

BLF Whitney second Pass Mixdown 1.mp3

Deena [00:00:39] Big little besties! We are so excited to introduce today's guest! If you are a millennial mom, you are going to be so excited to. Today's guest is someone you may know, and if you know her, you are probably obsessed with her like we are. She starred on the iconic MTV reality TV shows The Hills and The City. She's a creative director and designer, a mom to an adorable six year old named Sunny. Our guest today is Whitney Port.

Whitney Port [00:01:09] Welcome. Thank you. Oh my God, we.

Kristin [00:01:14] Met one time. Yes. Deena had to stay behind, but we went to D.C. to ban assault rifles. What an amazing trip.

Whitney Port [00:01:22] It was so amazing.

Kristin [00:01:23] It's so.

Whitney Port [00:01:23] Amazing. We didn't get to lobby together, but I got to hang briefly for one second. That was really, really cool. We need to do more with them.

Kristin [00:01:31] We do need to do more. March the 4th. Yeah. Ban assault rifles for our babies.

Whitney Port [00:01:36] That was amazing. Something that I didn't think that I was going to be thinking about every single day since Sunny started school. You know. Yeah. You did not think that that was going to be something to navigate?

Kristin [00:01:46] Not at all.

Whitney Port [00:01:46] But we got to do what we can now do.

Kristin [00:01:48] We can.

Deena [00:01:50] Well, we're so excited.

Whitney Port [00:01:51] Thank you.

Kristin [00:01:53] We're same fan girls, but also just following you. In general. You're fashion. You're just a fun follow.

Whitney Port [00:02:00] Yeah, that's like all I really want to be.

Whitney Port [00:02:02] Oh my God, thank you. Good.

Whitney Port [00:02:04] That makes me feel good. That's it.

Whitney Port [00:02:06] I want to be a fun follow. Like I want to inspire. And I want to talk about important things and obviously have serious conversations. But I do like I think social media should be fun. I mean, yeah, at least that's how I look at.

Deena [00:02:20] It should be enjoyable to.

Deena [00:02:21] Consume in some way. Yeah. Do you do that like a positive light?

Deena [00:02:24] Not like.

Deena [00:02:25] I think.

Deena [00:02:26] I dress up on date night now because of.

Deena [00:02:28] You. Actually, I see cute photos. And then the other day I was like, I, I kind of want to be cute. I got them, yeah. Actually led me.

Deena [00:02:35] To text and she said, I'm sending you the Whitney port selfie.

Kristin [00:02:39] Oh my God. So.

Deena [00:02:44] I knock on the wall behind her.

Deena [00:02:46] Yeah, that's an alley with a trash bag. It doesn't.

Whitney Port [00:02:48] Matter. Who cares? I just feel like sometimes taking that little extra time, that little extra step can make you, you know, feel a little bit better about yourself in these days where we can just feel like, like, who are we? You know, as and as moms, it's like your identity shifts and I feel like fashion your body, everything changes. So, yeah, I'm glad that I can do that for you.

Kristin [00:03:13] Yeah, yeah. Okay. I want to start out because you have a very unique life. You grew up basically on television. I mean, you were what were you, 20?

Whitney Port [00:03:25] Yeah, I was like, I.

Whitney Port [00:03:26] Was.

Whitney Port [00:03:26] 20. Yeah, 20 when I started on The Hills.

Kristin [00:03:30] Okay. Yeah. We all watched you voraciously because the Hills was like a sensation. Like no one on earth was more famous than the cast of Laguna Beach. The Hills at that time.

Whitney Port [00:03:40] It's so crazy. We were, like, living through you, you know? Right? Like one. Like.

Whitney Port [00:03:45] Right. We were like the lens into this Hollywood lifestyle at this time. And totally it was. I didn't I had no idea it was going to be that I knew was a docu style series where they were following girls in LA doing different things, but I had no idea. It was obviously going to turn into what it was. Or that I was on like Lauren Conrad spin off, like, no idea. For all this. I was really just working in fashion. And then MTV happened to be in our offices and found me.

Whitney Port [00:04:12] And yeah.

Deena [00:04:13] What was it like to be part of that craze at such a young age?

Whitney Port [00:04:17] It was.

