

BLF - Episode 25 - Q&A

Kristin [00:00:04] Besties. Welcome back to After Bedtime with Big Little Feelings. If you are struggling with screen time and I know you are because you are a person that is living with a child right now. If you are struggling with sharing and I know you are because you have kids, this episode is for you. We are literally going to end screen time battles on today's episode, and we're going to give you the hot tips to actually make the concept of sharing click for your kid. Spoiler alert forced sharing doesn't work. It doesn't work. We're going to teach you a better way. I can't wait for today's episode. So glad you're here. Let's do this, besties.

Deena [00:00:56] Now Kristin. Yeah. Hey, Kristin. Hey.

Kristin [00:00:59] Hey.

Deena [00:01:00] I know that today's episode. I'm just sorry I'm exploding with this. I've been holding this in all day. Yeah, I know that today's episode is really questions from the besties that they've submitted. I have a burning question that I've been dying to ask you. You're going to know. You're going to know. I've googled it. I cannot figure this out. Who the eff is Gypsy Rose?

Kristin [00:01:22] Gypsy rose, Deena?

Deena [00:01:24] What is this? What did I miss?

Kristin [00:01:25] Gypsy Rose? I have so much to tell you. I have so much to show you. I don't even think I should tell you who Gypsy Rose is.

Deena [00:01:34] I googled it, I still don't get it.

Kristin [00:01:36] You have to, you have to watch the movie starring Joey King. I think that's her name.

Kristin [00:01:40] Don't know who that is. I don't watch movies. Go on.

Kristin [00:01:42] I think one of the problems here is that you don't follow pop culture or like, shows in general. You know what I mean? Or celebrities at all, which I find to be such an endearing trait and one of the best things about you. You know what I mean? Like, you don't know who Kristen Bell is. You know what I mean? Like, brush shoulders with her. I would have no idea. So it's hard to know where to start with Gypsy Rose. I can't make that make sense in this one podcast episode.

Deena [00:02:08] Wow.

Kristin [00:02:09] We may have to take a little moment and let the men do bedtime and watch the movie and circle back to the besties and tell them what you think about the movie.

Deena [00:02:19] I will do my best to watch a movie with you. I can't really guarantee it. I'm not great at that. Like sitting quietly.

Kristin [00:02:24] You've got like a spreadsheet open where you're just like doing a hundred different things with your spreadsheet.

Deena [00:02:30] I'm going to pause and be like, you know what? Let's unpack that sentence. Like, can we unpack that together?

Kristin [00:02:35] As a therapist, you're gonna have a lot. You're gonna have a lot to unpack with Gypsy Rose. Okay?

Deena [00:02:39] That's exciting.

Kristin [00:02:39] I can't believe you don't even know what that is. Wow.

Deena [00:02:42] Wait a minute, Kristin.

Kristin [00:02:44] Yeah?

Deena [00:02:45] Is that not the right person?

Kristin [00:02:48] Did I say the wrong name? I don't know. Wait a minute.

Deena [00:02:52] Gypsy Rose. No, there's a there's a woman on Instagram. Yes. I thought her name was Gypsy Rose.

Kristin [00:03:01] Her name is Gypsy Rose. Keep going.

Deena [00:03:02] This is a lady on Instagram.

Kristin [00:03:03] She's a lady on Instagram.

Deena [00:03:05] Also has a husband and it seems controversial, but I can't understand why.

Kristin [00:03:09] Fine, I'll go into it. This is your 62nd summary, and for the besties who don't know who Gypsy Rose is, which, like, I don't know how, but I love you, Gypsy Rose. This is a sad story. Okay. Okay. Gypsy rose, her mom had Munchausen to a severe degree. Okay, so she would like all these things. So she had a feeding tube put in. Like, for the sympathy or whatever. And she was like, no food. Feeding tube teeth out. Just making her, like, literally making her sick. Yeah. So then Gypsy Rose finds a boyfriend. I forgot how she like, like on the internet. Somehow she finds a boyfriend. Long story short, the boyfriend and her kill her mom. Okay? Murder her. This is real life. This is not a movie. This is real.

