

## Episode 22 - Q&A

**Deena** [00:00:04] Back by popular demand. An entire episode devoted solely to your burning questions that you've submitted. Everything from parenting to personal. It'll be helpful. It'll be fun. Let's do this. Let's get weird.

**Kristin** [00:00:21] Finally, here we are. It's after bedtime. The kids are asleep and it is time to get down. I'm Kristin.

**Deena** [00:00:28] And I'm Deena were the duo behind the ever popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

**Kristin** [00:00:35] 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. Bestie.

**Deena** [00:00:49] Hiya. Hey hey hey. Hi. Welcome to after bed time with Big Little Feeling.

**Kristin** [00:00:56] Welcome to the show.

**Kristin** [00:01:00] I don't feel like I have that kind of voice. I feel like I'm trying, but it doesn't sound like yours. Yeah. You have a really? Well, you've, like, a therapist voice, too. Is that what it is? We have, like, very soothing.

**Deena** [00:01:11] Yeah. Pretty much every client ever has been.

**Kristin** [00:01:13] Like, soothing.

**Deena** [00:01:14] After the first few times you like, your voice is really soothing and calming.

**Kristin** [00:01:18] It is.

**Deena** [00:01:19] Like you may not think that, but I think that—

**Kristin** [00:01:22] I think that. I think most people think that. I think so it feels like it, I don't. Are you referring to the, quote unquote trolls, if you will like.

**Deena** [00:01:30] 100% the ones that everyone tells me to just ignore? Yeah. No.

**Kristin** [00:01:37] Do you remember the very first that I did? We I think we've already said it on this podcast. Actually, we only had like, I don't know, this is not only about 5000 or 10,000 followers.

**Deena** [00:01:46] It was right at the of early days. And it was the.

**Kristin** [00:01:49] Very first one that we ever saw. Yeah. Do you want to share? Do you want me to share it?

**Deena** [00:01:54] Yeah. No, I opened it. And the only thing that it said like is, do you know, your voice makes me want to jump off a bridge? And I was like. Oh, okay. Well, second of

all, like, I didn't ask for this. Oh, that's ask for this. Well, I'm just trying to help with tantrums. I'm sorry.

**Kristin** [00:02:16] So when you say that, I think most people find your voice to be very soothing. But we do get accosted every now.

**Deena** [00:02:22] And then when we don't ask for it.

**Kristin** [00:02:25] You know, like, why are your teeth that way? You're disgusting. And I'm like, what? I did just mean I didn't.

**Deena** [00:02:31] They just look like.

**Kristin** [00:02:32] My teeth are the one thing that I thought was like pretty low on that totem pole.

**Deena** [00:02:38] I have a whole other list of things that I loop on.

**Kristin** [00:02:42] A whole slew before teeth.

**Deena** [00:02:42] The teeth weren't on there, but I guess now they are.

**Kristin** [00:02:44] Now I have to put that great top of mind. Okay. Anyways. Hi, Deena. How are you.

**Deena** [00:02:48] Doing? I'm good, I'm good. Hey.

**Deena** [00:02:52] You know what? What? I've got a new thing going on in my world. Okay.

**Kristin** [00:02:55] Tell me.

**Deena** [00:02:56] My husband and I have started couples therapy. Welcome!

**Deena** [00:03:00] I know, I'm really Excited. I'm really liking it so far.

**Kristin** [00:03:03] How is it going?

**Deena** [00:03:05] Good. And I mean, backstory. We we did, like, barely any before we had kids. We did a little bit because we're.

**Kristin** [00:03:12] Anyone, by the way. I mean, I feel like we all were like.

**Deena** [00:03:16] Well, there's some wise people who make really good choices.

**Deena** [00:03:20] Yes, they do it before they have kids. And then a lot of us find ourselves in this really messy middle and we're like, oh, man, we need help. Oh, we need some support here. Yeah, but we did a little bit, like, barely any because we were having trouble integrating our two very culturally different families when we were getting married. So we did like a pinch of couples therapy. Okay. But now his parents were in couples therapy. And I'm loving it. Like, I wish I did it sooner, but our marriage was, like, so, so bad for two years.

