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Kristin:

Big little bestie, welcome back to After Bedtime with Big little Feelings. Oh, my God. Today's episode is just a gaggle of mom friends and dad friends hanging out, chit-chatting, laughing, joy. I just feel like we need a little bit of fun. We need a little bit of joy. So today, we're just talking mom trends. We're just here to laugh our ass off for an hour and escape and just have fun. My husband, fan favorite, VP Hype Squad is here today and he is mansplaining all of the 2024 mom trends that we love and that men maybe don't understand.

Okay, besties. Real quick before we get started on mom trends, and I'm telling you, this episode is the funniest one I think we've ever done. Please do us a little favor. Hit the Follow button wherever you're listening to this podcast. That could be Spotify, that could be Apple. Taking two seconds to hit the follow button helps us on the back end, so, so, so much. And when you hit that follow button, we get to book better guests. We get to make a better show for you. So, please, take one second, hit that follow button. Let's talk mom trends. Right on into it.

Tyler:

Hey, ladies.

Deena:

What's up?

Tyler:

I'm so stoked to be back. It's been a while.

Kristin:

Been a while.

Deena:

We missed you. Welcome back.

Tyler:

I missed you, guys. I haven't seen you guys this entire time. I've just been-

Kristin:

You haven't seen me.

Tyler:

It's like I don't see you guys unless there's a podcast.

Deena:

I just want you to know that Kristin and Tyler are married.

Tyler:

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We are married. We live together, we are married.

Kristin:

We raise children together.

Tyler:

We raise children-

Kristin:

Yeah, in the same home.

Tyler:

In the same house. Same kids. But it's nice to be back. I'm really excited about it. You guys have got new headbands on New Year. I love it.

Deena:

Thank you for noticing.

Kristin:

Is that new, Deena?

Deena:

Yeah, this is new. And if you want this headband, you can just type into Amazon, fake Gucci headband, and get a three-pack for yourself for \$12.

Tyler:

Perfect.

Kristin:

Bestie, what I'm looking at is frankly an exquisite headband. I would not know that that's a fake Gucci headband, to be honest with you.

Deena:

Thank you.

Kristin:

Doesn't that look really refined like she should be on a yacht?

Tyler:

No, it's really nice.

Kristin:

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Wow.

Tyler:

Yeah. Season five of secession right there.

Kristin:

Yeah, I saw it. It felt right. Mine is from Target, obviously. I mean, not that anybody-

Deena:

It is gorgeous.

Tyler:

Yours is black with black jewels on it. I really like it. And they both have this little top knot. That's the thing going on, I guess. Is that on-trend?

Kristin:

This is why you're here.

Tyler:

Is that on-trend? Is that a mom trend?

Kristin:

You tell us. Spent two minutes complimenting our headbands.

Tyler:

Yeah, I like them.

Kristin:

Are you really going to mansplain? Because are you really a mansplainer? I feel like that's why you add so much to the podcast and the besties really love you. A, a lot of people say you have John Krasinski... Am I saying his name right?

Tyler:

Yeah, I think that's it.

Kristin:

A lot of people say you have his voice.

Deena:

Oh, wow. Whoa.

Kristin:

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It's a big one. I've known you for years and it's just clicking now. That's wild.

Deena:

I don't hear it, but maybe I don't know his voice well enough.

Tyler:

You can't hear your own voice. Anytime you record yourself and you hear it, you're like, "Ugh."

Kristin:

Now I can't unhear it. Now that you say that. Number two, is you don't mansplain [inaudible 00:03:24] which I love about you.

Tyler:

I just like to observe. I just absorb what's going on in the momsphere, and then I explain it to you. But it's not mansplaining, it's describing the situation for you.

Kristin:

I think what it actually is, because now that I think of it, when we go to couples therapy, we do talk about how you need to listen more and you need to validate more.

Tyler:

Yeah, it's true.

Kristin:

We both do, by the way. Actually, I do too. I think it's more that you're the most supportive person on earth. So especially for the moms, because you just think moms, and we are rock stars and superheroes, we could do the most minuscule things, and you're just like, "Oh, my God. You did that." I can't-

Tyler:

I'm just mostly impressed at all times.

Kristin:

That's it.

Tyler:

I think that's what it is.

Kristin:

Supportive and impressed.

Tyler:

Because I'm like, "Man, I could not do that."

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Deena:

Kristen, you know what you sounded like though?

Kristin:

What?

Deena:

You sounded like a boomer mom just watching any dad do anything, just be like, "Oh, wow. Look at you holding that baby."

Kristin:

Yeah.

Deena:

And they're just like, "Wait, holding my child?" Yes, I agree. I think Tyler is for the moms, what all of society is for dads.

Kristin:

Yeah, exactly.

Deena:

When dads brush a child's hair and they're like, "Oh, my God. You're such a good dad. I can't believe you brush their hair," or they take them to the park and they're on their phone the whole time, like, "Oh, my God, you took your kid to the park today? Holy shit." But you do that for us-

Kristin:

Exactly.

Deena:

And we should all just be doing it for each other.

Kristin:

We need that. Yeah.

Deena:

Yeah.

Tyler:

I think you guys all need to be doing it. All moms just need to support all moms.

Kristin:

Yeah. That's right. Right. Well, and also, I mean, everybody on earth just supports us moms, right?

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Tyler:

Yeah.

Deena:

Yeah.

Kristin:

Speaking of moms, can we just dive into these trends? Because you know I'm not up on the trends, so I'm so curious what's going to happen here.

Tyler:

I'm curious of what's real life and what is Instagram, what's trendy.

Kristin:

By the way, I think I put together this list, so when I say mom trends, take that with a grain of salt, because I'm just going with what I'm obsessed with, honestly.

Tyler:

Take it with a chunk of salt.

Kristin:

You're pretty tuned in. You always know the viral sunscreens and stuff, so I trust you.

