beautiful.

Deena [00:29:03] It's okay to feel scared of the doula And I've got you.

Kristin [00:29:05] I know your face was pretty scared, too. Like, once they started, once they were, like, diminishing me. And, like, we knew that epidural wasn't happening and there was nothing. You gotta look scared. Do I get scared? This is happening. That was happening. And then you went back in, and then you were like.

Deena [00:29:23] Then I felt sad too like guys we couldn't deliver this.

Kristin [00:29:26] Nope

Tyler [00:29:26] Two stars, two stars

Kristin [00:29:30] Negative two. Okay, Then he comes out. Feel everything. Deena Jesus.

Deena [00:29:36] Yeah, I watched it. Oh, I mean, this is a dream. His little Heads crew? Yeah.

Kristin [00:29:42] Yeah. And you, like, you willingly choose that.

Deena [00:29:45] I give you a I filmed a whole video right up in there. I was right. Thank you for the doctor.

Kristin [00:29:50] Thank you for that. Yeah, that was nice. That was nice. We definitely, like Martin Scorsese'd each other's births, you know, like, we both really did.

Tyler [00:29:56] It was cinematic.

Kristin [00:29:56] Yeah.

Tyler [00:29:57] Second baby, I was like, You know what I feel like? How often does this happen? I'm going to take a little look. I'm going to see I'm going to witness.

Kristin [00:30:04] Tyler's like an above the head

Tyler [00:30:06] The miracle of birth. I'm above the knees. Okay. Yeah, I'm above the knees. Yeah. And I was like, you know what? I'm a I'm going to give it a look.

Kristin [00:30:14] Okay

Tyler [00:30:15] I peek around and I go, OOOOP, they turn completely white and the doctors like is he going to...

Kristin [00:30:24] No that was the epidural, my love. Now you had the nurses stop taking care of me and took you to go sit down to get you like a fan, get you a little snack, hold washcloths on the head. No joke, during the epidural, I was of our second born. That's when that happened.

Tyler [00:30:45] Okay, well, the OOP moment was definitely when I took a look.

Kristin [00:30:47] Yeah, sure.

Tyler [00:30:48] You know what? I could have gone without it. I don't. It was not worth. It wasn't worth it.

Kristin [00:30:55] I don't like I don't get it because I like watching like watching coming out of your vagina. It was like, beautiful.

Tyler [00:31:03] I'll tell you what, it's just as much of a miracle from the guy.

Kristin [00:31:08] Respect the shit out of that. Yeah. So he comes out. Yeah. And then it was great. And then it was beautiful. And then.

Deena [00:31:16] And then you got numb.

Kristin [00:31:17] Yeah.

Tyler [00:31:19] So it was like babies here. Oops. You're stoned out of your gourd.

Kristin [00:31:24] Yeah, that was kind of fucked up because I. I got the worst of all the world. First of all, all that matters is that he came out and he was okay. By the way, when he came out. I mean, he was here. That's all that we wanted. We went through IVF for that little baby. We were struggling for that little baby. I was waiting for that baby. We went to a, what's her name

Deena [00:31:42] A psychic?

Kristin [00:31:43] Yeah, I guess. A psychic? Sure. Yeah. Who, like, nailed his personality before he was even, like, an embryo. You know, like, we were just waiting for the crying, waiting for this.

Deena [00:31:55] Cry.

Kristin [00:31:56] Oh, little baby. So, really, that takes Trump over like everything else that happened in the birth, which is nice, because even with that, with other births, the connection doesn't happen right away. And that's okay. And it doesn't have that. But with him, it really was like the minute that shit was over, even though yes, I still then felt the epidural.

Tyler [00:32:19] Speaking of shit - that was the first time you didn't shit yourself.

Deena [00:32:20] That's true, right?

Tyler [00:32:21] Yeah. I was like.

Kristin [00:32:23] You know, I thought we did know.

Tyler [00:32:28] You didn't shit yourself. Because I made a comment after I was like, Honey, you didn't shit yourself. Good job.

Deena [00:32:35] I can't say the same for myself.

Deena [00:32:37] But.

Group [00:32:38] The remaining maybe the third or maybe the third one, the remaining 10% just closed out of the episode. They were like, thought this was funny, but that got bored.

Group [00:32:46] Or they've given birth and they're like, Damn, you didn't shit yourself. You know? I'm like, Yeah. That's pretty. Great job. Kristin To be fair, it took 26 minutes, so there wasn't really a lot of time for the bowels.

