

After Bedtime With Big Little Feelings: Where Lorelai Gilmore Went Wrong & Other Hot Takes on TV Parents

Deena [00:00:04] Bestie, welcome back to After Bedtime with Big Little Feelings and VP Hype Squad, Tyler, is here because today we are unpacking the best and worst TV parents and you're definitely going to laugh. You might pee your pants a little bit.

Tyler [00:00:19] I hope I don't.

Deena [00:00:21] It's going to be such a good time. Let's dive in.

Kristin [00:00:24] Woo hoo!

Kristin [00:00:34] Tyler, welcome to the pod. Have you done a pod before?

Tyler [00:00:37] Have I done a what?

Kristin [00:00:38] Have you done a pod before?

Tyler [00:00:39] What's a pod, a podcast?

Kristin [00:00:41] Yeah. You've never heard the term, pod? Welcome to the pod?

Tyler [00:00:44] No.

Kristin [00:00:45] Wow.

Tyler [00:00:46] Yeah. Hi.

Kristin [00:00:47] Hi. Besties, welcome to the pod. A pod is a podcast.

Tyler [00:00:51] Okay. I mean, you're saving so few letters by cutting it down to pod.

Kristin [00:00:56] Do you not? Are you one of those people that don't like that?

Tyler [00:00:59] Not in this instance.

Deena [00:01:00] You don't like an ack?

Tyler [00:01:00] I like.

Deena [00:01:02] A good ack? A good acronym?

Tyler [00:01:04] That's not even an acronym.

Deena [00:01:06] I love an ack.

Kristin [00:01:07] Love an ack. I'm trying to think of other ones, you know, like a little. I'm trying to think, what's another example?

Deena [00:01:14] Isn't it? .

Kristin [00:01:14] You did it yesterday. What'd you say? Like a cinnbon.

Tyler [00:01:17] A cinnybun.

Kristin [00:01:18] A cinnybun? You know what I mean? I feel like you're the kind of person who gets irritated at, shortening.

Tyler [00:01:24] Yeah, pretty much.

Kristin [00:01:26] Like pod, cinny bun.

Tyler [00:01:28] Pods and cinnybuns. Yeah. Not if ...I mean it. Take it or leave it, you know?

Deena [00:01:32] Yeah.

Tyler [00:01:33] And most of the time I'm leave it.

Deena [00:01:34] I'm just having a lot of feelings because acronym is not the right word.

Tyler [00:01:37] No it's not. It's definitely not.

Deena [00:01:39] Like it's really just eating at me quietly over here.

Tyler [00:01:42] That's okay.

Kristin [00:01:43] Bestie, Deena is a recovering perfectionist. And that.

Tyler [00:01:47] Really struggling over here.

Deena [00:01:50] The whole episode is ruined.

Tyler [00:01:52] She's going to do EMDR for that.

Deena [00:01:56] I said ack..that wasn't right.

Tyler [00:01:59] Oh, ha ha ha.

Kristin [00:02:01] We're joking. But we're we're not.

Tyler [00:02:02] I'm absolutely not joking at all.

Kristin [00:02:05] And this is why we do what we do is to cultivate some resiliency. Because the three of us in this room, you know, we're all older, 37, 39, Deena, you're younger. Yeah. And we're working on our, resiliency in, in literal not even hard moments.

Kristin [00:02:22] It's just the smallest.

Deena [00:02:23] Just living moments.

Kristin [00:02:25] Just the smallest setback.

Tyler [00:02:27] Besties, I'm going to be honest with you. I'm working on a lot more than resilience right now. A whole lot more.

Kristin [00:02:35] It's good you, and Mike!

Tyler [00:02:35] It's multifaceted. Yeah.

Kristin [00:02:38] And me and Deena. Yeah, we actually are all separately putting in a lot of work in our mental health right now. Speaking of putting in the work, because I think all of us are doing this, by the way, now that we're parents, right? I mean.

Tyler [00:04:13] 100%, I would have let all these problems continue, probably forever if I hadn't had kids.

Kristin [00:04:18] Would you really?

Tyler [00:04:18] There's a strong chance.

Deena [00:04:20] Mike said that the other day. He's like, literally, if I didn't become a parent, there's a very low chance I would ever be going to therapy like this.

Tyler [00:04:27] Absolutely. I would just let that ride.

Deena [00:04:30] Yeah.

Tyler [00:04:31] For lack of a better word.

Kristin [00:04:33] I feel like mine started when my dad died. So like, a big event can do it too, you know? But in reality, it's like you either become a parent and you realize, oh, shit, I can't mess this up. I have to like, yeah, how am I supposed to teach this small human being how to regulate their emotions when I cannot? Right? Bare minimum or a big life event happens to so you go to therapy and you're like, oh wow.

Tyler [00:04:56] I need to make a change.

Kristin [00:04:56] It's not just that my dad died. It's actually it's--

Tyler [00:05:00] A lot more than that, lot more than that.

Deena [00:05:03] It started when I was born.

Kristin [00:05:04] Yeah.

Tyler [00:05:07] Is that a life event?

Kristin [00:05:07] Are there people who just go to therapy and nothing huge happened?

Tyler [00:05:13] Oh, yeah. Oh for sure. Like well-adjusted people, I feel like, do that.

Deena [00:05:16] Therapy is good for everyone. Yeah, but it's especially good when you got the trauma. You know what I mean?

Kristin [00:05:21] The trauma? Yeah. Yeah.