Deena [00:04:00] This is real life.

Kristin [00:04:02] So now the gypsy rose you're referring to has just gotten out of prison, as an adult. And has a boyfriend and definitely talks in interesting ways about that boyfriend. And she's free now. So now the whole buzz is like she's doing interviews. She has an Instagram, like the day she got out. She is branding herself.

Deena [00:04:23] This is not what I thought. This is wild.

Kristin [00:04:26] That's Gypsy Rose.

Deena [00:04:27] I feel at peace.

Kristin [00:04:28] It's a lifetime movie, I think. I think you'll love it.

Deena [00:04:30] So there's a real person, and then there's a movie. You're telling me.

Kristin [00:04:33] Yeah, I like the the movie because it feels a little less real. You know what I mean? I mean, yeah, it's intense. Okay, okay. I'm sure her memoir must be coming out in two weeks. Right? So we'll read that, if I had to guess.

Deena [00:04:54] How do you find time to watch movies and read? Kristin?

Kristin [00:04:58] I — thank you for asking. You know, thank you for asking.

Deena [00:05:01] I am the Q&A today. Go on.

Kristin [00:05:06] Just so many burning questions. I read every single night because I do the thing where you don't look at a screen before bed. And so I put my phone down and away, and I read, even if it's only ten minutes. So usually it's literally, literally only one chapter. But if you only read one chapter a day, you read a book, you know what I mean? But I have to do it every day to calm my body down.

Deena [00:05:27] So you and Tyler don't lay side by side sending each other DMs that then you have to look at memes silently while the other person literally lays next to you. You don't do that?

Kristin [00:05:37] We actually do. Not, because we have a rule that we've to have our phones down when we're with each other. So we'll watch a movie together [laughter] But I do send it memes all day, you know?

Deena [00:05:52] Yeah, yeah. No, I see that. I see you doing that.

Kristin [00:05:54] Yeah, you do that. You all day. Yeah. We do. We're married. Yeah. We are married. Yeah.

Deena [00:05:59] Okay, let's get into some real questions.

Kristin [00:06:00] Real questions.

Deena [00:06:01] I have a lot more, but I'll ask them another time.

Kristin [00:06:14] Okay, wait. I kind of want to start out by just talking to the bestie real quick, because I feel like, bestie, if you're here, you're really worried about your kid. Like you're worried, you love them. You're here listening to a parenting podcast. You're on the parenting pages. I just want to reassure you you're doing an amazing job. The fact that you're listening to a podcast about parenting, you're bettering yourself. You're thinking about these things. You're changing generational cycles. This means you're a great parent. You know what I mean?

Deena [00:06:45] Yeah. You can feel at ease. You're already doing it. You're doing enough. You're doing great.

Kristin [00:06:50] Yeah. And getting that extra info, getting the extra help that you need. Like that's incredible. Like, I just want to applaud you. Not everybody takes the next step or does what they need to do to feel good and secure about their parenting. I'm proud of you. I just want to say I'm proud of you.

Deena [00:07:09] Me too. I love that.

Kristin [00:07:10] Yeah. Okay. Questions.

Deena [00:07:12] So first question is from one of our besties, Callie and.

Kristin [00:07:17] Hey, Callie.

Deena [00:07:19] Callie's question: ending screen time has become absolutely miserable in my house lately. My three year old cries so loudly for so long that I give him a few more minutes. And then the crying and demanding starts again. And it's just really getting in the way of my relationship with him.

Kristin [00:07:35] Oh yeah man, I mean, I heard it right off the bat, right? Which is I heard the crying and then I gave three more minutes.

Deena [00:07:46] Yes, there it is, it is.

Kristin [00:07:48] We've all done. We've all done it.

Deena [00:07:50] Yeah, we have all been there where your kid is crying so loudly, so intensely that you would literally do anything to make it stop, including going, okay, fine, one more episode. Five more minutes. But I mean it. This is the last one.