Tyler:

Viral sunscreens.

Kristin:

So true. If I know nothing else, it's viral sunscreens.

Tyler:

I don't even know what that means.

Kristin:

Okay. I should have put sunscreen on here. Oh, shit-

Deena:

We still can. It's not too late. Let's go.

Kristin:

All right, bestie. Let's do this. Okay, we're not going to start with sunscreen, but honestly the best sunscreen is what? Go ahead.

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Deena:

I don't remember.

Kristin:

[inaudible 00:05:54]. We all depend on me for this, right? You even take-

Deena:

Kristin, you know I panic under pressure.

Kristin:

Okay.

Tyler:

It's the Go PLAY one, right? Is that what it's called?

Kristin:

Supergoop?

Tyler:

Supergoop.

Deena:

I was going to it's the best.

Kristin:

I was going to say... Yeah. Okay.

Deena:

It's the best.

Kristin:

We're not sponsored by this, by the way, but we should be because it's the best.

Tyler:

It's a deodorant stick for your face and it's so easy to use. I love it.

Kristin:

It's so easy. What's the other one though? What am I missing? What are the ones-

Tyler:

I like the one with the monkey on it.

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Kristin:

Oh, Tubby Todd. Tubby Todd is good too for the kids. If you really want just a straight-up mineral, Tubby Todd all the way.

Tyler:

Yeah.

Kristin:

All right, let's get into the trends now. I had to say it.

Tyler:

Let's do it.

Kristin:

Okay.

Tyler:

Ready.

Kristin:

Take this with a grain of salt. Again, I put this together and very rude people on the internet don't think I have... I'm not fashionable or on-trend, but for some reason, I do follow the ones that work for me and I become obsessive. So that's what I put on this list is the things that work for me that I think most moms right now, if they follow... Not follow. What's the word I'm looking for? We get carried away by trends, if you will, but what's the word I'm looking for?

Tyler:

It's a trend spiral. I feel like right now-

Deena:

Swept away?

Kristin:

It's a better word-

Tyler:

Moms go nuts these days if there's a trend. There's reels and memes. If it's trendy, then you're going to know about it.

Kristin:

What's a better word for spiral though? I'm latching on, what's a better word?



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Deena:

I was going to say swept away and that's not better.

Kristin:

God, what's a... Okay. Fine.

Tyler:

Enmeshment.

Deena:

Enlightened by trend?

Kristin:

I like it. I like having it. All right. Number one on the list is obvious. Stanley cups. Go.

Deena:

Stanley cups.

Tyler:

It's definitely Stanley cups. That's the number one mom trend.

Deena:

I now own one.

Kristin:

Do you have one now?

Deena:

I think you sent it to me. I'm going to be honest. I'm pretty sure it's because you sent it to me. But, yes, now I do have one. Have I used it? Not yet.

Kristin:

Deena does not follow... You don't follow trends, I feel like, in a good way, everything will come back around. The side bang, the leggings outfit. There's no need to shake things up and I feel like that's-

Deena:

I'm just going to stay comfortable.

Kristin:

You stay you.

Deena:

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I just stay me.

Kristin:

Yeah, you really don't-

Deena:

Yeah. But I love watching the trends for everyone else. Stanley cups has been a joy to watch.

Kristin:

Okay.

Deena:

They're gigantic.

Tyler:

No, they're so big. I love the reels about people will use a five-gallon jug and put a handle on it with a straw. Love it.

Deena:

I saw the trash bin one recently.

Kristin:

Yeah.

Deena:

With a rake as the straw.

Tyler:

That's so good. Love that. No, I get it though. I used one for the first time yesterday. Surprise, guys. Yeah. You know why? It fits in the cup holder.

Kristin:

Did you do that because you knew you were coming on this podcast?

Tyler:

No. Really, I didn't. I needed something to put my tea in for the road.

Kristin:

Okay. You bring up a very good point.

Tyler:

Road tea.

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Kristin:

The cup holder.

Tyler:

Cup holder.

Deena:

I might use one now.

Kristin:

Weight distribution is unparalleled. Okay?

Tyler:

No. I don't like it.

Kristin:

Wow.

Tyler:

I don't like any of the ergonomics. I literally just used it for the cup holder.

Kristin:

Okay.

Tyler:

Listen, I am another brand-name one that is a large bottle with a little sippy cap on it. Love that. I don't know if I can name it. Can I name it? It's Yeti. I use Yeti.

Kristin:

We're not sponsored.

Tyler:

Okay.

Kristin:

We are, but we're not.

Tyler:

I like a large Yeti because I love to hydrate all day and it has a little sippy cap on the top of it. Love it. But it just doesn't fit in a cup holder.

Kristin:

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Well, I think, first of all, water bottles, correct me if I'm wrong, are because we like to hydrate all day.

Tyler:

No, not true. Moms be loading it up with diet soda all day.

Kristin:

No, they do not.

Deena:

No. Mine's a green juice if I had one.

Tyler:

See? See? I feel like Stanleys are not water-based.

Deena:

What?

Kristin:

We're going to put a poll on our page because-

Tyler:

We're going to poll. What do you put in your Stanley cup? Because it's not water.

Kristin:

It's for sure water.

Deena:

It's water. There's nothing but water.

Tyler:

I would say only 50% of moms are using it for water.

Kristin:

It's too big for wine. It's too big for juice. It's too big for any other beverage.

Tyler:

You put an herbal tea, you put some [inaudible 00:09:39] people loading them up with Diet Cokes.

Deena:

I'm going to say no. You're wrong.

Kristin:

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Vetoed and you're wrong.

Tyler:

I'm so right. This is where the mansplaining comes out.

Deena:

It's happening right now and I'm feeling it in my bones.