**Deena** [00:03:51] Get back to baseline.

**Deena** [00:03:52] I couldn't even.

**Kristin** [00:03:54] Yeah, you under two. I mean, where are you going to fit that in? You know, like, how are you going to—

**Deena** [00:03:59] And ironically, I was like, I can't even talk to you. Like I was so mad and resentful. I admit it, I'm the first to admit it, but yeah. Yeah. So anyways.

**Kristin** [00:04:10] Oh my God, I feel like therapy in general, but also couples therapy for me personally, it's like this is not happening when the check engine light comes on or in other situations like the car has exploded right.

**Deena** [00:04:24] On fire. I do like the fire shit, right?

**Kristin** [00:04:28] Like I will never, probably not be in therapy for myself and couples therapy because it's like going to the gym. It's like mental. It's work. Marriage is work, you know, and you have to, like, stay in shape. And when you don't, that it's so much harder to do, like everything. Right? So tell me, tell me details. I need to know everything.

**Deena** [00:04:51] It's been great. It's different than going to therapy just for myself. Yeah. And it's been helpful to have someone else watch us do our patterns in real time. Because I didn't even realize, like, I'm a very self-aware person. Yeah. This is my. You are, I am, yeah, super self-aware. I didn't even realize this one thing that I do. Which I can't wait. I just, I try to solve every problem for him. And I think because I'm a therapist, I can see the root of the problem. And then I can see the solutions. I see some systems we could put in place.

**Kristin** [00:05:24] You're like in the Gottman Institute, says the top for the Four Horsemen. You know, he's like literally.

**Deena** [00:05:28] Yeah, literally. And I'm like, well, actually that is hard for you because you remember how you told me that your mother was x, y, z. So of course it's going to be hard. But what I see we could do is if you just communicate with me and you tell me that you want to go to the gym, I can take the kids. We can plan on this because I got to communicate and I do this whole, whole, like, control, problem solving thing to try and fix. The problem, but that's really not like actually communicating together.

**Kristin** [00:05:53] Yeah, that's not like synergy. That's not like what's the word attunement. That's not not like relational. Yeah I get that I get that. Yeah. Like I could go I go in that direction too, you know.

**Deena** [00:06:04] So my job in couples therapy is, she just kind of, like, puts her finger up to, like, not talk like Deena. Don't talk. And that's my couples therapy. Is Deena holding everything in and not talking for a little bit?

**Kristin** [00:06:16] Is couples therapy just keeping us in check? You know, it's possible. Is that what it is?

**Deena** [00:06:21] It's possible.

**Kristin** [00:06:22] I feel like, well, I've had a few different. We've had a few different ones. And one would really keep only me in check, and I didn't really, you know, love that. And, like, we had to be more delicate sometimes with the person who's not as into therapy, you know, you can kind of tell it was that kind of situation, right? Oh, yeah. Now we have a therapist that really kind of keeps us both in check, which is great.

**Deena** [00:06:45] That's nice. Yeah. That's nice. And in our case, he's into it. He just doesn't have the same skills like the steel.

**Deena** [00:06:52] That's what I mean.

**Kristin** [00:06:53] I was always into it. But like you as a therapist, you can tell where it's like, I can't just check that, you know what I mean? Like, we got a tip toe into this.

**Deena** [00:07:03] Which has been helpful because then there's someone there for him when he hits the wall of self-awareness and he's like, I don't know why I do that and instead of help us along, us who are just like ramming it and being like, why aren't you getting it? You know? Holy. Okay, okay. It's good.

**Kristin** [00:07:24] It's been great. Do you guys have, like, tools and you, like, take stuff? Do you have homework? Yeah.