Kristin [00:08:05] We've all been there. Oh my God. Especially like babies on the hip. The pasta is burning. Whatever you need, I get. I think I was there last night. The thing is, especially at the toddler age, but really, kids in general, they need to know that you mean what you say. And when I say that, what I mean is when you say, after this episode, we're all done with screen time, you have to mean that after this episode, we're all done with screen time, when we kind of waver, when we're wishy washy, it's really confusing for our kids, and you're kind of just asking for this cycle to repeat again and again because your toddler's brain is still developing. So they're trying to understand how the world works. When I do this, then this happens. When I cry, I get more screen time.

Deena [00:08:58] Exactly. You can almost guarantee in those situations if they're crying and then you give in, you don't hold a boundary. We're almost showing them. Yes, if you want more screen time, cry longer, harder, stronger. We're almost guaranteeing that that's what we're going to get next time. So what do we do instead? What can we do? We can prep them. This is actually so so key when you let them know in advance what's going to happen. And then we stick to it like we're saying, five more minutes, one more episode that sets them up to start to transition. Like they need those little tiny warnings to prepare themselves. And it sets them up for success.

Kristin [00:09:38] And that prep will not work, quote unquote, work. If we're not doing step two, which is holding the boundary and meaning what we say so we can prep until we're blue in the face. But if we're then sometimes going back and forth and we're giving the screen time, perhaps not doing anything because you're saying this, but we're not meaning it, it's still wishy washy. It's still confusing. Prep needs to be firm. It needs to be solid. Hey, five more minutes and then we understand five more minutes.

Deena [00:10:04] And then what's probably going to happen is your kid's going to start crying and screaming and tantrums. They're on the floor. They are just shouting for more screen time. And what we're going to do is hold that boundary. We are the calm, confident leaders. Hard to do when your kids screaming at you. But we are the leaders of the home. Kids feel safest. They actually need someone to be in charge and mean what they say, and that does help them feel safe and calm. But what we're going to do is we're going to ride out that tantrum. We're going to let them express their feelings and cry and be mad and be sad. Because you know what? It is hard to end something fun, especially when your little.

Kristin [00:10:44] They are not being manipulative. Meaning, oh, maybe if I cry then I'll get what I want. No, this is just part of them discovering how the world works. This is their job actually, to figure this out so they're not being manipulative. They do not need to be punished. They are not what I got as a kid a lot spoiled or entitled or oh my God, Timmy, you just had three episodes. What's wrong with you? No, it's just it's hard to end screen time whether you watched five minutes, whether you watched five hours. It's fun. You don't want it to end. I don't want to finish watching Love is Blind at night. Like I'm pissed that I have to go.

Deena [00:11:23] Oh are you watching that? I am.

Kristin [00:11:24] I haven't even started it yet because I'm afraid I'm going to stay up too late.

Deena [00:11:27] Yeah, it's addictive. I'm having a tantrum for more screen time.

Kristin [00:11:30] You know, that's why I can't. I'm not ready emotionally. Like I don't want it to end, you know? Yeah.

Kristin [00:11:35] So just allow the feelings, let them come. And the more you A) okay the feelings when it's done. And B) hold that boundary so they know. Okay. Even if we've been sliding on the boundaries for a year, two years, six months, two days doesn't matter. You can start tomorrow. And the more consistently you hold them while okaying the feelings, the less and less likely you're going to see any kind of a reaction when you turn the TV off.

Deena [00:12:01] Totally. And I find myself these days grounding myself in these chaos moments with something like boundaries, help my kid feel safe, or all feelings are okay, you know, because you got to breathe your way through it. And then you know what it feels like one hour, but it's really like ten bad minutes and then it's gone.

Kristin [00:12:18] That's more where my brain goes. I like, like a time focused one. You know, yours is very rational, which I appreciate and love. I feel like that's so helpful for most of the besties, and mine is more like it sounds horrible, but it's like this will end, you know, like this. This will end. Or like, sometimes I might have to like, okay, this will be ten minutes, and after ten minutes, you know, at most it's going to be or whatever it is I need

like a time to remind myself, like, okay, just get through this. Just get through this way. Just. And I'll be very honest, sometimes mine's like, just don't lose it. Just don't lose it. Ten minutes, ten minutes. You just don't lose it. Sometimes that's my mantra. Yeah.