Tyler [00:32:56] It did not take 26 minutes.

Kristin [00:32:57] No, from like contractions is what I mean it was like that contraction. Oh you think was the less

Tyler [00:33:03] It was probably 10 minutes.

Tyler [00:33:05] It was like 10 minutes.

Kristin [00:33:06] Okay. Yeah. That's what we're talking about, guys. Yeah. There was no time to shit yourself. I, I wish.

Tyler [00:33:10] There definitely wasn't.

Kristin [00:33:11] I wished there was a little bit more time.

Tyler [00:33:13] Oh, I thought you were saying you wish your shit yourself.

Kristin [00:33:16] That that comes with, like, being able to spread it out, you know, over like 8 hours or so. That was a nice, like the first birth was like a nice amount.

Tyler [00:33:23] I think you would have been like, if this took more time, I would've been happy to shit myself.

Kristin [00:33:26] You keep saying like, Deena when she was giving birth at one point realized she was about to shit herself. Okay, true.

Group [00:33:37] By the way, this is just the three of us. This is for us now.

Kristin [00:33:42] Sorry, everyone. Deena, by everyone I mean us three. So Deena realizes she's about. It's up in her like she's in there, like dainty free people all bralette. And she's like, you know, And so it's also beautiful. So it makes sense because that's the moment she's that like a nine, we're almost there. And suddenly she's like, Go.

Group [00:34:07] Everyone got out. Get out of the bathroom. The doula starts to get out like NOT YOU. But none of us knew that was why. You were just like what the fuck is hapoening.

Kristin [00:34:22] No, I was like, fair. Fair. Got it. Yeah. That's cool that.

Tyler [00:34:25] You're in charge here.

Kristin [00:34:26] Yeah like I'll get out.

Tyler [00:34:28] I probably want to be here for whatever's happening.

Deena [00:34:31] By the way.

Deena [00:34:31] I started just crying, like, Yeah, please do that without pooping right now. She's like, Just do it. It's fine. Just do it. Like, that's birth. And I was like, No. And then it happened. And then I was like get back in here.

Kristin [00:34:42] It's actually not that I think you were actually. You were like, Guys, I'm so sorry. Let's regroup. I really apologize for that. And I'm like, Girl, you're at a nine and a half. Like, it's okay.

Kristin [00:34:54] It's like, scream at me. It's okay. Yeah. Non-medicated.

Tyler [00:34:56] That's the sequel book, though, to Everybody Poops. That's like everybody poops when giving birth.

Kristin [00:35:01] Yeah. Super. Except for one that that. I mean. Sure. Okay. I feel.

Tyler [00:35:05] High five for that. Great.

Kristin [00:35:07] Do we have anything else to unpack? We really got it all. And then we got to the end.

Group [00:35:12] What I thought I was going to be sushi, you know, I had you we talked about it leading up to the birth and we were like, All right, what is the list of things you want?

Group [00:35:19] Ice cream, cake, Pasta?

Group [00:35:21] Yup. Sushi. Yeah. And a bagel with cream cheese.

Kristin [00:35:24] Oh, fuck yeah dude.

Kristin [00:35:27] I just want that right fucking now, by the way.

Tyler [00:35:29] You're like, Damn, I know what I'm ordering.

Kristin [00:35:30] Damn, I know what you're going to get me later.

Tyler [00:35:33] Socks full circle.

Kristin [00:35:36] And some sushi and some pasta.

Tyler [00:35:38] My feet are cold.

Kristin [00:35:41] I'm hungry. Well, that's a wrap. This has been really great. This was much better than unpacking it in therapy because there's a lot more fun.

Tyler [00:35:48] This was a lot cheaper than therapy.

Deena [00:35:50] So that day was fun. This was fun. This is all for you guys.

Group [00:35:54] I can't wait for your next baby. It's going to be great. I'm not going to be there. Not going to be there.

Group [00:36:00] I'm good. Okay.

Deena [00:36:01] Not even from knees up.

Tyler [00:36:02] I'll be like. I'll be like, Kristin, what's happening? And she'll be like, just giving birth. I'll be like, Great. Yeah. Congrats.