Kristin:

We're going to put a poll up, but I really do want to get into what you said before that, because I feel like that's the biggest distinction. Why do men want things to be hard? Why do you want your water bottle to have a twist-off cap and it needs to be so inconvenient? Really big, bulky, and have a twist-off every time you take a sip of water, that's what the men use. And women, we like it to fit in the cup holder, and when you need a sip of water, you just take a little sip out of it. It's ready.

Tyler:

That's the point. You're taking little teeny sips, you're taking little sips.

Kristin:

So a man likes to... You open it up-

Tyler:

I want to be overwhelmed by my water intake.

Kristin:

I don't. I don't.

Tyler:

I do not feel like I'm being hydrated unless it's like I feel like I'm drowning.

Kristin:

I think that's a bad thing. Yeah.

Tyler:

I think it is. I think it is.

Kristin:

Okay. Deena, how do you like your water? I know the answer to this. It's so obscure and it is so specific.

Deena:

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I can't even say it. I'm so ridiculous. I like my water out of a green glass water bottle that I carry around at all moments with me just like this one that I'm holding it here. It was behind the pillow. Surprise. I've got it with me.

Tyler:

Who's hiding it away?

Deena:

You didn't see it. You thought I didn't have it? I have it. And the preferred temperature is... This is the part that kills me. Just neutral. Room temp. Yeah.

Kristin:

Room temp. Yeah.

Tyler:

That's wild.

Deena:

Lukewarm.

Kristin:

Not an ice cube?

Deena:

Please, never. Never. Never.

Kristin:

Yeah. Wild. Right?

Tyler:

It's half European over here.

Kristin:

Yeah, I know.

Deena:

And I just refill this. I have a filtered water thing at my house. I just refill it all day.

Kristin:

You don't even buy a new one?

Deena:

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I do every few days. And then I recycle this bottle, because I love the earth and that's where I'm at.

Tyler:

I feel like that's such a dangerous game to have a glass water bottle.

Kristin:

Tyler, when we go on airplanes and she has a glass water bottle and a coffee cup with no lid. There's no lid on the coffee. And usually, by the way, I think the glass water bottle has no lid a lot of the times, by the way. It's just open.

Deena:

Yeah, I lose them most often.

Kristin:

It's so risky.

Deena:

People think that I'm a very type A, organized, uptight, if things aren't clean and I don't have the top... No, no, no, no, no, no. This is where I'm very confusing. I like things a very specific way, but that also means no top on the water bottle is how I like it.

Kristin:

Chaos.

Deena:

Yeah.

Tyler:

It's the glass part that does it for me. It's the glass part that does it. There would be so many shards of glass in my house if I had one of those.

Deena:

Oh, ask my three-year-old. He sees it, he's like, "Do you remember when you dropped it getting out of the car?" I'm like, "I sure do, honey." I took a lot of cleaning to clean up. A lot of work.

Kristin:

Okay. The next trend is something I'm wearing right now. Listener, you can't see it, but I'm wearing a neutral-colored sweatsuit.

Deena:

You look cute.

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Kristin:

Thank you. Thank you. I feel it's not about the looks, it's about the feel of wearing a sweatsuit all day. Go ahead.

Deena:

Go ahead.

Tyler:

I get it from a comfort aspect, but you definitely have to have a little ego death to wear it out of the house all day.

Kristin:

For sure. It took me three months to actually wear it outside of the house once I purchased the neutral sweatsuit.

Tyler:

So embarrassing to wear a sweatsuit out in public, but the comfort level definitely helps even it out.

Kristin:

You are more into sweatsuits these days as well, as somebody who used to wear jeans inside the house until he would go to bed.

Deena:

Oh, my.

Tyler:

Mostly because I'm just lazy. And the act of changing when I get home, I can't do it. I saw this new article about how people change their clothes immediately when they get home because of germ stuff even though it doesn't do anything.

Kristin:

Yeah. No, it does-

Tyler:

I get that. But just the effort to change my pants when I get home?

Deena:

I don't do that. Do you do that?

Kristin:

Yeah, I absolutely do that.



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Deena:

Wow.

Kristin:

Yeah. No. And also, people think we're very different people than we are. People think I'm a mess, and I am. When it comes to my clothes though, I am not re-wearing the same thing two times. If we're on a trip or something, Deena will just pack, never, and I'm not wearing something for more than, I don't know, four or five hours. I'm slipping into the next thing.

Deena:

I do have one boundary.

Kristin:

Okay.

Deena:

You can't wear clothes into the bed. If those clothes left the house-

Tyler:

Yeah, I agree with that. No, I agree with that.

Deena:

... one time, if they sat in the car one time, you can't get in bed-

Kristin:

What are we? Monsters?

Deena:

Yeah.

Kristin:

What are we? Monsters?

Tyler:

I get that one, for sure.

Kristin:

So neutral sweatsuits. This is something that people do wear out of the house though is what I'm saying. The trend is we're all at school drop-off, school pick-up, thank you to all the moms who made this possible, because when I see them wearing the neutral sweatsuit, the mini UGGs, and then maybe a teddy bear coat, I'm like, "Damn, that looks good. I'm going to do that. I'm going to do that." I don't know that I look like that. I don't know if it translates directly because I think they have a blowout-

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Deena:

I think you do, because I've seen you at drop-off.

Kristin:

Really?

Deena:

And you look like that.

Kristin:

I feel like I don't look like that at drop-off. Real stressful time. We're all just running in, running out.

Tyler:

I am into sweatsuits these days, but I got to tell you, I can't pull off neutral. There's just too many stains in my daily life. I got to go real dark. Real dark. Although I'm rocking, listeners, some purple sweatpants right now, and I just love them. I'm all about purple sweatpants these days.

Kristin:

Technically, I think a lot of listeners might remember them from your lavender fairy costume, are those the sweatsuit?

Tyler:

No, these are the sweatpants from the lavender costume, great eye. Because I bought them, I wore them for Halloween and I'm like-

Kristin:

Because you were a lavender fairy with our daughter.