Deena [00:12:57] Depends on the day I've been there too. Not always rational.

Kristin [00:13:01] You know what, though? I'm going to also say I'm going to give a little hack right now when you don't lose it after you mantra in your head and you're about to. I don't think any of us really stop and give ourselves. You have to stop for a second and really reassure yourself. Like give yourself a little hit of dopamine. No joke to reward your brain. I don't care what it is like. Turn on a song, start dancing. Reward yourself in some way right away. Because we just we breeze through it. We're like, okay, no problem. Right.

Deena [00:13:36] Next. Okay, got to make snacks.

Kristin [00:13:38] But when we mess up, we ruminate on that, we focus on it, our brain goes into it. So just a hot tip. I've been starting to do this when I don't, you know, and in my head I'm like, don't yell, don't yell don't yell. And I do it successfully. And then the the wave, the tantrum wave actually ends. I will literally try to do something that will increase my dopamine. That's like a healthy quick thing again, like a song or, I don't know, just some reward to be like, stop. That was incredible. You did that.

Deena [00:14:10] We need more of that.

Kristin [00:14:10] More of that.

Deena [00:14:11] More that!

Kristin [00:14:13] Reward yourself. What's the next question, Deena? I love that you're in charge of the questions. Feels right. It feels really nice.

Deena [00:14:18] Yeah, I got it today, girl. Okay, next question is from actually Amanda.

Kristin [00:14:23] Amanda.

Deena [00:14:23] Hey, Amanda. Oh, this actually has to do with you and Tyler. Because you do this. Okay. Describe what parenting and shifts can look like. Awesome concept. It's something we've touched on, but let's unpack it. I learned it from you. I've been doing it more and more, I love it.

Kristin [00:14:39] Yes, we I don't know who we learned it from. I think I just needed it. We started it as soon as I was done breastfeeding, basically where I on one day of the weekend, we only got two days. Okay guys, we only get two days. This is a full time job. Parenting is a full time job. Sometimes it's literally overnight. Okay. Yeah. So we have two days on the weekend. You will burn out if you don't take a break. Okay. And like.

Deena [00:15:09] Trust me, I did it. I learned the hard way.

Kristin [00:15:13] Cooking during nap time does not count as a break. That's what I've learned. You're gonna burn out. This is a long game. This is a marathon. This is not a sprint. You got to take a break, okay? And it's going to be better for your kid. So what we do on the weekends, we have two days. So one day I get the morning to be off, and the

other day he gets the morning off. Now you can do anything you want with that. Okay, so on my day I love my routine. I sleep in, I sleep in until nine now, and then at 9:30, I run out the door and I go to a workout class, and then I'm back by 10:45. 10:45 now we personally next level this because the person who's been at home taking care of the kids since 5:45 a.m. because that's when they wake up, that person is exhausted. So that person is not going to make it all the way to bedtime. Okay. On this exhausting day when I get home at 10:30. He goes up for like one hour. It might be a bath. It might be a nap. It might be reading. Whatever it is, he gets just like a short one. And then on Sunday, we do the opposite where, like, he gets some morning so he'll get until, like 10:30, do whatever he wants, I don't care, go for a hike, go work out, just sleep in until 10:30, whatever works. And then at 10:30, I get like one hour to reset myself. And so basically both days, 11:30 on, we're all together all day.

Deena [00:16:34] We do it a little differently because neither of us knows how to sleep in. Yes. I was never allowed to. When I was a child My mom would literally come in and be like, hey, it's seven, get up and like, open the windows and the sun would just go into your eyeballs.

Kristin [00:16:48] Mine too. But I'm a bad girl, right? We both coped in different ways, you know what I mean? So I'm like, I love sleep. Yeah.

Deena [00:16:54] You're like you. I'm gonna sleep. I'm putting the pillow over my head. And I was like you get it forever. I have no needs. Let's go.

Kristin [00:17:04] Tell me as a non sleep, because I feel like a lot of people, even not due to trauma, don't necessarily like to sleep in by the way, that's very normal.