Kristin [00:36:07] Okay, so to summarize for our dear listeners, our big little bestie is who? This is what we learned from that insane experience. Honestly, the first thing that comes to my mind is that nothing, nothing matters more than one that baby. I'm almost going to tear up saying it. I tried to say it earlier and I'm coming back to it. And then when that baby is placed on your chest, I mean. When you get to hold your baby for the first time, it melts everything away, like everything that happened, anything that led up to it, any of like all of the pain, all of the insanity, all of this, it just completely, completely melts away. Oh, my God. Like, I'm literally getting emotional about it right now because that little baby, by the way, like if you are pregnant and you're listening to this or you're listening to other birthing stories and it just sounds like so, so scary or so like, oh, gosh, I just want to say like, first of all, I love listening to real birthing stories and not just the like very peaceful ones, because I think it's important to know that sometimes things don't go according to plan. And in the end, if you take nothing else from this, here's what you take from it. This little baby is about to turn one and I could I. Oh, my God, I'm going to cry. This little angel baby has just filled this void in my life. He was the puzzle piece that was missing from our family. I mean, my girls and Tyler and just everyone. He's just the beaming joy he got, just like the center of our universe. So if you take nothing else from this episode, take this. It's all worth it. It's all worth it. It's all worth it. Maybe the second thing also is just like, no matter how your birth went, maybe your birth was like 36 hours, maybe it was 48 hours. It ended in the C-section. Maybe you are the parent who was waiting in the waiting room for adoption and you didn't get to see the birth, whatever it is. The only other thing I want you to take from this episode is that your unique journey of bringing your child into this world is fucking gorgeous. It's fucking gorgeous. And I bet it came with a lot of trials and a lot of tribulations. And in the end, it was amazing. Whoo! Thirdly, last thing I do go forever. By the way, Can I do, like, ten things? But I won't. The last thing is, you are never alone. Like, if you think through scrolling through Instagram or scrolling through everything and you're reading all these at home birthing stories that are just so peaceful and maybe that that's great. There's nothing wrong with those breath. But if you are reading these and feeling like, Fuck, what is wrong with me? Like, why was my birthing experience so different? I just want you to know you are never alone. All of us are out here. We're all together. We all have had such different journeys to get here. But we are truly all in this together. Deena, Tyler. I am so grateful that I had both of you on my side that day. Thanks for being my team, guys.

Deena [00:39:39] All right. Let's just jump into some questions from the BLF fam.

Kristin [00:39:43] Okay. Let's do it.

Tyler [00:39:43] Can I just say I love Q&A day. It's like my favorite. Oh, like I've known you guys for so long and I'm just like, this is fun.

Kristin [00:39:50] Wow is it still fun?

Tyler [00:39:51] It's still incredible.

Kristin [00:39:52] Wow. That's nice. That's nice. Do you want to join us for this Q&A? Real quick, give us some.

Tyler [00:39:59] Hey why not.

Kristin [00:39:59] Unsolicited man advice. You know what I mean?

Tyler [00:40:02] I can mansplain if you need me to. I don't even know what the questions are so this is going to be.

Kristin [00:40:09] Okay.

Tyler [00:40:10] Okay, I'm ready.

Kristin [00:40:10] You ready? Yeah. Let's direct you to you. Here we go. Erica says "I'm flying for the first time with two under four years old. Best flying tips for toddler and baby."

Tyler [00:40:25] Don't ask me.

Group [00:40:26] Go to sleep. Right. You go to sleep. If you're asleep before takeoff. No, You know, make it to takeoff. But then just immediately go to sleep.

Deena [00:40:35] Are you trying to die?

Kristin [00:40:37] Like I'm already dissociated from the episode, which is good. So, like, while I'm sweating and I'm having the visceral feelings of rage.

Kristin [00:40:45] I don't actually.

Kristin [00:40:46] Feel it. Right now.

Tyler [00:40:47] You don't like to fly? I love to fly. It's like comforting.

Kristin [00:40:49] I bet you do. I bet you do. I bet you love it.

Deena [00:40:52] Sounds luxurious.

Tyler [00:40:53] And like the two kids are older and they love to fly, too.

Kristin [00:40:56] Okay, so now. Okay. All right, Deena.

Deena [00:40:59] Let's get into it.

Kristin [00:40:59] Erica is flying for the first time with two under four years old. Best flying tips for toddler and a baby. Okay. Okay.

Deena [00:41:07] Let's start off here. It's going to be chaotic. Yeah. Okay. It's going to be a hell of a day.

Kristin [00:41:13] Hell of a day.

Deena [00:41:13] Hell of a day. So you need to do whatever you need to do to survive that day.

Kristin [00:41:18] That's right.