Deena [00:05:22] Yeah. Big trauma, little trauma.

Kristin [00:05:24] Speaking of trauma, today's episode, I'm stoked for it because we're going to walk through--this is this is VP Hype Squad brilliant idea to walk through different TV characters.

Tyler [00:05:37] And judge them.

Kristin [00:05:38] No.

Tyler [00:05:39] No, no, I just want to reflect on, like, the different parents you see in TV and movies and like kind of apply that to real life because you might be surprised by how you feel about some of them as you saw it. And then reflecting on it now as like a more educated parent and being like, wow, red flag.

Kristin [00:05:55] I can't wait. I thought it was a really good idea when you suggested it.

Tyler [00:05:58] Thanks. I'm excited. This is like one of my favorites.

Kristin [00:06:00] When I watch TV, I just zone out like I don't think I'm ever analyzing or critiquing someone's parenting style. I'm just gonna be very honest.

Tyler [00:06:07] I'm so invested in everything I watch.

Kristin [00:06:11] I love that I think I just turn my brain off. You know? It doesn't matter if I'm watching Teen Mom, I'm watching real House. I'm seeing some pretty crazy parenting things happen on the screen and I'm just.

Tyler [00:06:20] Oh, on reality TV, just throw that out the window.

Kristin [00:06:22] Yeah. We're just. Oh, there's no thinking involved. So this is exciting we're gonna turn our brains on.

Tyler [00:06:26] When it's like, real characters.

Kristin [00:06:28] Yeah, yeah. We're not going to do reality TV because that's not fair to them.

Tyler [00:06:31] That's not fair.

Kristin [00:06:32] They're real people and they're doing great.

Tyler [00:06:34] And they're all trying their best, I hope.

Kristin [00:06:35] Just like the besties.

Tyler [00:06:36] Yeah.

Kristin [00:06:37] But like a little better. The besties are doing a little better.

Tyler [00:06:39] The besties are doing a good job. If you're worried about how you're doing as a parent, you're a good parent.

Deena [00:06:43] Yeah, yeah.

Tyler [00:06:44] Let's jump in. Okay. First we're going to start with, I think, who is the most universally loved...Bandit from Bluey, the TV show.

Deena [00:07:02] Oh, yeah.

Tyler [00:07:03] How are we feeling about about Bandit?

Kristin [00:07:05] Fun dad. I feel like when you watch that show, it's like that chemical release that we as women get when you watch your partner be an amazing dad, or watch them with, like, a baby carrier. You see a man with a baby carrier. I feel like I get the same feeling when I'm watching the dad in Bluey.

Deena [00:07:24] Yeah, I was going to say number one dad, is what came to mind. Yeah. But also the flip side of that, like, unattainable dad, you know what I mean? Like, do we all feel a little bit shitty..

Tyler [00:07:35] I love it but also some resentment.

Deena [00:07:36] Oh, really? Okay.

Tyler [00:07:38] Do you see how enamored your wife is with Bandit from Bluey? And you're like, damn, how do I compete with Bandit?

Kristin [00:07:43] Do you know that a lot of people compare you to the dad from Bluey? Because you literally do the game of what's on my butt, and I don't know if he does that, but he does similar. He does similar things. It's just like joy. Fun, ease.

Deena [00:07:58] I just want to be clear. I feel like Tyler trademarked that.

Kristin [00:08:02] Oh, you're right.

Deena [00:08:02] That was before Bluey.

Kristin [00:08:04] That's true.

Deena [00:08:04] But that's okay. Go on.

Kristin [00:08:05] Tyler, you're the original Bluey dad. I think you're the original one.

Tyler [00:08:09] I will reluctantly accept.

Deena [00:08:11] Okay, I'm just gonna put it out there, like, maybe once in a while Bandit could lose the car keys, you know, like, like, not know which drawer something's in..

Tyler [00:08:21] Have a breakdown once in a while.

Deena [00:08:23] And, like, yell at a kid.

Tyler [00:08:24] Yell at a kid.

Kristin [00:08:26] Guys, I don't know why I disagree right now, I feel like he's okay. I feel like it's attainable. I don't think it's too high of a standard.

Tyler [00:08:33] I need some vulnerability.

Kristin [00:08:34] Wow.

Tyler [00:08:35] You know, it's just unattainable.

Deena [00:08:38] But still love a Bandit.

Tyler [00:08:39] Love Bandit. Lorelai from Gilmore Girls.

Kristin [00:08:43] Okay. Everybody wanted Lorelai to be their mom. Speaking as a millennial and come home.

Tyler [00:08:51] Come home to someone that loves you.

Kristin [00:08:53] I was gonna paint a really, really sad picture. And I'm not going to any more. You come home, you're all alone to a dark, empty house, and you watch Lorelai and you're like, that's your mom. You're like, oh, I feel like loved and like, seen. Like everybody wanted the Lorelai mom. Not just because she was so warm and loving and compassionate, but also because she was, like, your best friend. You know, even she was, like, young and hip and cool and has all the great music.

Tyler [00:09:22] Yeah, that's definitely a problem. That's definitely a problem.

Deena [00:09:26] Tell us more.

Tyler [00:09:27] As an adult looking.. As a teenager, you're like and like lacking that stuff. You're like, oh, I wish I had a best friend and a parent. Yeah. And then as an adult, you're like, that's terrible. Big red flags, a lot of codependency. Those two... So codependent.

Deena [00:09:42] Very meshed. I will say jumping in as a therapist here.