Deena [00:17:11] At this point in my life. Yeah. Resolved a lot of things. I love being a morning person. I thrive being a morning person. 5:30 a.m. I'm alive. I'm ready to go. I'm awake. I'm excited for the day. 4:30 p.m. I'm just barely going to make it. Okay. Okay. So the way that we've been doing shifts, which, by the way, is only like the last few months we've been doing this, but it's amazing. So I will take the boys because my husband's not really a morning person. Right. So I'm excited. We go on an adventure, maybe we go hiking, maybe we go to gym class, we go to a cafe, we go to two cafes. So then we come home right before naptime. Also like 10:30.

Kristin [00:17:58] Yep.

Deena [00:17:59] But I've been up since 5:30. But yeah. Okay. And then I come in and I'm like here you go. Here your children. Excited to see you. Bye. And then I just leave the house. Yeah. Sometimes I stick around for nap time, watch some, you know, garbage TV. Yeah. Scary TV because you can't watch that at night. It gives me nightmares. So I watch the scary stuff.

Kristin [00:18:29] [Laughter]

Kristin [00:18:30] If you want to watch a scary TV show, you got to do it on Saturday. During nap times, you have time to process. Okay, okay.

Deena [00:18:35] So we watch a scary show, and then I leave the house and I go to a cafe and I go to a workout class. I go hiking, running, whatever it is. Sometimes I go and just lay in bed and I have to tell my kids that I left the house because they'll come find me.

Kristin [00:18:52] Yeah, yeah. It's worth noting that I feel like mine was maybe different back when they napped, because we only have one napper, you know what I mean? So we have, like, kids awake all day,

Deena [00:19:01] You just different out here pulling all day-ers.

Kristin [00:19:06] Yeah, but we used to do shift work anyways because again, it's just like. Like sometimes I would see a movie. I remember, especially postpartum. I was like, maybe, maybe a year because, oh, no, I was pumping. I'd be pumping in the movie theater parking lot and it's like an 11:00 Am movie. I want to be by myself and like, not have anybody touch me and just watch a movie in a movie theater for three hours. It's amazing.

Deena [00:19:26] You know how we are talking about celebrating stuff. Can we just celebrate this for a moment? Because so many of us as women, especially when we had needs, we were told that it was just it was too much, right? That it was inconvenient. It was better to just kind of be quiet and like, go with the program and like, you don't have any.

Kristin [00:19:46] Push through.

Deena [00:19:47] Push through, like just shut it down and keep going. Yep. Right. Can we celebrate this? Like, we are really changing things and taking time for ourselves and recognizing that burning out is not the way to go?

Kristin [00:20:01] Listen, you're right. Like we need. Should we do a dopamine hit? What's your?

Deena [00:20:05] Hit me with it.

Kristin [00:20:05] Like stand in the sun for one minute or it put on a song or something. Drink a sparkling water is one of mine. No, but really, we should. I mean, I, I think I've always been really hyper aware that, like, I'm a worse mom when I'm run to the ground and it shouldn't feel that difficult for such a simple concept, right? Like with anything else, with working out, you're not working out seven days a week, 24 hours a day because you know you're going to get injured. And so you want to prevent injury. You want to prevent true burnout where you just can't even ever show up again because you're injured. Right? This is the one area where I'm hyper aware that the reason I'm yelling is not because I'm a monster, I'm a piece of shit. The reason I'm yelling is I'm burnt out and I went too far, and I don't like to wait until that moment. I want to try to catch it before it happens by doing simple things like this, you know, like all weekends, basically more or less, aside from last weekend, we're doing this and it's to prevent a burnout. It's not like when it's too late and then we're like, oh no, because it's not going to work then.

Deena [00:21:13] I had this really powerful moment this past weekend where my kids are still so little that when I'm going out the door for my time, they pretty much melt down and cry and they're like, begging for mommy to stay.

Kristin [00:21:26] Little baby does too. Yeah.