Whitney Port [00:04:19] I'm like, I feel like so much of it is a this can be like sort of a fog because it was so much and it was so overwhelming and I was so young, but it was amazing. Like, I don't regret it for a second. You know, I was lucky to be on a reality show where it was like they weren't trying to ruin everybody on the show at the time, you know what I mean? And there wasn't social media at the time either. So the shows would go out and then we would have no idea what anybody thought of it or like what anybody thought about us. So it was more freeing time to be on reality TV. But I always was just like, I grew up in Los Angeles. I went to like a private school on the West Side, and I feel like I was around Hollywood. And so I was never trying to be famous. I wasn't I wasn't trying to be on the TV show. I wasn't, like, impressed. So I really could just be myself. And I knew going into it, I wanted to turn this into something more and that I wasn't going to make a fool of myself.

Deena [00:05:22] That's amazing. At a young age.

Deena [00:05:23] We're just pause for.

Deena [00:05:25] Somebody followed.

Deena [00:05:26] Me with a camera at 20. I'm just going to, I mean.

Whitney Port [00:05:29] Well, I just I did those things. I did those things.

Whitney Port [00:05:32] On my own. But that's the thing. Like The Hills was set up where I was Lauren's coworker and I would go to film in the office and we would do, like, work things together. So I was still like getting shitfaced and acting a fool at college on the side. And they just weren't filming it, you know?

Deena [00:05:48] Right. Yeah.

Kristin [00:05:50] But then they asked me to do the City.

Deena [00:05:53] Of the city, and.

Whitney Port [00:05:54] I was. Yeah, that was that was really fun. It was like.

Whitney Port [00:05:58] It got, like, too aspirational at a time when new, Jersey shore was coming out and people just wanted to see that shit. Like the throwing of the drinks and the chaos. The chaos. And we were ours was a little bit different kind of chaos. We were like, you know.

Kristin [00:06:14] Act all the ways on the show, which is probably good in retrospect. If you look back like you were, you know, we really had it together.

Whitney Port [00:06:21] I feel like I did.

Whitney Port [00:06:22] Too, like I wasn't.

Whitney Port [00:06:23] Faking that. Like I had great parents and I was one of five kids and I had a I had an awesome upbringing and I was always a really confident person, like really confident girl and had like a good head on my shoulders. And so I went into it thinking, just like, how can this kind of like, serve me, you know, and I didn't, I, I had a, a boyfriend at the time when I started doing The Hills, I didn't want to be on the show. And so I really was like, I made sure that I kept my sacred relationships private. Like they weren't going to film my family, my sister's boyfriend's parents. Like they weren't coming in my house. And then once I started doing The City, I kind of had to let that all go because they were like, well, we have to follow you. And like, we can't, you know, we can't just be at the office. So I opened myself up for a little bit, but I really do think, like it was very hard for me to completely open myself up and be like the center of that kind of drama that the show eventually, like we did two and a half seasons of it. But I'm not meant to be like a shining star.

Whitney Port [00:07:28] On reality TV. I know you could be because you're so damn you just reality TV. That was actually minute one, which is interesting because one Lauren.

Kristin [00:07:41] Even Kristin Cavallari. Since being thrust into that world, it seems like they kind of like not pulled back because I feel like that's a negative word. It's actually more of a positive thing where they kind of have healthy boundaries in terms of their privacy or their kids privacy. Yeah. What does that look like for you post, you know, the Hills craziness.

Whitney Port [00:08:00] Yeah.