Tyler [00:41:19] Here's my tip. Let me cut you guys off real quick. Back. I'm back. I'm going to cut you guys off right there. You got what? What I like to do is we go pick out some, like, candy and snacks. Snacks stand.

Deena [00:41:34] Okay. I'm with you.

Tyler [00:41:35] Because here's the thing. If you can get them some chewy candies. Give them some chewy candies on takeoff and landing. Okay. Bam!

Deena [00:41:42] That actually is a tip.

Tyler [00:41:44] Take care of the popping nurse.

Deena [00:41:46] Chew or suck a pacifier?

Kristin [00:41:48] It depends on their age right.

Tyler [00:41:49] Same way they give the baby a bottle or a pacifier. Give your older kids some gummies.

Group [00:41:54] Because hot tip that doesn't go away once they're not babies. Like you have a two, three, four or five. Even six year old is will be screaming because the ears hurt. So, yes, Chewy. Great idea.

Kristin [00:42:03] What I'm hearing what I'm also hearing is that you went to the store at the airport, which, A, makes it kind of fun for them. Right. That's nice. What I'm hearing also is maybe you're getting to the airport early enough to be able to go to the store, which is where my tip comes in, which is like, don't fucking play around with timing. Like, we are not rolling into this business style. What are you traveled all over for work? Neither of us did, but I'm just thinking of, like, dinner where you just roll into the airport and you go right to the gate. Like, that's not happening. We are buffering in time. And then at the worst, they can, like, run up and down a nice, like, quiet area. You can go get some snacks. Yeah, go ahead.

Deena [00:42:45] Other hot tip. Hot tip. Prep prep.

Kristin [00:42:47] Prep.

Deena [00:42:48] Okay. Talk to your kids. Read books about airplanes. Explain. Explain what's going to happen. Because the more familiar they are with this new concept, the smoother the whole thing's going to go. They need to know what they're walking into, know what to expect, Understand what you can do on the airplane.

Tyler [00:43:07] You might be a little bumpy.

Deena [00:43:08] Can play games. It might be a little bumpy. Yeah. We are safe.

Kristin [00:43:11] Yep. Because the thing is, is that we know as adults what happens on airplanes. We know what happens at airports. And the thing is, even if our toddler has already done it or they did it as a baby, their brains really like to know every single specific thing that happens. Right. So otherwise, you're right. Maybe it's a little bit overwhelming. Maybe meltdowns are happening and you're like, what is going through your brain?

Group [00:43:34] Not that big of a deal. Panic mode when it doesn't understand what's going to be happening. Yeah.

Deena [00:43:40] Last hot tip.

Tyler [00:43:40] Lots of time.

Deena [00:43:40] Boundaries go out the window, Lollipops do whatever you do.

Kristin [00:43:43] Yep, Naps.

Deena [00:43:44] 5 hours of screen time if you need to just get through that plane ride and if you can do screen time. Last thing I learned the hard way one time practice headphones at home beforehand because otherwise it's overwhelming and very confusing when you're doing it on the airplane. There's so much new do it at home, Trust me.

Kristin [00:44:01] Prep, prep.

Kristin [00:44:02] Prep prep prep. All right. Next question is from Emma "Kristin's white couch. How does it hold up with toddlers? Are you crazy?"

Tyler [00:44:13] Yep.

Deena [00:44:15] I'm going to honest... I get scared around the white couch when I'm in your house.

Kristin [00:44:19] How dare you, because we had a BFF consultation about this. So how dare you turn on me like this? Because I literally. Sorry, babe. Not to you, but to my other half came to you and said, Deena, I know you always wanted a white couch. You got the gray couch because your husband. Virgo. Analytical. Yep.

Deena [00:44:42] Makes sense.

Kristin [00:44:43] And we're dreamers.

Deena [00:44:45] We're dreamers.

Kristin [00:44:46] And you lost. And then you were like, You know what? I regret it. And I kind of wish I could just have the white couch and say, fuck it. And I'll tell you what.

Deena [00:44:54] Are you saying I didn't

Kristin [00:44:56] No, I don't. First of all, you have a different opinion. I don't fucking. I have no regrets.

Group [00:45:00] I love you, you know. You know who else I want? Jealous. I want it.

Kristin [00:45:04] Like I don't really care that it's dirty all the time. Is that wrong to say?

Tyler [00:45:06] Deena you're scared of, like, going on a couch because you're going to get it dirty, right?

Deena [00:45:10] Like you guys, I am sitting on a blanket on the white chair because I'm terrified.