Deena [00:21:27] They're begging. And so they're crying. Mommy, please don't go. I'm going to come with you and my husband to kind of breezed through. It was like, hey,

mommy has to go work because they're used to that. And I stopped him and I was like, actually, you know what? I'm not going to work. I'm going to go take a break. I'm going to go do something that mommy likes, because I know that if I take some time for myself, which is important for moms to do. I will be a fun, patient, happy mama who's ready to play with you all afternoon. Mamas have to take care of themselves.

Kristin [00:22:04] Oh, my god, I'm so proud of you.

Deena [00:22:09] It was all really powerful because that's what I want him to bring into his family.

Kristin [00:22:12] 100%. Our children are watching us be adults. They're watching us be moms. They're watching us be dads. So whether it's my girls watching me or my boy watching me, I want to paint the picture of what a mom does. And what a mom does not do is run herself into the ground day in and day out, and just kind of grudge through it. I want to show up. I want to be present. I want to be happy. I want them when they're older to take a break.

Deena [00:22:37] Yes. Now. Kristen.

Kristin [00:22:47] Hey, that was weird. Sorry about that.

Deena [00:22:53] It can be weird because this question is from Jordan. Hi, Jordan.

Kristin [00:22:57] Oh, hey. Oh, yours was weird that time.

Deena [00:23:01] I like being weird. It's 2024. That's the goal. Question. How do you get your toddlers to share? This feels impossible. I've started basically setting timers for toys, and if I'm not there to manage it and make them pass things back and forth, my kids get an endless fights over items. Okay, before we dive deep into this, it's important to say, as a child therapist, when can your toddler's brain even start to grasp the concept of sharing because so many of us have unrealistic expectations of this. I hate to say it. It's round three three and a half. That is when your kid's brain can start to pick up that concept of sharing, and then it's going to take so much practice to really build the skill.

Kristin [00:23:45] I think a little bit of perspective on sharing, okay, with all toddler concepts, I like to zoom out a little bit. I feel like it's a good place to start having some perspective. You're at work, okay? And your coworker comes up to you. You're holding your phone and you're at your desk and you're like typing away and they rip your phone out of your hand. Okay. You're like, what the hell, dude? Like, I'm not done yet. What do you like? I need your phone right now. And you're like, I'm just a mid email. Like, this is really important. I have to hit this deadline. They're like taking it out of your hands. Your boss comes over and it's like, hey, Jordan needs the phone. Give the phone, give it over. And you're like, no, no, no, I'm really this is really important. You're like getting. So I have to send this, you know what I mean? They're like, hand it over. Be nice. Right. Yeah, it's the same concept. And what are we going towards anyways? We're trying to have kind kids. We're trying to have a kid or a person who is using their phone for an important email and goes, hey, yeah, you. You need my phone? No problem. Give me one second. Let me finish this email and I'm gonna. And yeah, here's my phone. You need that no problem.

Deena [00:24:50] Bringing it back to the toddlers. So how do you actually build sharing skills? Because you are so spot on Kristin for sharing. It doesn't work. It doesn't actually

build a sharing skill at all. It teaches your kids to just hand their stuff over and not advocate for themselves. So what we want to teach them how to do is assert themselves to say, can I play with that when you're done? And teach your kid how to say, I'm not done yet? Yes. When I'm done, you can play with it. This is how we're going to teach real sharing. We don't want to come in as the referee who's like, hey, you've had two minutes. It's been long enough. Your brother wants to play with it. Hand it over. Okay. One minute. Now hand it to them back and forth. Because I guarantee you what's going to happen is they're just going to be fighting when you're not there. They're not really learning how to share. We want to teach them that. Yeah. Waiting is hard sometimes, by the way, and that real sharing does involve a relationship. They have to learn how to navigate it. And we as parents have to expect that this is just going to be really hard and we are going to supply the words and try to teach them how to assert themselves at the beginning. The more we do it, the more they start to pick it up. It's like a little seed inside that one day is going to sprout and grow.