**Deena** [00:07:28] We have like the tools, which is mostly Deena being more quiet and at home. I do that now. And I'm like, my, this is where I'm just going to stop talking now.

**Kristin** [00:07:42] So good. Actually. Yeah. Really good.

**Deena** [00:07:44] Anyways, we'll we'll circle back on the therapy thing and, you know, parenting together toddlers and children. It's a very interesting experience. And I feel like we have some very fun questions today from our best use. So let's jump into the parenting question.

**Kristin** [00:08:04] Let's do the questions.

**Deena** [00:08:14] Okay. First question is from Megan. How can I help my toddler regain confidence after a big fall at the playground? He knocked out a tooth and there was a lot of blood. He's feeling scared and clingy. I'm here to support him, but I also want to build him back up.

**Deena** [00:08:30] This is so hard.

**Kristin** [00:08:32] This is so hard. This happens in, like, so many various different ways. Like, to us, my middle. They got stuck in, like, a rainstorm, a thunderstorm in the car somewhere. And that was the thing that we really had to work through. Was like, every time getting in a car, just being like. Panic and scared after something bad happen.

**Deena** [00:08:54] Yeah, we added two actually fire alarms going off.

**Kristin** [00:08:57] Oh, yeah.

**Deena** [00:08:57] Just sheer panic after that. About like, oh no. And when it went off and is it gonna happen again? Yep.

**Kristin** [00:09:03] So here's the plan. The first thing is, as parents, it can be really, really tempting to not want to focus on the hard thing, right? Because we want to make this easy and light, and we don't want them to be scared. So it can be really tempting to be like, you're fine. That's no big deal. Like there's no clouds. It wasn't that bad. Like we were all fine. That is not necessarily going to help them. Kind of like process the real fear that they have. Not saying they're traumatized, but they're feeling fear. Pretty obvious. Yeah. We want to help them work through that fear.

**Deena** [00:09:37] Right. And that means embracing not only what happened really, but also what they were feeling. The more we can be like, yeah, you know, that was scary and really name the feeling and talk through it over and over again about how they fell at the playground. And then their tooth came out and that was scary. There was so much blood. And then we cleaned it all up together and we got the tissue. We made it so. So basically what we want to do to really help them in these scary types of situations is tell the story over and over and over again, and you'll probably hear them talking about it. You'll probably even see them playing through it. This is actually is a child therapist. This is healthy. The more we can talk about it, tell the story and work through it, the better it is for them.

**Kristin** [00:10:27] And we really don't want to shy away from either piece, by the way, which is the emotional piece, but also the logical piece. And I feel like sometimes we lose sight of the logical piece, but we really we really want to be connecting sort of their logical brain with their emotional brain because the kids can feel really scattered. We want to connect the whole experience together to make this feel like a whole thing. So like Deena was saying, you're narrating literally what happened, right? Not even the emotion of like, first you fell down, you hit your foot. It was on the wooden floor, really describing those sort of logical details, if you will, and then connecting kind of the emotion behind it. You must have felt scared. How did you feel in your body connecting those two? And the more you can kind of process that information together, the more they can sort of move through it and understand that this was just a moment, and now they can kind of keep going and move past it.

**Deena** [00:11:20] Exactly. Because the way we can build them back up is actually by helping them feel safe and funny enough, you help them feel safe when you acknowledge the emotions with that logical piece. Together we make sense of it, and that's what feels safe, so that eventually they feel safe enough to get back out there and we're not going to pressure them or push them like, you got to go try it again where they're safe place, they can stay with us until they feel ready. They can watch while they're with us about, you know, the other kids playing on the playground. And then when they feel ready, they can inch their way back out there.