Tyler [00:09:45] Lorelai seeking enmeshment with Rory big enmeshment vibes.

Kristin [00:09:51] Tell me... Say more.

Tyler [00:09:52] Say more. Okay. She's trying to constantly interweave her life with with Rory. She gets all of her validation from how Rory does. She's very involved in her life and she doesn't really let her go do her thing. She's way too involved in her life.

Kristin [00:10:06] Wow.

Tyler [00:10:07] She is a best friend and she shouldn't be that.

Kristin [00:10:10] Deena, as a child therapist, Tyler's saying Tyler is not a child therapist to be very clear. Deena is. I'm hearing the word codependent. I'm hearing the word enmeshment...hot take.

Deena [00:10:20] Listen I'm resonating with both. Wow. Okay. The personal me goes to the Kristin vibe where.

Tyler [00:10:26] Where she wants it.

Deena [00:10:27] Caring, loving. I want someone to be concerned about how I feel. And then when you really zoom in, Tyler's right, Tyler's right.

Tyler [00:10:35] You know who should be loving and caring? Your friends.

Deena [00:10:38] Yes.

Kristin [00:10:40] Also your parents should be kind and loving.

Deena [00:10:43] Not to the point where your life basically controls how they are feeling and acting and all that. Like too tied.

Tyler [00:10:52] Does she work in the bed and breakfast? Yes. Is it where she's deriving her joy? No. Does she have her own self-worth and self-esteem independently? Is she working on cultivating that? Her self-worth? I think no.

Kristin [00:11:09] I, I don't know that I can receive it, I hear it, I hear it, and it feels I'm feeling defensive. But pull out your feeling wheel.

Kristin [00:11:22] I'm feeling like rage and hot in my body. And I don't know why. Like Lorelai is a is a national symbol. Like her face should be on Mount Rushmore.

Tyler [00:11:30] Okay.

Kristin [00:11:31] You know what I mean, she's like a staple of our childhood. Just be like. You're telling me Alex Mack is like, Alex Mack is a lie, you know? The love and the bond that I thought that Lorelai and Rory had this pure thing that I could rely on. You're just, like, ripping the rug out. We gotta move on to the next.

Tyler [00:11:51] Not secure attachment.

Kristin [00:11:54] My world is rocked..

Kristin [00:11:54] This is what I'm going to bring to therapy. Deena is going to bring her intro. And I'm bringing Lorelei. You like? I feel like a lot of people listening. The besties are going to bring this.

Tyler [00:12:02] This is going to be contentious.

Deena [00:12:04] I really want to hear what the besties thing. To be honest.

Tyler [00:12:07] Besties. I want to know if I just sent you off a cliff of pure rage, pure rage like Kristin.

Kristin [00:12:13] Wow. It's just a visceral I get it, I understand it logically. I'm just having a visceral reaction.

Tyler [00:12:18] Your world has been rocked. Yeah, for lack of a better word.

Kristin [00:12:21] Let's shift. I gotta move on.

Tyler [00:12:21] On. Next. Next. Bart and Lily bass from Gossip Girl.

Deena [00:12:26] Oh, wow. Throwback.

Tyler [00:12:27] Wow. Woo! Wow.

Kristin [00:12:30] Deena, Did you watch Gossip Girl?

Deena [00:12:33] I mean, I did.

Kristin [00:12:34] Oh I'm surprised.

Deena [00:12:35] I love Gossip Girl.

Kristin [00:12:36] Good for you. Yeah, that's why you wear headbands. Is that right?

Deena [00:12:39] Is that where it came from?

Kristin [00:12:40] Are we having a Blair moment? I just put that together. Are we trying?

Tyler [00:12:42] Is that where headband started?

Deena [00:12:44] I feel like, yeah. I mean, this was a different episode, but her whole vibe, like, is back in style now.

Tyler [00:12:50] Did we just talk about that? The prep vibe.

Deena [00:12:53] That's right.

Kristin [00:12:56] Bestie, you can listen to our Mom Trends episode a few episodes back. And you're right, we talked about how.

Tyler [00:13:01] Blair.. Blair's on trend.

Kristin [00:13:03] Blair is on trend. Yeah. Big time. You were a Blair. I was Serena, but not, you know, not visually. Just in our souls, in our souls, in our souls. Let's say we were.

Tyler [00:13:13] Back to the parents...overall.

Tyler [00:13:15] Where were they? I can't even remember.

Deena [00:13:17] I think that's the key question here.

Tyler [00:13:18] That's the point, where was Bart? He was either gone or a terrible in-person parent. But basically Bart Bass, he was either like on a plane somewhere or on, like, their balcony, telling Chuck how horrible he is.

Deena [00:13:32] That I do recall.

Tyler [00:13:33] That's my only a recollection of him either, like, gone or being like, Chuck, I'm so disappointed in you. But on their patio, or, probably in an elevator.

Kristin [00:13:43] I'm not remembering these specifics, but I think that says something. And there were a lot of teenage, rampant, horrifying things now, as a parent. A the time it was so cool. But now it's just like, where are the parents,.

Tyler [00:13:53] Exactly, it's all a lot of neglect, is what I'm seeing on that show.

Kristin [00:13:57] Okay, wait, can we bring it back to Rufus for a second, though? Because I really I thought he was, you know, he was there. He was present.

Tyler [00:14:03] He was present.

Tyler [00:14:04] He was definitely present.