Tyler:

Yeah, I was a lavender fairy. It was amazing. And I was just like, "I'm just going to keep rocking these." They're super comfortable. I love the color. I get compliments all the time on them. It makes me feel great. I get gassed up every time I wear them.

Kristin:

You love an external validation.

Tyler:

I love an external validation.

Kristin:

Nothing more, [inaudible 00:15:37] for that.

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Tyler:

Love it. If you send me on the streets, give me a compliment.

Kristin:

I need it. I need it.

Tyler:

I need it.

Kristin:

I really do.

Tyler:

Complete my day. Give me a compliment.

Deena:

I like that your Stanley cup matches... You have a lavender Stanley cup at the same time.

Tyler:

I do. I do. It's so serendipitous. So we had that in the cabinet, I didn't even realize it until later. But, listeners, I have a lavender Stanley cup to match my lavender pants.

Deena:

Yeah. And I'll be in black leggings. Moving on.

Kristin:

Yeah, with your glass water. I'm sorry. So are we all approving? I think everybody in this room does not really love a sweatsuit trend is what you're saying.

Tyler:

Yeah, I think that's 100% from the group. I love a sweatsuit. It's worth the embarrassment.

Kristin:

Yeah, but I'm going to wear this forever now. The trend will go away, but I'm never not going to wear a sweatsuit now, because I put it on and I like it.

Deena:

Listen, I like the top.

Kristin:

Okay.

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Deena:

I can't get down with a sweatpant for some reason and I think it's because it takes me back to high school when that was cool. And you had to roll it, you had to pull the bottoms up a little bit. You know what I mean?

Kristin:

Yeah.

Deena:

You had a tank top.

Kristin:

I know what you're talking about.

Deena:

Yeah. I just can't go back there.

Kristin:

That's fair. I think that the youths are wearing these right now too, and that, for me, is a touch too far.

Tyler:

That's your validation.

Kristin:

You're not wrong. I wish that were not true, but you're absolutely right. I saw a gaggle of middle-schoolers out of Chipotle... And by the way, there's nothing more terrifying than seeing a bunch of pre-teens in the wild all together. There's just nothing scarier. Nothing is going to spike my cortisol. And every single one of them was not only wearing the exact neutral sweatsuit I was wearing, but then what we're going to get into next, which is the high Nike socks, and then they had the Nike high-tops that I just bought. And I wish I was horrified, but everything in me was just like, "Oh, my God. I'm cool."

Tyler:

You were just like, "Yes, I'm so cool. Oh, my God."

Deena:

"Still got it."

Tyler:

"Still got it. Still got it."

Kristin:

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You know what? You always were the cool one in high school, so this was right. I was just the weird one that never was there.

Deena:

Because you were in detention.

Kristin:

Yeah, I was in detention. The next one is not Nike socks, but we will get there. The next one is microdosing. I feel like microdosing is huge in the mom world right now.

Tyler:

That one really came out of nowhere, I feel like.

Deena:

Where did it come from?

Tyler:

Moms were just chilling with some wine, and then all of a sudden, they were like, "You know what? Mushrooms."

Kristin:

Yeah.

Tyler:

Just a little bit though. Just a little bit.

Kristin:

I don't think I know enough about microdosing to weigh in here. I just wanted to note the trend.

Tyler:

There was definitely a period of time when I was getting served a million microdosing ads and I'm like, "How is this legit? Are we selling mushrooms online now? What is this?"

Kristin:

That's where I am-

Tyler:

Where do you get mushrooms?

Kristin:

Can you get it at Whole Foods? Where are we going?

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Tyler:

And you just take a little bit?

Kristin:

I don't know enough about it.

Tyler:

Are there are pills? I don't get it.

Kristin:

I don't know enough about it.

Tyler:

I mean, the people that like it, really like it, I guess.

Kristin:

Deena's silent over here. I don't think you microdosed, but you're acting like with that look on your face.

Deena:

I'm just staying silent. I'm just listening, and observing, and thinking. I'm just taking it all in. This is a trend.

Kristin:

Yeah. It's for some people, it's not for others.

Tyler:

Thank you for adding that.

Kristin:

I nailed it.

Deena:

That was a real value add.

Tyler:

Value add.

Kristin:

Okay. Taylor Swift. Is Taylor Swift a mom trend or it's just a trend for everyone? Taylor Swift and the football guy? What's his name?

Tyler:

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Travis Kelce? Is it Travis or is it the other one? There's two of them.

Kristin:

I don't know. The brothers, the Kelce brothers.

Tyler:

Yeah, but which one's which?

Kristin:

It's Travis, right?

Tyler:

Travis? We'll go with Travis. Okay. We're just going to call him football guy. Taylor Swift, everybody trend, but specifically moms. I feel like moms really... And I don't know if it's because moms were fans before, but, boy, are they fans now.

Kristin:

You know what it is?

Tyler:

What?

Kristin:

For me? Because I'm somewhat of a Stan, but not a huge Stan, which is she's such a good role model. I think that's what it is for the moms, right? Where it's like, "I used to be into a lot of things and my kids cannot view those things with me. We got to put those away. 2005 is not..."

Tyler:

Talking like Mickey Avalon.

Kristin:

Oh, wow. Wow.

Tyler:

Did I just explode a memory for you?

Deena:

Wow. We're not ready for that.

Tyler:

Mickey Avalon, call me Mr. Right.

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Kristin:

That is, if anybody is listening to this pod and gets it, then-

Tyler:

You get it.

Kristin:

... we're in therapy right now. So I feel like that's what it is that we loved it. We've loved it for decades now, or how long has she been around? She's not even that old. We've loved it for a decade and now we can actually share it with our kids because she's this strong female. They can go to her concerts and it's appropriate-

Tyler:

I think it's two parts. I think moms of any age treat Taylor Swift like a family member. For the moms our age, it's like, "Ooh, this is my cool sister. Love it. Love you, girl." And then the older moms are like, "That's my daughter. Substitute for my daughter. Travis Kelce, substitute for my son. I just love seeing them in a healthy relationship. I support it." It feels familial.