**Kristin** [00:11:55] And if it's like my situation where you have to get in the car seat, whoa. It's just really hard, right? I mean, you're just all you can do is let them know that you're there for them. We are safe. There are no clouds in the sky. That was really scary, wasn't it? Right. We're not diminishing. We're just going to help them through those moments. Because I think everything we're doing right now is setting them up for success later on in life. So when they are an adult and when a scary situation occurs, or when they are really triggered or whatever it is, we're going to want them to process it. It's actually not going to be very beneficial to them to be like, you know what? You're being dramatic. You're fine. Kristin, no big deal. Yeah, we're fine to have it down. Not going to work, right? We all know that. Now.

**Deena** [00:12:36] What we want is for them to be able to be like, oh, this feeling I'm having inside, I'm scared. How can I actually help myself feel calm? Remember that I'm safe right now and regulate back down.

**Kristin** [00:12:48] Yeah. And the only way you do, even as an adult, like I'm feeling nervous. I'm feeling angry all of a sudden, oh my God. And then replaying sort of the logical parts of what is happening, mixing it with the emotion. It's called processing it. Yeah. And we're teaching them that.

**Deena** [00:13:02] Exactly.

**Kristin** [00:13:03] See, crazy amazing pressure of parenting. And we can do so much with just a little tiny thing. Tell the story. Yeah. And you literally can set up your kid for, like, hard moments forever.

**Deena** [00:13:14] Exactly. Awesome. It's cool. It's awesome.

**Kristin** [00:13:16] Next question. Okay, Brianna wants to know. Hey, boo boo boo boo. What's your current go to dinner when you're totally out of gas and just barely functioning? Deena, I don't know if we all want to hear your answer.

**Deena** [00:13:33] I'm seeing so many of my iterations just appearing in my mind now. Some have been really interesting.

**Kristin** [00:13:39] Okay, maybe you're going to make me feel better.

**Deena** [00:13:41] Okay. I mean, the, like, in the hardest times. Yeah. I've literally just put a tortilla on a plate with a string cheese and some frozen blueberries and then like here you go. Yeah, we've all done that. We've all done. Yeah. Okay. But recently, I would say my recent go to one is probably frozen pizza. And these, these frozen meatballs that I just throw into the.

**Kristin** [00:14:04] Oven, I feel like that's a step up from survival mode for me. And that's okay. Like frozen pizza. It's like you have to have planning. That's true. It takes time.

**Kristin** [00:14:15] The oven needs to be heated, you know, and when you have a baby on your hip, by the way, which I know you're a little bit more out of that stage, but not really. It is hard to do the, like bending over and then this and like the multiple things like it just is like, that's an elevated. I just want everybody to know that's an elevated. Oh yeah. Elevated meal.

**Deena** [00:14:33] Like, remember when I had the baby? It was a tortilla.

**Kristin** [00:14:36] Okay. Yeah. Plate. Yeah. Yeah. What else are we rocking? Frozen pizza. Frozen meatballs. Which I love. Frozen meatballs, grilled cheese.

**Deena** [00:14:43] One of my go tos. I have a device. I forgot to tell you this. I found this thing at target gram.

**Kristin** [00:14:51] You put it on Instagram. You shared it with, like the waffle maker or something, that you were gonna make a grilled cheese.

**Deena** [00:14:59] That worked well until I literally broke the waffle machine from doing it so many times. Because it's not meant for bread. But we have a device. When I went to buy a replacement, eventually I found at target a literal grilled cheese press. Okay? And it's perfectly square with like a little triangle divider. Even in the middle, you just put the bread in the cheese, push it down. You're done. You're done.

**Kristin** [00:15:22] This is hot. You will see. This is helpful. Like you have figured some things out and like maybe you can help us.

**Deena** [00:15:28] Yes.

**Kristin** [00:15:29] You know what I mean. Wow.

**Deena** [00:15:30] One of my faves.

**Kristin** [00:15:31] Next. Anything?

**Deena** [00:15:33] I would say another go to when I'm just totally drained recently is like chips, carrots and hummus. Oh, that's a nice little balance.

**Kristin** [00:15:41] Yeah, there's some protein. I love that we could do that. Yeah, I feel like mine. Waffles. Waffles is great. And usually we put some yogurt on top so that it has some protein. Except now we have allergies. So meal times.