Kristin [00:14:05] Dan..Jenny. You know, they went through their hard times, but like, he was, he showed up for them.

Tyler [00:14:10] I think he did a good job validating. Yeah. I think he was a validating parent.

Tyler [00:14:13] I mean, I think that was the whole angle was like.

Tyler [00:14:17] Someone had to be good..

Kristin [00:14:18] Two kids from Brooklyn. You know, have the good dad and the rich kids parents are just gone.

Deena [00:14:21] Is I know this is different, but you you guys just reminded me of Sandy from the O.C.

Kristin [00:14:26] Is Sandy on the list?

Tyler [00:14:27] Oh, my God, let me check the list. He's not on the list. How did Sandy get left out? Oh my God, talk about swoon for a parent. Like, can you swoon for a parent?

Kristin [00:14:40] Yeah, you can. Is there a better TV dad?

Tyler [00:14:47] I don't think so. Gosh, just like so concerned and involved in a healthy way.

Deena [00:14:54] Wait, is it enmeshment. Tyler?

Tyler [00:14:56] No, I would say no. I would say no because he has his own pursuits. You can tell Sandy is like--

Deena [00:15:01] And it's not just because he's a man, right?

Tyler [00:15:03] Absolutely not. He has so much like internal self-worth and self-love that he can radiate it out. And problems don't bring him down. He's still himself. Even in those hard moments. He's not going to let those hard moments ruin his day.

Kristin [00:15:17] We all wanted to be Adam Brody like we all wanted that secure.

Kristin [00:15:22] Be him or date him?

Kristin [00:15:24] What was his real name?

Tyler [00:15:24] Seth.

Deena [00:15:25] Whoa.

Tyler [00:15:27] Pulled that up.

Kristin [00:15:28] Now what I can't remember is Marissa's mom. Was there some weird vibes there?

Tyler [00:15:32] Oh, boy. Oh, boy. Marissa's mom.

Deena [00:15:36] A lot of tension.

Deena [00:15:37] Yeah, well, a lot of conflict.

Tyler [00:15:39] Yeah. Marissa's mom. Horrifying as a mom. Just like that judgy mom. That's like, did you eat lunch today? That's disappointing. Like those vibes? Yeah. Didn't you eat breakfast? Also. Kirsten was great. Sandy's wife. Phenomenal mom.

Kristin [00:15:59] You mean Seth's mom?

Tyler [00:16:00] Yeah.

Kristin [00:16:01] You know what's disappointing is that, like, I can't really remember that. All I remember is Sandy. You know?

Deena [00:16:08] Why is that?

Kristin [00:16:11] It's like the boomer thing where boomer parents or boomer moms are like, oh my gosh, you're brushing their hair

Deena [00:16:19] It's true.

Kristin [00:16:20] You're holding a baby? That's what we're doing right now.

Deena [00:16:23] We're doing it in real time.

Tyler [00:16:25] We are the problem.

Deena [00:16:25] Look at the self-awareness, though.

Tyler [00:16:27] It's the first step. The first step.

Kristin [00:16:30] Kirsten. She was a good mom.

Tyler [00:16:32] She was a great mom.

Kristin [00:16:34] We're like well, that's normal.

Deena [00:16:34] That's exactly what's happening.

Tyler [00:16:37] See society..patriarchy.

Deena [00:16:39] We've been brainwashed. We're gonna re-do that.

Kristin [00:16:41] We didn't even talk about the Bluey mom. All we did was talk about Bluey dad and how great he was and how he could have a menty b sometimes.

Tyler [00:16:47] This is exactly why.

Tyler [00:16:49] This is a reflective episode. And you know who does have a menty b sometimes? Sometimes..Chile, the mom from Bluey.

Kristin [00:16:55] Yeah, she's very relatable. She's a great mom and she breaks down.

Tyler [00:16:59] She doesn't get enough credit. She has her hard moments and she's able to pick up and keep going.

Deena [00:17:05] That's what we need. That's the real stuff.

Tyler [00:17:07] Chili's. I mean, we need some more Chili.

Kristin [00:17:08] So you think Chili is a more ideal parent than--

Tyler [00:17:10] I think Chili's the more realistic parent to aspire to be.

Kristin [00:17:13] Yeah.

Tyler [00:17:14] You know.

Deena [00:17:14] This was my point about the Bluey dad. I was like, guys, guys like he's gotta mess it up a little bit more. Be real.

Tyler [00:17:23] Be vulnerable in life. Okay. So who we got next?

Deena [00:17:27] Hit us with it.

Tyler [00:17:28] Succession where finally me and Kristin are finally watching..succession, succession, succession, succession. Nobody can say it. Nobody can say it.

Deena [00:17:36] Okay. So I like obsessively would watch this in real time with Mike. This was like our show.

Kristin [00:17:41] Did you watch them all? Don't tell us how it ends.

Kristin [00:17:42] I won't tell you anything.

Tyler [00:17:43] I think we're on what, season three?

Tyler [00:17:45] Yeah, we're on season three.

Kristin [00:17:46] I never want it to end.

Tyler [00:17:48] I love it.

Deena [00:17:49] I cried when it ended.

Tyler [00:17:50] I just want more Tom.

Deena [00:17:51] I think about it every day.

Tyler [00:17:53] There's a diner scene with Tom and Greg, and I just wanted it to be its own show. So funny, I know. Anyways, the parents on it. Logan Roy, obviously probably one of the worst parents in TV history.

Kristin [00:18:04] Yeah, go ahead and diagnose.