Kristin:

That's an interesting perspective. Deena, you don't care at all about Taylor Swift, right?

Deena:

Not even a little bit. It does nothing for me.

Kristin:

It's an interesting episode for you.

Deena:

Yeah.

Kristin:

It's really solidifying what we knew, which is Deena does not care about trends at all.

Tyler:

No, Deena's just living her life.

Kristin:

Yeah.

Deena:

Listen, I read an article on this yesterday, but the article that I read was about how Travis is being compared to a Golden Retriever.



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Kristin:

In what way?

Tyler:

That's the new thing is Golden Retriever-boyfriend.

Deena:

Exactly.

Kristin:

Isn't that a good thing?

Tyler:

Yeah. No. Someone was like, "You guys are just giving a name to just guys being nice."

Deena:

Yeah. That's pretty much what it is, that he's fun, happy, not a ton of drama. He's not going to do anything terrible. He's a Golden Retriever.

Kristin:

In a good way, right?

Deena:

I think so.

Kristin:

Oh, okay. I love a Golden Retriever.

Deena:

Yeah.

Kristin:

It's good?

Tyler:

That's a good thing.

Kristin:

They're both Golden Retrievers?

Tyler:

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No, but the thing is, if you have to categorize it as something that should just be standard in life, it's messed up.

Kristin:

Right, because he's just nice and reliable.

Tyler:

He's just a nice guy. People are like, "Wow, what is this? A nice guy that's reliable, has a good job?"

Kristin:

Okay. Well, I'm happy for them. That's all I have.

Tyler:

I'm really stoked for them. It's nice. Have a good stable relationship, you guys. And if it doesn't work out, it doesn't work out. But I hope it does.

Kristin:

Yeah.

Deena:

I do too. People care a lot. People care a lot.

Tyler:

I don't care that much. I like to see people happy is my big thing.

Kristin:

I love them. Good for you.

Deena:

We need more of that.

Kristin:

Yeah, more of that on the internet maybe.

Deena:

Yeah.

Tyler:

Oh, you guys are happy. That's great. Good job.

Kristin:

Okay, we're getting to the end here. Small sunglasses. I mean, this isn't just a mom trend-

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Tyler:

Hate them.

Kristin:

... but the moms are going that way.

Tyler:

X. Hate them.

Kristin:

Hey. Even small cat eyes? Like the ones that I've been obsessed with for a year that you know-

Tyler:

Oh, I do. Shout out to Alexia on Real Housewives of Miami whose sunglass game is always on point. Shout out to her, and only her.

Kristin:

We say that only because every time we watch The Housewives of Miami together, I make you, my husband, try to Google what sunglasses she's wearing. We never find them.

Tyler:

Never.

Kristin:

We never find them.

Tyler:

Unknown.

Kristin:

Okay. So you, as a man, are okay with the cat eye look?

Tyler:

Kind of.

Kristin:

Kind of. But you're a hard no on small sunglasses?

Tyler:

Hard no on small sunglasses. What's the point?

Kristin:

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'90s, Y2K-

Deena:

Matrix?

Tyler:

I don't get it.

Kristin:

Yeah. Matrix. Deena?

Deena:

I love a cat eye. I have never been able to participate comfortably in the other one, the small one. I feel like the Hadids... Did they start that one?

Kristin:

I think the Kardashians did that. Hadids, [inaudible 00:23:35] were first though. Maybe you're right.

Deena:

No, I can't do it.

Kristin:

Yeah.

Tyler:

Not a fan.

Kristin:

Okay.

Deena:

I haven't seen you wear them, actually.

Tyler:

You don't have many ones.

Deena:

You have cat eyes. You look great in cat eye.

Kristin:

I feel like I've tried for a year to find smaller ones because I'm a trend bitch, so I just keep trying, and trying, and trying, and it doesn't work. And half of me is like, "I'm too big for this," and then the other

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half of me is like, "I'm too old for this," and then most of me is like, "F that. You should wear what you want," but I think I just maybe don't like them like you guys don't like them.

Deena:

Do you remember in high school when we'd go tanning in tanning booths and you had those little teeny goggles?

Tyler:

That's what those remind me of. They're like suntan goggles.

Kristin:

We should just bring those back. Just bring those back.

Deena:

I just imagined you in those.

Kristin:

The singular Playboy bunny or heart that you put on your hip, horrified at how much skin cancer that-

Tyler:

You had to get it done before the Mickey Avalon concert.

Kristin:

Okay, this is the last one. This is the last time. I swear to God. We've got to wrap it up. Okay. Very quickly before we go into a little game. Tube socks.

Deena:

Oh, I met a girlfriend for coffee yesterday. She is a mom. And she had these on and I looked down and I was like, "That's an interesting look with your socks over your leggings."

Kristin:

Oh, yeah.

Deena:

And then I was like, "I think I need to try this."

Kristin:

Oh, you're going to do it?

Deena:

Yeah. Yeah. That one got me. I was like, "Huh-

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Tyler:

It's the one that got you.

Kristin:

Deena, I can't wait.

Deena:

... I would like to try that."

Kristin:

I think you could do it.

Deena:

Thanks.

Kristin:

I think you could do it. Approved.

Deena:

Thanks for believing in me.

Kristin:

Tyler, what do you think about tube socks on women?

Tyler:

If it makes you happy, I don't really care for it.

Kristin:

This is why you're invited, because most men would be like, "Ugly. Oh." You're invited.

Tyler:

I'm not going to do it over my sweatpants.

Kristin:

Over your lavender sweatpants?

Tyler:

But, I mean, if it makes you happy, go for it.

Kristin:

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I'm just going to say this though. I feel like you're inching towards every mom trend because you are wearing a sweatsuit, you have a Stanley cup. All you really need are cat eye sunglasses and some tube socks, and you're there. Today.