**Deena** [00:15:53] Also, can I ask a question? Do you do, like plain Greek yogurt? My kids just have never gotten into that.

**Kristin** [00:16:02] Did you do it with something else? Because they will not eat plain Greek yogurt on its own, but they will do it lightly dusted on top of a waffle, which I feel like really boosts the protein.

**Deena** [00:16:11] I'm going to try. I haven't tried that on top.

**Kristin** [00:16:13] Put some sprinkles on top of the yogurt because like, make it a party. You make it a party and sprinkles don't stick really that well to like butter and syrup. So they're like a little more motivated to choose the yogurt, you know, really see the sprinkles.

**Deena** [00:16:27] Talk about figuring some things out.

**Kristin** [00:16:31] When you talk about survival mode, I got you, boo. Oh, I love a waffle. I love if I'm a little on the cusp of survival mode. Breakfast for dinner. Okay, so, like eggs, throw a hashbrown in the air fryer. Again, this is a little more aggressive, but like, yeah, that's a go to love a rotisserie chicken okay. Rotisserie chicken. All day long my kids will tear apart a rotisserie chicken. And it's already done for you.

**Deena** [00:16:54] Can I just say look at how far you've come? When I first you went, when you first became a mom, you couldn't cook an egg.

**Deena** [00:17:00] Look. No, I could not look at you. Hey. We're celebrating. Thank you. Proud of you. I see that growth. Wow.

**Kristin** [00:17:08] Oh. That's nice. I can make breakfast. Really? Well, I can even make bacon. Like, I've got that on lock and it's their favorite thing, so I'm not ashamed of it.

**Deena** [00:17:16] I'm very proud of your eggs.

**Kristin** [00:17:18] I'm sensing a pattern now. Like they eat a lot of it. But you know what? My husband cooks, so it's fine. Yeah, I can set.

**Deena** [00:17:25] I'm the cook in my house. Yeah. And you've got one.

**Kristin** [00:17:28] Your husband, though, he like when he does cook, he will cook a meal.

**Deena** [00:17:31] That's true. He's he's really like. He can get in in the kitchen these days to lighten or even the load. Really. And bless.

**Kristin** [00:17:39] I don't understand how like good for him.

**Deena** [00:17:41] Do you remember I said couples therapy?

**Kristin** [00:17:43] Plus I think I can go to couples therapy for like, I'm willing to. You know what I mean? I just physically can't cook food.

**Deena** [00:17:50] I don't know, you learn how to make an egg. So I'm pretty hopeful at this point.

**Kristin** [00:17:54] You know.

**Deena** [00:17:54] Baby steps. You keep crushing breakfast. Okay. Next question, next question. This is from Jimmy. Every time I take my kids who are six and four into a public place, like a store, a restaurant, etc., they immediately go wild and start chasing each other, pulling on each other's clothes and limbs, tackling. Each other. Etc.. Why does going to a public place trigger this? And how can I make them be more calm and civilized in public? I'm laughing because I'm thinking of all the chaotic restaurant experiences.

**Kristin** [00:18:28] I'm thinking of my own kids going to dinner with you and your kids now.

**Deena** [00:18:30] Yeah.

**Kristin** [00:18:31] That's like it really was like there was a time when I'm like, the the clothing pulling. And that's at this point.