Tyler [00:18:05] I don't even know. I like I don't even have the diagnosis. Definitely avoidance.

Kristin [00:18:09] Deena, do you have a diagnosis?

Tyler [00:18:10] Definitely avoidance.

Kristin [00:18:12] Control? It's not enmeshment so much as like--

Deena [00:18:15] It's it's veering on the narcissism if anything.

Kristin [00:18:18] Yeah, yeah.

Deena [00:18:19] But like not real--narcissism has gotten so popular these days. And it's like everyone's like, oh, you're narcissistic and you're narcissistic because you don't care about feelings, but it's like it's different. But really, like he takes invalidating feelings to a whole new level.

Kristin [00:18:34] Bare minimum. I'm more like, you had children just for your own needs and control and they're like your pawns.

Tyler [00:18:43] Like 100% pawns. Conditional love. That's the big one from it that I take away from it..Conditional love, which is like number one no, no.

Kristin [00:18:52] Where are Kendall's kids? Like is Kendall ever?

Deena [00:18:55] That one is a big question mark for me.

Kristin [00:18:56] Like did they get taken from him?

Tyler [00:18:59] He just doesn't have custody.

Kristin [00:19:00] Okay.

Deena [00:19:01] They live with the mom and then once in a while, the mom gets upset with Kendall because he's just, like, not really thinking about the kids, ever.

Kristin [00:19:10] Also, he's on drugs.

Deena [00:19:11] Well, he's on drugs. Yeah. So also that.

Tyler [00:19:13] Yeah. Yeah. I wouldn't take your role models from Succession okay. As a parent.

Kristin [00:19:18] Some of the worst, probably the worst parents on TV.

Tyler [00:19:20] Definitely.

Deena [00:19:21] I feel.

Tyler [00:19:22] Like at least current worst parent on TV maybe ever.

Deena [00:19:26] No, I feel like we've got one on our list who I would put before that.

Kristin [00:19:30] Really?

Tyler [00:19:31] Okay.

Deena [00:19:32] It comes from my childhood.

Kristin [00:19:33] Do you think it's because Logan Roy at times has glimmers of love for his children?

Deena [00:19:39] Actually, you know what? I'm going to take it back because the one that I'm thinking of has a lot more love. Just, like, really effed it up so badly. Call CPS.

Tyler [00:19:49] The next one is pretty bad. Kevin's parents from Home Alone.

Kristin [00:19:51] Are you saying that's worse than Logan Roy?

Deena [00:19:57] Like guys, it's not just the mom, by the way. The dad has responsibility, too. You forgot your kid like you just literally left the child.

Kristin [00:20:05] Please don't leave your children at home alone.

Deena [00:20:07] You can yell, you can mess up. We all do it. Just like don't leave him while you go out of the country.

Tyler [00:20:13] That's a proper abandonment event. And that's trauma. That's acute trauma.

Deena [00:20:18] That's a big T trauma right there.

Tyler [00:20:19] Straight up. That's a big T trauma, straight up abandonment. He had fun, but he's going to be talking about that later. He's going to be...There's going to be many sessions dedicated to that.

Deena [00:20:28] A lot of EMDR.

Kristin [00:20:30] I think it says a lot that this is like the most popular movie from our childhood. You know?

Tyler [00:20:34] I have seen this movie at least 800 times. Without a doubt. It's one of the three movies I owned as a kid growing up. Yeah. So that tape got some play.

Deena [00:20:43] Did you obsessively watch movies?

Tyler [00:20:45] Oh, yeah. I mean, do you guys remember when you could go to blockbuster? You got to rent 1 or 2 movies and you would watch that movie ten times in one weekend, but just be like, that was a great movie. Let's do it again.

Kristin [00:20:56] You still do that, though.

Tyler [00:20:57] I still do that.

Kristin [00:20:58] Isn't that a--correct me if I'm wrong. Didn't we read something like. That's a sign of anxiety, that you try to soothe your nervousness system by watching over and over.

Tyler [00:21:06] That you already. You already know the story. It's easy to watch. No surprises. I love that, I love no surprises. Okay. But yeah, big T event there. All right. Last..parent from Daniel Tiger. Thoughts.

Deena [00:21:21] Amazing. First thought ..Love her.

Tyler [00:21:25] Underrated great parents.

Kristin [00:21:28] Are they underrated?

Tyler [00:21:29] Underrated. Everybody talks about Bluey and Chili. Granted. Great parents. Yeah, but Daniel Tiger's parents, you don't even know their names. That's how underrated they are.

Kristin [00:21:38] You're not wrong.

Deena [00:21:39] She has kind of low key my other dream job, which is to, like, fix things. Be a woodworker.

Tyler [00:21:45] She does, doesn't she? Yeah. That's right.

Deena [00:21:47] That's like. That's my dream. If I had more time, I would literally build so many things.

Tyler [00:21:52] And you. You know what it is? You know what I love?

Kristin [00:21:54] *laughing* Can we pause for a moment?

Tyler [00:21:56] What would you want to build?

Kristin [00:21:57] Yeah, let's not breeze over that.

Deena [00:21:59] I have this dream.

Tyler [00:22:02] Like, recurring?

Deena [00:22:03] No, I have this dream. I'm like. Like building things out of wood, like in my basement. I would love to build, like, one of those really fancy play structures. And I honestly think I could do it. When I was younger. You don't know this. I built my dog a two story dog house that had like a balcony with a full railing and had a roof.