Deena:

I just ordered you some right now while I was sitting here. They're on the way.

Kristin:

Okay. We're going to do the quickest rapid-fire trend game in the world.

Deena:

Let's do it.

Kristin:

This is Glamour Magazine 2024 trends. Now, this is not for moms. This is just trends in general.

Deena:

Okay.

Kristin:

But that's what the moms are picking up on anyways. Okay.

Tyler:

The moms are going to do it no matter what.

Kristin:

We're going to put our own spin on it. We're going to put our own lazy hack spin on it.

Deena:

We're tired.

Tyler:

A lazy spin on it.

Deena:

We're tired, but we're going to try.

Kristin:

That's right. If there's a sweatsuit, I'm going to do it.

Deena:

Wait. We want to fun too.

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Kristin:

Okay. All right. The first trend is bows.

Deena:

What's a bow?

Tyler:

A bow on what?

Deena:

Bow on your head?

Kristin:

Right now, the trend is a lot of celebrities, there's a ponytail and they're wearing a big bow.

Deena:

Stop it. Stop it. I would love.

Kristin:

Okay.

Tyler:

So we're saying JoJo Siwa's on-trend?

Kristin:

Not quite. More old-timey bow in your hair.

Tyler:

What is an old-timey bow?

Deena:

Guys, I'm growing my hair out just so I can do a pony with a bow.

Kristin:

Look at your eyes.

Deena:

Yeah.

Kristin:

Okay. Deena approves. Tyler?



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Tyler:

I'm just confused on that one.

Kristin:

Okay.

Deena:

Next.

Kristin:

Next trend in 2024, sequined everything.

Deena:

Oh, wow.

Tyler:

No, I'm a big fan of that. I like shiny stuff, so I approve.

Kristin:

Approved?

Deena:

I'm just trying to think, so sequin black-

Kristin:

Everything. Everything.

Deena:

How does that sequin everything? Huh?

Kristin:

Gut instinct, go.

Deena:

No.

Tyler:

You birthed that no out, didn't you?

Deena:

So I'm trying. I'm trying. I want to-

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Kristin:

I'm here for the sequined everything. I'll do it. Let's do it.

Deena:

I can see you doing it.

Kristin:

Yeah, I'm fine with that. Okay. Prep school. We're talking a little... I don't know. A little sweater with a little... What's that thing called?

Deena:

The crest?

Kristin:

The crest. Preppy collared shirt. That's the look we're looking at here.

Tyler:

I thought you meant prep school in general.

Kristin:

Are you going to pay for private schools?

Tyler:

Are you a fan of private school?

Kristin:

Okay.

Deena:

I would love to. I see it in my mind. I see how cute I would look and I don't have the energy to go execute this, I think, is what's going to happen.

Kristin:

Okay. It's a no?

Deena:

It's a wannabe yes.

Kristin:

Okay.

Tyler:

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It's giving Gossip Girl-

Kristin:

Yes. I like that.

Tyler:

I'm going to pass.

Kristin:

You're going to pass?

Tyler:

I'm going to pass.

Kristin:

I'm going to pass because I can't go back there. I'm not there. I'm at sweatsuits, and I'm not going back to school-

Tyler:

It's feels very formal, official.

Deena:

Oh, that's what it is. I thrive in school.

Kristin:

You love a lacrosse... What were those-

Tyler:

Lacoste?

Kristin:

Yeah, those collared shirts.

Deena:

I could do all that.

Kristin:

You could be in the front row.

Tyler:

You were one of the popped-collar kids?

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Deena:

I just love school. I processed this in therapy recently. I love the validation. Right? So I love getting a paper back. I love seeing that I did well, just keep me going.

Kristin:

Yeah. Talking to two delinquents over here.

Tyler:

Yeah, big time. Big time.

Deena:

Yeah, you guys are not resonating. Your eyes were rolling back.

Tyler:

Not connecting.

Kristin:

I'm never going back. So sweatsuits forever. C-suite chic. I'm showing a picture of a blazer where women in power, power suits.

Tyler:

I got to say I'm not a fan of the formality of this one in the prep school, however, big fan of shoulder pads.

Kristin:

Oh, wow.

Tyler:

Bring that back.

Kristin:

I was not expecting that.

Deena:

I was not expecting that.

Tyler:

Bring back Christina Applegate in Don't Tell Mom the Babysitter's Dead. Every outfit Christina Applegate wears in that movie, phenomenal. Bring that back.

Kristin:

From your mouth to God's ears-

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Tyler:

I hope so. I hope so.

Kristin:

Yes. I'm impressed right now. You should lead the trends for 2024.

Deena:

Yeah.

Kristin:

Wow.

Tyler:

Pretty much anything Christina Applegate did in the '80s.

Kristin:

Anything she's ever done. Yes.

Tyler:

Yeah. Pretty much.

Kristin:

Queen. Deena? C-suite chic? Power suits?

Deena:

Yeah-

Kristin:

Blazers?

Deena:

Yes.

Kristin:

Me too. I mean, I feel like maybe I was ahead of the trend on this one-

Deena:

I was going to say that.

Tyler:

And the sequins too, honestly.

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Kristin:

Oh, yeah. I love a sequin, and I love a power suit, and then a sweatsuit. High-low.

Tyler:

Sweatsuit in the evening.

Kristin:

High-low.

Deena:

You do have a combo. You basically wore a sequined sweatsuit on to [inaudible 00:29:27].

Kristin:

Oh, my God. I've never put something on my body that I felt more comfortable in than that sweatsuit that was covered in sequins.

Tyler:

Beautifully outrageous.

Deena:

Yeah.

Kristin:

Wow. It's really where I thrive. 2024. This is the last trend, Glamour Magazine. Are you guys ready for this?

Deena:

No.

Kristin:

Extra large bags.