**Deena** [00:18:36] That they're running around.

**Kristin** [00:18:38] It's like, oh, I've been there with you at the rotisserie chicken place.

**Deena** [00:18:42] Yes. Oh my god, you remember that.

**Kristin** [00:18:44] Great, I had so much fun.

**Deena** [00:18:46] They were fighting each other to both get in mommy's lap?



**Kristin** [00:18:48] Yeah, the whole time I think I want to start with. Like as the observer. Because I don't know that there's always a gender thing. This is just between my family and your family. How? I have two girls that are four and now seven, and you have two boys. But I will say my girls don't necessarily have that problem, right? They will. They can sit down and like, go to dinner. That's one thing we can do. A little baby boy, maybe not so much. But back in the day when it was just that and it was you with your boys, I don't, I have to say, is the person who has the kids that are running around and pulling on the shirt and whatever, it feels so big and it feels like such a problem. And to the other person or the people in the restaurant, it's nothing like it looks like joy. It looks like fun. Like, I like that they're laughing. I love this, this is so fun. So I think that's the first thing to keep in mind. Take the airplane rule. No one really cares that your kids are going nuts. Like it's true. If they do, they're not really, you know, like kind of assholes. So, like, I've never seen kids have joy in a public place and been like, oh, keep those kids. You know, like, I smile, you know? Yeah. It's only big to you is the first thing.

**Deena** [00:19:58] I love the meme that's been going around about like, before you were a parent. You kind of, like, judged everyone like that in the restaurant, and then you became a parent. You're like, oh, this is this is how it is. Great. You know, I'm having fun.

**Kristin** [00:20:11] This is great.

**Deena** [00:20:12] Exactly. I mean, I want to tackle the why. First of all, kids get overstimulated when they're at restaurants. It's loud. There's a lot going on. We're waiting for food, which is really hard, by the way, when you're a kid, there is a lot happening. And this is a perfect recipe for getting overstimulated, which means like overactive and wild and jumping around.

**Kristin** [00:20:34] Yeah, they're excited too, by the way, right? They're excited. And then it's like, oh no, you need to sit still.

**Deena** [00:20:39] And you bring up a good point about the sitting still thing. That's a really important piece, because society as a whole has a very unreasonable, developmentally inappropriate expectation of how long small children should be able to sit at a table for. And when you really get into it, you know, it's reasonable, what, one minute per year? Okay, so when they're two, we can expect reasonably two minutes still at a table for four minutes still at a table.

**Kristin** [00:21:13] Oh, that's not easy to hear is it?

**Deena** [00:21:14] Not easy to hear.

**Kristin** [00:21:15] So even when you're thinking about dinners at home, let alone dinners out. This makes sense. Yeah. Right. So I think some tips. You kind of can't make a kid sit for an hour at a restaurant. It's really hard. You can bring a lot of different things, like fidget toys and Play-Doh, and you just keep coming it out like that's a great one. You also might have to take them outside while they're ordering, right? And then you sit down like when the food is there. That might be this phase of life that you are in right now, and there's nothing wrong with that.

**Deena** [00:21:47] Right. And when they get to this four and six area, a helpful thing to do is kind of prep them ahead of time as you're driving. There's going to be a lot of people we're going to have to wait for food. This can help them stay a little bit calmer sometimes when

they know what to expect and what they're walking into. And we're going to have to be very realistic about taking those breaks. And personally, I do something once in a while when I really just need a moment. If we're at a restaurant that I promised myself I would never do as a parent, and I take out the iPad and I watch people judge me and like, I get like dirty looks once in a while. When I do this, it's not all the time that I'm doing it. Yeah, but sometimes I just need a break.

**Kristin** [00:22:30] Yeah. You know, I think that all the time. Sometimes we'll see people and we'll be in like at the restaurant and it's chaos and whatever. And I'm like, Mom and Dad look like they're really connecting and they're having a good time. And I think that there's a happy medium and there's a balance, right? Because you can feel so badly about something you're doing, or somebody else can judge you so badly about what you are doing. And in the end, it doesn't really matter what you're doing within reason. It's probably not going to fuck them up developmentally forever unless you're doing it literally every single time, day in and day out. And even then, we can work on it, right where maybe you got into a rut where they have to have an iPad every time they eat. We can work, but not no big deal. They still didn't ruin them like we're fine. But best case scenario, we're doing this some of the time because you know what? Your peace of mind matters. It matters when you're sitting down. And maybe today, today's iPad day at the restaurant. And maybe the next time it's not the time for the iPad.