Tyler [00:22:23] Can we get pictures of this?

Kristin [00:22:24] I do know this.

Kristin [00:22:25] I want to share this.

Kristin [00:22:26] For Wolfie, right? .

Deena [00:22:28] Yeah, Wolfgang Pug, my pug.

Tyler [00:22:30] Wolfgang pug.

Kristin [00:22:32] I think you built like a mud kitchen, right? If I'm not mistaken, you did one of those Pinterest mud kitchens that we all want.

Deena [00:22:40] I just love to build things with my hands.

Kristin [00:22:43] I think you should, I really support this.

Deena [00:22:45] I don't know have time.

Tyler [00:22:46] Get a woodshop.

Deena [00:22:46] Like how do I do it? You know?

Tyler [00:22:48] What? What do you start with? Do you start with, like, whittling? Is that where it starts?

Deena [00:22:52] No, you have to, like, come up with the idea, map things out and then get the wood cut or cut it yourself. I don't have the tools anymore.

Kristin [00:23:01] Yeah, I think I support your dream.

Deena [00:23:02] I got a few barriers, but I think we could pick this back up, guys.

Tyler [00:23:05] I think you should definitely pick that back up..Anyways. Anyways, the mom from Daniel Tiger.

Deena [00:23:10] Amazing at validating feelings. Not only do they validate feelings, but they literally, literally discipline. Like help your child.

Tyler [00:23:19] Oh yeah, they hold boundaries really well. And that's the thing is like not only are they like incredibly validating and kind, but they're some of the best teachers on TV, like straight up lesson after lesson after lesson. And you remember it because it's in song form.

Deena [00:23:33] But here's the real question, guys. Do they realize that they have beachfront property?

Tyler [00:23:40] Because that's just casually in the backyard? It's casual, it's true, though.

Deena [00:23:44] They walk out and they live right on a beautiful beach.

Kristin [00:23:46] They do?

Tyler [00:23:47] It's in the backyard. Because also.

Deena [00:23:49] Every time, like, my soul hurts a little because I'm so jealous that they live there.

Tyler [00:23:53] But that's also a good segue, because one of the worst moments in TV parenting history is when they build a beach inside the house.

Deena [00:24:03] Yeah, we're gonna build an inside beach.

Tyler [00:24:05] Yeah. I was like, no, you aren't.

Deena [00:24:10] That was the only time--and this is totally my childhood trauma--where mom Tiger's like, yes, I am mad. And I was like oh no, we're in trouble. But you know what? She handled it like a champ. Because parents are allowed to have feelings, too. I admire her for being honest.

Kristin [00:24:28] How did she handle it? I don't remember this episode. What happens?

Deena [00:24:29] She had to count to four and calm herself down. And she was so mad. And then they thought through how to problem solve this and clean up that sand, shifted to a yes, we can have an inside beach, but it can't be with real sand on the floor. Guys, let's think of something else.

Tyler [00:24:46] I would lose my mind. I would straight up lose my mind.

Kristin [00:24:49] You would not count to four.

Tyler [00:24:51] There would be no counting.

Kristin [00:24:54] Blastoff.

Tyler [00:24:54] Blast off into outer space. If I came home and there was a beach inside.

Kristin [00:24:58] You're Logan Roy at that point.

Tyler [00:24:59] Yeah, I'm going Logan Roy at that point.

Deena [00:25:01] Full on.

Tyler [00:25:02] Full on.

Kristin [00:25:03] I think I would Daniel Tiger it and I think it'd be fine.

Tyler [00:25:04] You think so?

Kristin [00:25:05] Yeah.

Tyler [00:25:05] Oh, boy.

Deena [00:25:06] Me too.

Kristin [00:25:06] Yeah.

Deena [00:25:08] We love a mess.

Deena [00:25:11] I hope we don't have to find out.

Deena [00:25:11] Well, if there's ever sand at home, I'll just send you, like, a bat signal, you know.

Tyler [00:25:15] Like, heads up.

Tyler [00:25:16] Don't come home.

Kristin [00:25:16] I booked you a hotel for the night...and--

Tyler [00:25:20] See you in a couple days.

Kristin [00:25:22] See you in a couple days. I think we should shift into questions. We have some great questions from the besties today.

Deena [00:25:29] Let's do it.

Kristin [00:25:30] But summarizing. Logan Roy is the worst.

Tyler [00:25:33] Logan Roy is definitely the worst.

Deena [00:25:34] Yeah.

Kristin [00:25:35] Don't leave your children at home. And I'm going to go ahead and still say that Lorelai is the best mom on TV.

Tyler [00:25:41] Oof, no. I'm saying Chili. Chili from Bluey.

Kristin [00:25:45] Okay.

Tyler [00:25:45] Best parent on TV.

Deena [00:25:47] And I just want to be Mom Tiger. Let's go. Okay.

Kristin [00:25:49] All right.

Tyler [00:25:50] Settled. Settled.

[00:25:53] Besties? Who is your favorite TV parent? Who's your worst TV parent? I really want to know.

Kristin [00:25:58] Send us the reality ones even. I'm into it. I just find you in the DMs. I'd love to.

Kristin [00:26:13] Okay, besties, these are questions from you. We're going to talk about toddler stuff now. Meredith wants to know how to handle screaming during a tantrum. So triggering. Send help please.

Tyler [00:26:27] Oh no, this is my trigger, too.

Kristin [00:26:29] This is your biggest trigger.