Kristin [00:26:03] This is probably one of the hardest things for me as a mom, by the way. Like I have certain things where it's our advice. it's like the hardest thing everything in me wants to be like, give it to your sister, stop. Stop fighting. Like everything in me and I do, I do, by the way, a lot of the times, okay? But when I get it right, the sportscasting versus referee thing is, is mind blowing. And when you can keep that in mind, rather than getting super involved and setting timers and dictating the whole show. This is so simple. And why don't we do this more? Don't step in until there's physical violence. Yeah, I'm just going to say it straight up when there is physical violence and we're saying toddler violence, but still anything becomes physical. We're stepping in right away.

Deena [00:26:48] You got to keep everyone safe.

Kristin [00:26:49] Apart. I'm moving you over here. This is not safe. I'm putting the truck up here. Whatever it may be. You step in right away. Outside of that, allow them to have the moments to try. Okay? Everything that they're doing is stepping towards learning, and we're not giving them the opportunity to grow and learn when we're just micromanaging everything. So narrate. That's still cool because that's where you can kind of like put the language in their heads of like, wow, Johnny seems a little bit sad that that you have the toy, but you really want the toy too, And you're just narrating while they're figuring it out. Give them a shot.

Deena [00:27:28] Dude. I watched it happen in real time in my house the other day, and it was mind blowing because you would think of 3 to 2 year old like they're not going to be able to figure it out. Yeah, and I gave them this space, right. Everything in me wants to jump in and be like, well, let me help you. Like, what if you give up to him when you're done and, you know, and I was like, well, looks like. You guys both want the same toy? Like, what could you do here? Yeah, and they figured it out.

Kristin [00:27:51] Word.

Deena [00:27:52] Yeah, yeah. Not all the time. Yeah, but that time. Yes. And I was like, okay.

Kristin [00:27:56] That's where, you know, I think there's so much misconception of our generation's parenting where we're just like appeasing and jumping in and we're helicoptering. We're giving you permission to do nothing. It's that principle of, like, they can figure it out, kind of, you know, when anybody gets violent or anybody, anybody is starting to get hurt. Absolutely. Step in. Yeah, but God, let them try to figure it out. Give them the

language. Talk to them about it later, read books on sharing and then give them the opportunity because it may not happen, minute one, minute two, minute three feels like agony. And then minute five. Oh, my God, they just figured it out.

Kristin [00:28:30] Yeah. You know. Yeah.

Deena [00:28:32] Speaking of figuring things out. Gypsy rose. I need to go figure this all the way out. I'm going to leave, and I'm going to go do a deep dive.

Kristin [00:28:41] Are you going to watch the movie right now?

Deena [00:28:43] I'm going to give it my best shot. Wait, so it's scary?

Kristin [00:28:46] I mean, she murders her mom.

Deena [00:28:51] I shouldn't do this, but I'm going to go do it. I'm going to go do it.

Kristin [00:28:54] I can't believe you've been thinking of that the whole time.

Deena [00:28:57] Just in the background.

Kristin [00:28:59] It makes so much sense. Yeah, it makes so much sense. I support that. Go do a deep dive. Yeah.

Deena [00:29:04] There's also a show. I think it was true detective has the same kind of baseline thing to it, and that scared the crap out of me.

Kristin [00:29:14] This is like peak true crime, you know, like, I'm not a big true crime person, but this is like, you cannot not be enthralled by this. I'm just going to say it.

Deena [00:29:23] Well, let's go do it. Whatever.

Kristin [00:29:25] I'll do with you. Okay. You know, tomorrow's fine.

Deena [00:29:28] All right, bestie, it's time to get in bed. You know what? You did great today. This is a long day. It was a great day.

Kristin [00:29:34] You might be listening to this at 7 a.m.. It's still been a long day. [Laughter] You still been doing great. And we mean that.

Deena [00:29:39] 5:30 a.m. crew have been doing great.

Kristin [00:29:43] We love that you are here. We are so proud of you. And we'll see you next week. Besties. We can't wait, I can't wait, I cannot wait. I want to do another episode right now, but I won't.

Deena [00:29:53] Okay, let's go sleep.

Kristin [00:29:53] Bye bye.

Kristin [00:29:58] 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 Eater guide. I know this guy. I don't 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 [00:31:02] 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 and 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.