Deena:

What?

Tyler:

Wow. That came out of left field because teeny, tiny backpacks were so trendy for years. The little miniature backpacks.

Kristin:

And a little miniature little purse that holds nothing, but were going... I feel like-

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Tyler:

Yeah. I was miniature two years ago.

Kristin:

... the trends are going toward the moms. It's working in our favor.

Tyler:

Yeah, moms love a big bag.

Kristin:

We don't have a choice.

Deena:

How many snacks that could fit in there, how many diapers, spare clothes.

Kristin:

Everything you need.

Deena:

Water bottles? Glass ones?

Kristin:

Yeah. Extra large bag with my sweatsuit. Wait a minute, I think I have one right there. Look at how gigantic-

Tyler:

Let me see it. Let me see this picture. Let me see the picture of it. A Sherpa bag?

Kristin:

From Target. It looks like Dina's Sherpa bag, but in blue.

Tyler:

That's a big bag. Yep. Yep.

Kristin:

Approve?

Tyler:

Approve.

Deena:

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Approve.

Kristin:

Big yes. Cool.

Tyler:

Big bag, big yes.

Kristin:

This has been great. I mean, I have a lot of ideas for how I'm going to show up in 2024.

Deena:

I think this is our year.

Tyler:

Sweatsuit with shoulder pads and a large bag.

Deena:

Yeah.

Kristin:

All I know is I'm showing up next time with a huge bow on my head.

Deena:

Oh, my God. I cannot wait.

Kristin:

And Tyler will have tube socks and I'm just going to stay in this for the rest of the year.

Tyler:

That's fair. I like it. I probably will have tube socks next time.

Deena:

I know you will.

Kristin:

You're inching your way in.

Tyler:

We're not going to lie.

Kristin:



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We all know it.

Tyler:

It's happening. It's happening.

Kristin:

Should we do some questions now?

Tyler:

Yeah, let's do some questions. Love the questions.

Deena:

All righty, team. First question is a fun one.

Tyler:

Love a fun question.

Deena:

Fun one. Fun one. Are you guys fun?

Tyler:

No.

Kristin:

Yeah.

Deena:

Okay.

Tyler:

I attempt it, but-

Deena:

Yeah, I'm fun. Okay. Well, this is from Melanie and it's-

Tyler:

Hi, Melanie.

Deena:

Hello, Melanie. Thank you for being here.

Kristin:

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Deena's like the teacher in your elementary school that's like, "Okay. Yep. I'm going to take it to Melanie."

Deena:

Hi, Melanie. Okay. All right.

Tyler:

Not taking it personally.

Deena:

What do you guys like to have [inaudible 00:31:36] This is serious. Okay. The question is F, Mary, Kill, Mauricio from Beverly Hills. Right? We're talking about Housewives now.

Kristin:

Oh, God.

Deena:

Todd from Atlanta. Terry from the OC.

Kristin:

Oh, boy.

Deena:

I'm going to let you guys go first.

Kristin:

Wow. First of all, since you don't watch this-

Deena:

I do know these people.

Kristin:

Okay.

Deena:

I know enough and have seen enough, I could weigh in. But I'm going to let you go first, or do you want me to go first?

Kristin:

This all shifted this year, right? I mean, 2023 us would've had a very different answer.

Tyler:

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Yeah. I'm going to marry Terry. He seems so stable. I could use that in my life.

Kristin:

I'm like, "This one over here-

Deena:

So like I said, they're married.

Kristin:

Okay. We're marrying Terry. Yes.

Tyler:

We're marrying Terry.

Kristin:

Yeah.

Tyler:

We're effing Mauricio.

Kristin:

Okay.

Deena:

Is this a joint decision happening?

Tyler:

Actually, no. No.

Deena:

Oh, this is just Tyler's-

Kristin:

This is just Tyler.

Tyler:

I think we're effing Todd and we're killing Mauricio these days.

Deena:

Wow. How can you not kill Mauricio? No offense.

Kristin:

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Sorry, Mauricio. You're probably having a hard time, so I feel bad.

Tyler:

It seems like you're having a time, but just listen to Kyle, listen to her, validate her.

Deena:

The tattoos?

Tyler:

Let her have tattoos. Why do you think you even have an opinion on that?

Kristin:

It's her body.

Tyler:

It's her body.

Deena:

Cringe. People talk about cringe. I mean-

Tyler:

That's cringe. That's cringe.

Deena:

Okay. Yeah, I think we don't have a choice.

Tyler:

I think that's where we're at.

Deena:

I don't really want to F Todd though. No offense. Sorry, Todd.

Tyler:

I mean, you have to.

Deena:

I'm apologizing to everyone even though-

Tyler:

Todd, we're doing it. Sorry, bud. Don't want to, but we're doing it. It's the rules. The rules of the game. Sorry, bud.

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Deena:

You got to pick one.

Tyler:

Got to pick somebody.

Kristin:

Deena is a good sport.

Tyler:

I'm not going to pull... Some of these housewives are like, "I'm not going to say it to anybody-

Kristin:

Yeah. "I would never, because my husband's sitting here."

Tyler:

"My husband's here, and I'm not effing anybody." I'm like, "Buckle up, Todd. It's the rules."

Kristin:

Wear tube socks, Todd.

Tyler:

Put your tube socks on, Todd.

Sorry to my husband, Terry.

Kristin:

[inaudible 00:33:43].

Deena:

I don't know if either of us have a better answer for that. I think I'm going to leave it. [inaudible 00:33:51].

Kristin:

Yep. I think that's the best answer.

Deena:

I'm not going to touch that.

Kristin:

And I think that's the collective consensus. I think so.

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Deena:

Yeah. You answered that.

Tyler:

I think we're all in agreement.

Deena:

Nothing more to add?

Kristin:

Nope.

Deena:

Okay. Next question is from Janice.

Tyler:

Hi, Janice.