Tyler [00:26:31] Like loud. My trigger.. Like the screaming. Oh, God. No. Give me some help, ladies. Because this is not my territory.

Kristin [00:26:39] Yeah.

Deena [00:26:40] Also my trigger.

Kristin [00:26:42] Is it?

Kristin [00:26:43] I know what to do. I know what to do, but especially being trapped in a car with screaming. That's like my number one. I start--

Tyler [00:26:50] Actually, I'm okay with that because I'm in the front seat. I can-- I can disconnect from that. I can be like, all right, they're back there. I'll validate. And I'm up here. I'm good. It's like when they're right next to me.

Kristin [00:27:01] Okay, just to assure the besties, the reason that screaming is triggering to you.

Tyler [00:27:06] Yes, I want to know.

Kristin [00:27:07] I'm looking at you, is not because you're a monster. It's because it's a loud noise in your ear. You're literally biologically hardwired to respond to this as a threat.

It's fight or flight. Also, research shows that the sound of your child crying increases your cortisol and makes you feel like you're in a fight or a flight, so there's nothing wrong with you if you're triggered. That makes perfect sense.

Deena [00:27:35] That's right. Screaming is hard, and in those moments, there are few things we can do. We can try to settle our nervous system because like Kristin is saying, loud noises activate that. And so it's about breathing. It's about grounding yourself. Maybe tap into like some sensory stuff if you can, a silly little thing. But it works so well, honestly, is breathe in and trace that outside of your fingers as you go. And things like that can actually shift your nervous system and help you get grounded. Help you literally just make it through the screaming, which sometimes really is the goal. Like just make it through because your child's brain has not developed. Screaming is totally age appropriate. It will not always be this way, but when they're little, it is.

Tyler [00:28:19] Like going to what you said about like sensory stuff, like learning me personally about like window of tolerance and what you can control is like if you're outside of your window of tolerance, not a good time to talk. Go to that sensory stuff. Trace fingers, grab an ice cube, hold on to it. Then when you come back down into your window of tolerance, then you can operate. Get back to logical thought. I thought that was so interesting.

Kristin [00:28:39] It's so important to put yourself first. When your child is screaming, you're also going to have every urge in the world to either get them to stop screaming or to fix it. I'm not really triggered by my kid screaming, probably because I'm hard of hearing, but I still have the urge to want to like, fix it, or stop it, or negotiate or plead or try to whatever. Focus on you when your child is letting it out, when they're having a tantrum. We know it's healthy. Let them have the healthy release and take a minute to focus on regulating yourself. Ice cube, love that idea. Put your back against a wall that helps ground yourself. You can notice the feet on the floor. You can smell something citrusy or peppermint tea. Oh, I feel like we always--you hear the screaming. You go directly to the kid to try to solve the problem, take care of you first.

Tyler [00:29:25] It's fight or flight. Truly fight or flight.

Deena [00:29:27] A screaming child, by the way...can't reason, can't hear you like wait till it's all past anyways to try and help them learn anything about regulating feelings.

Kristin [00:29:37] This question is from Melissa. Hey, Melissa.

Deena [00:29:41] Hi Melissa.

Kristin [00:29:41] Hey Melissa! Could you do a podcast on why Tyler doesn't feel a need to do it all, but us women do.

Deena [00:29:48] Ooh, punchy.

Tyler [00:29:49] Feel like that's like a lot of pressure on me.

Kristin [00:29:51] What episode was that from? By the way, where you?

Tyler [00:29:53] It was from the, the moms having to do it all episode where you feel like you have to work, but you also have to be at home.

Kristin [00:29:59] Oh, stay at home, mom versus working is working better for your kid. If the besties want to listen to it. That was a good one.

Tyler [00:30:05] It was a really good one.

Kristin [00:30:06] And so Tyler, on that episode let it drop that--.

Tyler [00:30:10] I dropped it.

Kristin [00:30:12] That he does not feel the pressure to do it all.

Tyler [00:30:20] Yeah I don't have that. There's not those two wolves in fight inside me fighting. Is that isn't that the thing? Inside you there are two wolves.

Kristin [00:30:28] Is that is that a thing?

Tyler [00:30:29] That's a thing.

Deena [00:30:30] I think it's another thing. But it's a thing.

Tyler [00:30:33] Those wolves are not there. And I think it goes back to like, my goal is to just do like the best I can. It's not like I'm going to put my like I have a lot of pressure on myself in like different areas. But when it comes to parenting and balancing it with work, it's like you can't do both. It's literally impossible to do both. And I think maybe, like other people have that expectation that they have to do both and that it is possible. And I think that's what it comes down to, is like some people think it is possible to do, no matter how hard it is. And I'm like, that's not possible.

Kristin [00:31:03] But do we think that this is rooted, this is rooted in society?

Tyler [00:31:07] 100%.

Kristin [00:31:09] Men are expected to bring in the money. Yeah, and to go to work. And women traditionally were expected to take care of the home. And now we are expected to take care of the home and have a thriving career.

Tyler [00:31:23] That's a new concept.

Kristin [00:31:25] And have self-care and keep yourself esthetically beautiful for your husband and be an amazing partner and being an amazing sister. And don't be too much and not like that, but be just so.

Tyler [00:31:35] That's only like 50 years old. Everything else has been so rooted in cultures around the world. It's like, yeah, there has been no expectation on me to be a present parent. And so, like, I am making an effort outside of that tradition to let go and be a more present parent. And I'm doing a pretty good job at it. So it's like I don't have the pressure to do it all though, because that's not a concept.