Tyler [00:45:17] You know who else is scared of getting the couch dirty? Oh, yeah. Fucking nobody. Yeah.

Deena [00:45:23] Oh, and you know what. This is my childhood. Here it is. I'm scared to make a mess.

Tyler [00:45:31] You and I talked about it, Chris. Yeah, we talked about the white couch. Okay? I voice my opinions. You were like, Oh, I want a white couch. But we did what I would, you wanted white? Yeah, I wanted a darker color. Yes. So we compromised and got white. Yeah. Like every loving couple does.

Kristin [00:45:48] What's the joke you always say.

Tyler [00:45:50] That's the joke. It's like my wife wants the air conditioning on on 69. I want it on 74. So we compromise, and it's on 69.

Kristin [00:45:57] Right on the white couch. Okay.

Tyler [00:46:00] Yeah, it's a horrible idea. I still don't support it.

Kristin [00:46:05] So to answer the question, it's not it's covered in like, even like, like it looks like oil sands. But by the way, you can throw it in the washing machine. A lot of the shit comes out. I don't because that does take a lot of time. It takes a lot of time, but I think a lot of people I won't say normal people, but a lot of people could probably handle putting their cushions in the washing machine. You know what I mean?

Tyler [00:46:28] It looks great from far away. It looks great,

Kristin [00:46:31] It looks amazing. I don't mind and I love it and I have no regrets.

Deena [00:46:35] I'm going to sit on your couch.

Group [00:46:37] I've decided, we're going to do, do like an exposure therapy. Yeah.

Kristin [00:46:40] Every time you come over, I'm like, I don't give a shit. Do you see the chocolate over here? There's chocolate and then dog hair and then, like, that's probably a little bit of pee. Yeah. You know.

Deena [00:46:49] Ultimate fear is period on your couch. Okay, moving on.

Kristin [00:46:52] Is it a period of being pregnant or is it menty-b? I don't know. We'll find out today on my couch. Next. Oh, is it my turn to read a fucking question?

Group [00:47:01] Thanks Emma! Love you, girl. Love you. You're awesome.

Kristin [00:47:05] Final question. I don't really want this episode to end guys. This was really fun.

Tyler [00:47:09] Me either.

Kristin [00:47:11] Deena's like I can do without it I don't know.

Deena [00:47:14] I hit my wall.

Group [00:47:15] I ready to go home. Can I come back? I'm tired.

Kristin [00:47:18] Maybe. I don't know. It's to be to be determined.

Deena [00:47:21] We're going to have a meeting for that to asses. Yeah.

Kristin [00:47:22] There's more than just us. As much as this seems like there's, like, low budget, we have no idea what we're doing because we don't. There are other people that are decision makers behind this. And by that I just mean Deena and I have to talk about it. Okay.

Tyler [00:47:38] Fair

Kristin [00:47:39] Mark.

Group [00:47:40] We can not keep talking about us shitting ourselves because surprise the team. We keep talking about that. I've got another topic that involves shitting ourselves.

Kristin [00:47:48] He's invited back, but like, is he is he going to talk about shit? Yeah, well.

Tyler [00:47:51] I probably will.

Kristin [00:47:52] A panel question. Can I do a do you have anything else that you want to say before I go to the final question? Feel like you got something bubbling in there.

Tyler [00:47:58] Well now I have this other thing, but we'll save it for the next time.

Kristin [00:48:01] Okay, That sounds great. Well, now I'm fucking curious. Why would you do that? Is it good or is it about share?

Tyler [00:48:07] It's about shit. Okay.

Kristin [00:48:08] Goodnight. Mark. Hi, Marky Mark. Can I call you that? That's weird. Mark is asking "what to do when I can't sit with my kid and let them cry for 20 minutes. Dot, dot, dot. Hashtag life." Mark, this is a great question. Tyler, do you want to kick us off?

Tyler [00:48:31] Nope.

Deena [00:48:33] That's fair.

Kristin [00:48:34] Really?

Kristin [00:48:35] Okay. All right. I think that's a great question.

Tyler [00:48:38] Yeah, it is.

Kristin [00:48:39] The goal of all of this that we share, that we talk about your validating feelings. You're holding boundaries, we're shifting to the. Yeah, whatever it may be. The goal of all of this is not to be perfect, to be fair and not 100% of the time are we swooping down to a high level, calmly looking them in the eyes, sitting with them for as long as it takes, while we either hold them and let them know we're validating their feelings just by being there, saying it out loud, That's great. Can we do that some of the time? Like sometimes I do that and I'm like, Cool, that's dope as fuck.