Deena:

Hi, Janice. Hey, girl. "My toddler said I hate you for the first time ever. I was stunned. He was already mid-tantrum because I wouldn't let him touch the glass vase in the store we were in, but then he leveled up with, 'I hate you,' and I didn't really know what to say, so I just said, 'That hurts my feelings.' Please help with this new chapter of parenthood."

Tyler:

God, that hurts. Been there.

Kristin:

Yep.

Deena:

That's a milestone-

Tyler:

It's one of the saddest milestones.

Deena:

I don't think all kids do that milestone this young either though, I may say. One of our kids is older and would never, and then the other one started real young with that.

Tyler:

Yeah, I think it's a personality thing.

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Deena:

Yeah. I got a version of it about three weeks ago actually for the first time, and it was mid-tantrum as well, and he was like, "I don't like you. I only love daddy." And I was like, "Oh, okay." But it's okay.

Tyler:

Like, "We're playing this game? We're doing this?"

Deena:

Right. But the vibe of it is, and this goes back to the question, they don't hate you. They're actually just really mad at you most of the time. It's really about getting away from the whole, "I hate you and not getting stuck in it," and just go under that. They're really mad.

Tyler:

Yeah. It's a new time for them and they're just trying to figure out the words to convey their anger and that's okay. That's just part of it. And yeah, dive in, see what's going on because there's usually more there than that and they're just figuring out their words.

Deena:

But in the moment, it's hard not to have a big reaction because, as adults, our adult brain goes, "Oh, my God. That's a really serious thing to say." And then we panic or we get really mad, and then we explode, and that doesn't really help either. And what we can do though is just try not to take it personally. Remember that when your kid or any human is 10-out-of-10 emotional escalated, you can't really have a rational conversation. So it's about riding it out, making sure everyone's safe, getting through that big intense moment. And then when things are calm, we're going to get under it. We're going to say, "Hey, I heard you say this earlier and to me it sounds like you were really, really mad," and try to get under it, what was going on, and then we can help them find language to express what they were feeling.

Kristin:

Yeah, I feel like sometimes kids are just trying to find the words that match how angry they feel, and so every day in day out, they're crying or they're tantruming or they're doing whatever it is, and it's like, "How do I get someone to understand, this isn't like that. This is really bad. I'm really mad about this." So they're trying... And I feel like it helps to just level with them and validate that instead of really hitting head on like, "I hate you," and matching that or taking that literally. What we're really trying to do in that moment is understand and validate, "You're feeling really mad right now. Does that feel right? This feels big mad," and just really trying to give them that language outside of just how hurtful can I go or how big can I go with this language.

Tyler:

Don't take it personally in the moment. That's the hard part, is not internalizing that. But if you can not take it personally, dive into it later, try to understand the feelings, then you'll be better off.

Deena:

Okay. Last question, friends. Noah would like to know-

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Tyler:

Hi, Noah.

Deena:

Oh, my God. It's happening again.

Tyler:

I like to greet them.

Deena:

It's happening again. Noah says, "I have a three-year-old who is withholding poop recently. We've already been to the pediatrician. They okayed everything. What do you do when your toddler is constipated?"

Tyler:

I'm going to take this one.

Kristin:

Okay. Yeah. Because we had this-

Tyler:

We had this and it was hard until we figured this out. Poop chocolates.

Kristin:

Go ahead.

Tyler:

Poop chocolates. Do you know this Deena?

Deena:

Yeah.

Tyler:

You know poop chocolates?

Deena:

Love a poop chocolate.

Kristin:

It's in our literal potty course.

Tyler:



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Oh, that's perfect.

Kristin:

We did this before. We had a potty course, you and I, but it's actually in our potty course, the recipe. Go ahead.

Tyler:

So what you want to do is, 50/50, melt up some coconut oil and some just regular chocolate. Whatever chocolate you like. Mix it up 50/50, melt it down, put it into a little shapes tray that you can get on Amazon, super cheap, little silicone trays. Pour your mixture in there, and then you have these fun little chocolates to eat. Give them two or three a day. Actually, I would recommend just the morning because you don't want any issues at night. So some poop chocolates in the morning, give them those, loosen them up, and they're good to go.

Kristin:

So the oil, [inaudible 00:38:32] coconut oil, avocado-

Tyler:

You can make your own little fruit snacks or whatever, but you just put it in the freezer, it'll harden up. Just something mixed with half coconut oil and your golden.

Deena:

Exactly. It's a healthy fat to get things moving.

Tyler:

Yeah.

Deena:

I love that one. I've used that before.

Kristin:

Okay. On that note, I think that's all the time we have you guys. I could talk about trends forever.

Deena:

Me too. That was fun.

Tyler:

I'm a big trends fan. I like it. I could talk a lot more.

Kristin:

Yeah. Do we want to pick this back up tomorrow internally?

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Deena:

Yeah.

Tyler:

Yeah. I'm probably going to text you guys later.

Deena:

Yeah. Put it on the group thread.

Tyler:

Well, on that note, I'm glad to have joined you guys.

Deena:

Yeah. I'm so glad you're here.

Tyler:

This is fun. Besties, I'm so excited to be back for a little bit.

Kristin:

Besties, we'll see you next week. Will Tyler be joining us? Yes, no, I don't know.

Deena:

I hope yes.

Tyler:

I hope so.

Deena:

We missed you.

Kristin:

All right, besties. We'll see you next week.

Deena:

See you soon.

Kristin:

Bye. If you are struggling with toddler or preschooler tantrums, pushback, 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

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picky-eating guide, and then this guide, and then that guide, no. 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 [biglittlefeelings.com](http://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.

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 Tabador, and theme music composed by Liz Fohl, then studio lighting designed by Shane Sackett, and designed by Jackie Sherman. Special thanks to Audacy executive vice president and head of podcast, Jenna Weiss-Berman, and thank you for being here with us. We can't wait until next week.