Kristin [00:31:57] The expectation is is so low societally, meaning traditionally.

Tyler [00:32:01] Not internally.

Kristin [00:32:03] So when you can kind of do both, they're like, wow, wow, look at me like I'm better than most.

Tyler [00:32:08] I'm exceeding expectations right, by doing that. And you guys are trying to meet expectations that have been set so high.

Kristin [00:32:14] Impossible.

Deena [00:32:14] And I really think it started with like us at our age and onwards as little kids where girls, especially as women, start to enter the workforce. We got the message growing up, you can do anything a man can. And so we grew up and we started to work. Right. And then we have these kids, but no one ever undid these, this other part that we grew up with where women take care of the house. So now we've got these two parts, and no one taught us about how to balance any of it. And by the way, I don't think the societal part of the narrative that changed was okay. Well, little boys, as women do it all and they work as well. You also have to pick up the house stuff and be involved. Like that part was totally missing.

Tyler [00:32:58] That was left out for sure.

Kristin [00:33:00] I think that statistic is in Eve Rodsky's book, right where it's something like 90% of the household mental and physical load is held by the woman, even if she is the main breadwinner.

Deena [00:33:12] Yeah. Whew, that one one gives me chills. That's a lot.

Kristin [00:33:16] So to answer your question, Melissa, it's, society, I think.

Tyler [00:33:21] Yeah. I'm already I'm already exceeding societal expectations, essentially.

Deena [00:33:25] Yeah, yeah, yeah.

Tyler [00:33:26] That's messed up, but it's true.

Kristin [00:33:28] Okay. Next question.

Tyler [00:33:31] Now that I'm incredibly triggered. Next question.

Deena [00:33:33] I'm so angry.

Kristin [00:33:34] Okay. Last question is from Dan. Hey, Dan.

Deena [00:33:36] Hey. Hi, Dan. Thanks for being here.

Kristin [00:33:38] Is it okay to slowly fake leave when your toddler won't come along at the park?

Deena [00:33:43] Listen, I think everyone does it. You know what I mean?

Tyler [00:33:47] So tempting.

Deena [00:33:48] It's so tempting because it works. Technically, it works. Your child at some point is going to realize and go, oh my God, and like, scramble because literally they cannot survive without you.

Tyler [00:34:00] You're triggering that.

Deena [00:34:00] But that's the thing. This is actually one of your child's like neurologically wired in biggest fears is they can't survive without you. So while that works, I would say it's not the best for the relationship overall. And there's another way that we can get them to leave the park or transition, like wherever you got to go, because that's real life. Like we got to go sometimes.

Kristin [00:34:23] Okay, here's how we can leave the park in a healthy way. We're going to tell our toddler what to expect. We are leaving the park in two minutes. Then you can try one of our favorite hacks, which is the timer trick. Okay. Let your toddler set the timer on the phone, let them push the big button. Get them excited about it. Hype hype hype. This is their idea. They're in control, but secretly really, you're in control. Obviously. That timer goes off and you'll go, okay, the timer is off. It's time to leave the playground. You've probably seen people do this. The playground, by the way. I do all the time, and I'm so proud when people do this, your toddler is going to do one of two things. They're going to come over. They're going to push stop, and they're going to leave the park because they're like, yeah, this was my idea, or your toddler is going to be pissed and they are going to scream. They're going to run away from you. They're just going to look you blankly in the eyes and go, no, and turn the other way. Okay, in that situation, no matter what, we are going to swoop in calmly and quickly and say, it's so hard to leave the park, I'm going to help you out now. You're going to pick your toddler up. You're going to put them in a stroller. You're going to have to do what you're going to have to do to get them to leave the park and hold that boundary. This might feel harder to you than doing the whole like, I'm leaving without you. Bye. That's sort of easier in the moment, but A. Your relationship is going to be preserved, okay? You're not leaving them. We're not threatening their survival instincts, like Deena is saying. And we're also showing them that we are that calm leader who is going to show up and mean what we say over and over and over again. I promise you, long term and short term, this is actually the best option.

Tyler [00:36:08] It's so tempting because it's so easy. It's such an easy solution, even though it's detrimental. But it's the easy way out versus like going through holding boundaries and like setting timers is like, that takes work. That takes work, it takes practice. And it's not always going to be easy versus the easy way of being like, I'm leaving you here bye and then being like, oh God, this is triggering fear in me. I have to leave, too.

Deena [00:36:32] Exactly. So true. And bestie, you know what? You are doing a great job. Like, let's just acknowledge you are here listening to a parenting podcast, which means you care. You're doing great! Proud of you. Thanks for being here. And now it's bedtime.

Kristin [00:36:47] It's bedtime.

Deena [00:36:48] We did it.

Kristin [00:36:48] Well, you might not be ready for bedtime. I don't know when you're listening to this, bestie. You're probably ready for bedtime, though.

Deena [00:36:54] Yeah.

Kristin [00:36:55] You're almost there. Doing great there. Bye, bestie. We'll see you next week.

Deena [00:37:00] See you soon.

Deena [00:37:04] 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.

Kristin [00:38:07] Thank you so much for being here with us. This has been an Audacy Production. Executive produced by Lauren Lo Grasso, produced by Daniela Silva, edited by Bob Tabbador and theme music composed by Liz Fohl, then studio lighting designed by Shane Socket 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 until next week.