Deena [00:49:13] Not when I've got a doctor's appointment in 15 minutes.

Kristin [00:49:16] We got to go. Not when there's a screaming baby needs to be changed, needs a bottle. So what that looks like or even, Hey, we're making a sandwich. We got to go to school. Okay. This is the example I always, always like to use. We're making a sandwich. We're making peanut butter and jelly sandwiches. We're having a hard time. Okay, Kids over there are having a hard time. We can still be doing what we need to do changing the baby's diaper, making the sandwich and putting shoes on their feet, whatever it is that we have to do, because hashtag life. Thank you. Mark is real. And so we can from afar say, Hey, I see you. I hear you. I'm making a sandwich right now. I've got to make the sandwiches for school. I love you. I'm right here. And then maybe even just give it a break. Right. Keep. Make your sandwich. Let them know I hear you. I'll be with you in. You know, however long it is. 5 minutes, 3 minutes, whatever it takes. Right?

Deena [00:50:07] Yeah. And totally okay for your kid to feel sad, to feel frustrated, to let it out and to cry. You don't have to fix it or not accept is the big thing that expressing feelings, letting them out is actually so healthy.

Tyler [00:50:22] Yeah, I think it's just like human nature, especially as a parent. You like want to make them feel better and you also don't want to hear it sometimes. Right? I don't want to hear crying for 20 minutes.

Group [00:50:31] Right. And that's the other part of those things, I think is something where you want to like swoop in. I'm going to mansplain and cut you up. You want to swoop in and do it like do the thing, like validate the feeling so it can just be fucking over right where it's like, okay, now we're done now. Like, let's move on. We got it right. And so instead. Like one of those things in life let them let it out.

Tyler [00:50:51] In life, like even if you wanted to. Yeah, they're just going to keep going. This is it.

Group [00:50:57] Yeah. And this is so this is healthy and it's part of their brain development right now. Just got to embrace it. Not just got to toddler preschooler.

Tyler [00:51:04] Look for 20 minutes, 30 minutes, 40 minutes. Yeah, yeah. And you just have to be like, all right, well, this is happening and there's nothing I can deal with it.

Kristin [00:51:12] It's really like the feeling that you're getting across in an ideal dreamworld is like, I'm here for you. I hear you. Your feelings are not too much. Let them out, honey. That's the feeling we want to get across. By the way, we're going to fuck up on that a lot of the times. Okay? Like, for sure. But if that's all we can do, then. Dude, you did a great fucking job.

Tyler [00:51:34] Let them now they're good, they're safe, and they're going to let it out. Even from afar.

Kristin [00:51:41] Yeah, I'm starving right now, by the way. Bedtime snacky. I think it's time for us to go back.

Tyler [00:51:46] Do you know what time it's for?

Kristin [00:51:47] What time for.

Tyler [00:51:48] Midnight nachos.

Group [00:51:49] Oh, Jesus. That's a whole nother podcast. With the, like, the chemical drinks where I'm like, I don't know. I love a nacho situation. I just don't know that you should be having nachos at midnight.

Tyler [00:52:01] No, it's just after midnight nachos. It's not every night.

Group [00:52:04] There's not a specific study that I could send you about midnight nachos, but, like maybe trademark, midnight nachos.

Kristin [00:52:12] Okay, Well, this has been delightful, actually. Truly. And if I weren't so hungry, I would keep going.

Tyler [00:52:19] Oh, this is fun.

Group [00:52:20] Frankly, I'm fine. I'm like, I think Deena is exhausted. I'm tired. Her face has is just, like, a frozen smile, Like. She's thinking about what cereal he's going to have when she gets home.

Kristin [00:52:31] Yeah, I'm starving. Little snacky.

Tyler [00:52:34] And I can't have midnight nachos.

Kristin [00:52:36] Thank you for joining us on after bedtime. We love you, bitches.

Deena [00:52:40] This has been great. And clearly, clearly, we cannot cover all that we want to in just this episode so you can find more at big little feelings dot com and be sure to follow us on Instagram and Facebook at big little feelings.

Kristin [00:52:55] And if you loved this episode and I'm sure you did because let's be honest, this was a great episode. It was so fun to be sure to listen and follow After Bedtime

with Big Little Feelings. An Audacy podcast on the Audacy App or wherever you get your podcast.

Group [00:53:09] We love you, we love you. We can't wait to do it again next week.

Deena [00:53:13] See you next time.