**Deena** [00:23:25] Exactly. And it goes in chapters like it's going to change. This is not forever when they're little like this. And I can tell you from the time we've been at the chicken restaurant, oh, chicken Pure Chaos two. When we went out last week, my husband and I looked at each other and we're like, this is different. Yeah, this is different from when they were really little.

**Kristin** [00:23:44] I am back in the phase, by the way, because we still try it. The 15 month old. He will not. Do anything but be on top of the table.

**Deena** [00:23:55] You texted me recently, not only was he on the table, but for one straight hour. Took a fork and jammed it into the water. A cup of ice?

**Kristin** [00:24:04] Yeah, in the water he would do, sloshing it around, sitting on the table. You know, people are horrified. Like you can't even pull out an iPad at that age. You know what I mean? The only thing you can do is just, do what you got to do. Yeah, I'm in it again, and that's okay.

**Deena** [00:24:18] You sure? I think I might be in it for a while. It's going to be a different experience.

**Deena** [00:24:21] You can do what I've done, like two times where Mike and I are just like, I know we just ordered. Pack it off.

**Deena** [00:24:26] Yeah, we're going home to do that.

**Kristin** [00:24:29] Probably just because I let him sit on the table and go with the water. But God forbid, if I would have taken him off, we would have had to leave because he'd be screaming, is that off? You know.

**Deena** [00:24:37] What we're saying is it's hard and we're all doing great. You know, we got to support each other.

**Kristin** [00:24:42] It also won't be forever. This is just a phase. And I do think that some other societies really do take kids into the equation is the other thing where, like at restaurants and at different events, like the kids are really an equal part of this experience. And so I think when you go to different countries, like the kids are running around, the kids are a little crazy and it's just fine because the parents are sitting there enjoying their dinner for like hours. And it's just part of the culture.

**Deena** [00:25:08] Exactly. It's just part of the culture that of course, kids are going to be.

**Kristin** [00:25:12] Kids are going to run around. That's cool. Like, we don't mind, we're eating dinner.

**Deena** [00:25:16] We don't have that quite as much, that's for sure.

**Kristin** [00:25:18] Yeah. So you know what? It's gonna be fine. I'm fine with my kids just, doing whatever. I'm actually fine with it, but my husband has more because it's also been ingrained in us. Right. So it's like his literal instinct to be like, stop. Stop doing that, to just and like, look around, you know, and I'm just like, bro, you know, do we really care this much? I don't know.

**Deena** [00:25:49] Yeah. Okay, I feel good. My kids are kids. No, they're kidding like they're supposed to. You know, I'm parenting. This is fabulous.

**Kristin** [00:26:07] That's right. I think you and me and our husbands and all the besties, we're doing a really good job.

**Deena** [00:26:14] We really are. We're doing a really good job.

**Kristin** [00:26:17] Like, if our problem is that our kids are running around at a restaurant. You know what I mean? Like, we're doing great.

**Deena** [00:26:22] I agree, we're doing great. You know, I'm proud of us.

**Kristin** [00:26:25] Me too. I'm also proud of us for not talking this entire episode about Bravo. I should say, for myself. I'm proud of me, you know, because all I'm thinking about right now. Yes, is wrapping this up. I love you, and I love the besties, but, like, I really I really am into Housewives of Beverly Hills right now. And it's just sitting there waiting. Okay? Waiting.

**Deena** [00:26:46] I didn't know there was a new season.

**Kristin** [00:26:48] Deena. Oh, Deena.

**Deena** [00:26:50] How do I catch up on five seasons?

**Kristin** [00:26:53] I just need you to get in it. Because my husband, now that he's, like, in a lot of therapy now, he'll sit there and he'll watch the housewives. And you would love this, I hate it. He sits there and he's like, I'm anxious avoidant. I see what she's going to do. I see what she's about to do. And then I'll be like, we're overthinking right now. I just need, you know, whatever. And then he'll be like, watch. She's about to push her away. She's what she wants is she wants to watch me right now. Watch her do this. She's going to say, I

don't need you anymore. And then she does it. Oh my God. I'm like, oh my God. You and Deena need to go watch the Housewives and start like, a podcast about that, because I'm here to turn my brain off. Right. You know what I mean, right? You know what I mean?

**Deena** [00:27:34] I mean, I would gladly do that with him.

**Kristin** [00:27:36] He would love it. I think you would love it.

**Deena** [00:27:38] I'd be happy to. And this is why I watch reality dating shows instead.

**Kristin** [00:27:42] Do you do it when you watch reality dating shows?

**Deena** [00:27:44] Actually, no. I turn I like mostly turn off and I'm like, give me the drama.

**Deena** [00:27:49] Overanalyzing.

**Kristin** [00:27:50] Okay, good. We can do it together.

**Deena** [00:27:51] Surprise me. Yeah. Totally. Totally.

**Kristin** [00:27:54] Oh my God, she's pushing her away. Look at that. You know, you know.

**Deena** [00:27:57] I think sometimes it's hilarious. People think that, like, once you're a therapist, you're constantly, like, analyzing everything, but like, really, you're just a person, you know, you can turn it off and just be a person.

**Kristin** [00:28:08] Like I said, a playground. You know, I like the amount of people that will come up to me at a playground and be like, I'm so sorry. It's just that, you know, she's hungry and I'm like, girl, I'm not watching you and your kid or like, analyzing anything. Like my kids over here eating leaves off the ground. You know, we're just trying to keep him alive in this stage. Like he's about to jump off a rock like you do. You? Boo. There's no there's no, like, thinking on overanalyzing anything that's happening around us.

**Deena** [00:28:35] Not a thing. Not never.

**Kristin** [00:28:36] So it's just my husband.

**Deena** [00:28:37] And you know what? I'm really proud of us for staying up this late. By the way, I think we're doing a good job dying. We got to go to bed, I die.

**Kristin** [00:28:46] It's felt good until, like, the second I mentioned the housewife.

**Deena** [00:28:49] Lets go tuck you in.

**Kristin** [00:28:50] Okay? Okay. Do you want to stay for, like, five minutes and watch housewives for five minutes and see if you like it?

**Deena** [00:28:55] I'm in.

**Kristin** [00:28:56] Okay. Thank you. Bestie. Let's go watch Housewives. If you don't watch Housewives, I don't know. The Crown. The Bear. What do people watch? Yeah, let's go do that.

**Deena** [00:29:04] Beef.

**Kristin** [00:29:06] Did you watch beef? I did.

**Deena** [00:29:08] You know, we're going to keep going. We got to get you inside. We got to go. We got to get. We gotta go. Okay. Besties. We love you.

**Deena** [00:29:13] See you next week. We love you.

**Kristin** [00:29:19] If you are struggling with toddler or preschooler tantrums, push back discipline, picky eating, just all the confusing things. This podcast we can only scratch the surface if you need help. Our course Winning the Toddler Stage is here to help. It is aptly nicknamed the Toddler Manual because it truly has every single thing you could possibly struggle with under the sun between the ages of one and six within one course, we're not going to do a bunch of workshops. You have to buy the Sleep Guide and the picky Eating guide. I know this guide. I know that guy. Know everything you could possibly need for ages one through six is all in this one course. We were never meant to do this parenting thing alone. You deserve to have help. We are here for you. You can find that course at [Big Little feelings.com](https://www.biglittlefeelings.com), and be sure to follow us on Instagram and Facebook. At Big Little Feelings, we give free tips every single day. They might change your life with one free tip.

**Deena** [00:30:23] Thank you so much for being here with us. This has been an Audacy production, executive produced by Lauren LoGrasso, produced by Daniela Silva, edited by Bob Tabbador, theme music composed by Liz Fall, then studio lighting designed 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.