Whitney Port [00:08:01] So I feel like I'm a little bit in between, like those girls. I feel like I mean, they're both so different in how they, like, portray their lives. But yeah, they definitely haven't. Like, Lauren's definitely not tried to, like, put herself out there at all. And Kristin does in a different way in like a very raw way. But I think that for me, I like it now that I can put myself out there when I want to, that it's really on my terms, and that there's not a team of producers or editors there to spin what I say or infiltrate into my life. You know? I don't want that anymore. It's like too manipulative and confusing. And I remember, like, but those are really the hardest times of filming were when the producers would try to get something out of you or want you to have a certain reaction or care more, or make something bigger than it was, or like, act a way that you wouldn't normally act. And so it just it was like, no, but this is people really think this is me on the show, so I don't I'm not going to do that. Like it was a constant push and pull and I don't want that as like part of my life anymore. But I do like being vulnerable on social media, and I like connecting with with women in that way. Like I do want to share what I'm going through. I have I felt that way ever since. I didn't know that I would be like that, especially coming off the show. I thought I would want to be more private, but I feel like it was after when I got pregnant with Sonny and Timmy started filming me, just talking about my pregnancy and just like my real raw feelings about. And they weren't like the most positive. And we put out the YouTube series I love my baby favorite. I love and thank you. And I was like, I was like, terrified to put it out there because I felt like I was so trained to think that, like this kind of raw stuff and this, this feeling about pregnancy was just so like, I would is a monster, and that there were so many people that were just, like, dying to be pregnant. And the fact that I was complaining about it and having such a hard time with it just made me seem like, horrible. And so I was really scared, really, really scared to put it out there. And then once I did, I just got all the validation that I needed that people were feeling the same way, that then I felt so much more comfortable opening myself up. And now, like I really do still pick and choose. Like I'm not an open book. I'm not like the typical influencer that's on there all day,

showing my day to day. Like, I like the fashion and beauty stuff because that's like, that's fun for me and it just comes naturally. But I think that, like, I have to sometimes protect the things that I'm going through as to not completely open myself up to opinions, because I can be easily impressionable and I can get confused, and I want to really just connect to what I want and not what anybody else wants for me, or all the questions they want me to ask. So now it's more like, like I said, I pick and choose when I put things out there, but I do find such like strength and confidence for myself in being vulnerable.

Kristin [00:11:15] Yeah, I think even we struggle with that for sure, where you realize once you get to a certain size, anything that you quote unquote give is kind of taken and gone, you know, and so you have to know and be conscious and, and proud of what you're sharing. Yeah. And I think there's such a misunderstanding that influencers or people online have to share everything. And if they're not, they're hiding something or you owe it to them or it's like, now we really have to like, at least for myself. But I know you're the same way. Pick and choose. I'm not even like for me, I'm no longer sharing my child's vacations because, you know, and it's just every year it's going to change. But right now that belongs to us, right? That belongs to them. And maybe I'll I'll share this, but I'm not going to share that. Just being really conscious what you are putting out and then what you kind of just like gets to belong to you.

Deena [00:12:06] Because people take it and they just run with it with their own narrative and they.

Kristin [00:12:09] Change the narrative.

Deena [00:12:11] Yeah.

Kristin [00:12:11] And someday your kids can read it and it's like, well, that's not what our vacation was like.

Whitney Port [00:12:15] Totally.

Kristin [00:12:16] What do you mean? You know, like, she was just whatever it is, it's like, now you just I know for me it's like, okay, this is what I'm okay with. Just this story is out there.

Deena [00:12:26] And then what I want to put out there. Yeah, I think it's it's.

Whitney Port [00:12:29] All about just tuning into your gut and just knowing what you feel, what you want to put out there and what you don't. And you know what you do and what you don't. And like, I think it's okay to have those boundaries, just like you got boundaries and, and with this and boundaries and everything, like I do feel that that's okay. And for anybody that wouldn't understand that like I don't want them to follow me anyways, but like, I, I feel like I get to a point where eventually I will share things. I just need some time. I want the time to be able to process them on my own and come up with my own scenario, make my own decision for myself that doesn't have anybody else's voice like wade into it.

Kristin [00:13:17] You were very vulnerable with your struggle with infertility, so that was something you made a choice to share. And as somebody who had secondary infertility, I know we talked about this. Yeah, but that was really powerful and really made a lot of people feel less isolated watching you. Somebody who's perfect, who lives in Los Angeles and has a perfect husband and the perfect kid, and she struggles with secondary infertility,

too. For those listening who don't know, could you give, like, a quick like, what has the fertility journey been so far?

Whitney Port [00:13:48] Yeah.

Kristin [00:13:49] And what made you want to share that part?

Whitney Port [00:13:51] Yeah. So actually I don't know when this is coming out, but I filmed a little series with Parallel that was actually like a year and a half ago of me going through a little bit of like the IVF process and stuff that's going to come out for Fertility Awareness Month. But, basically, long story short, I got pregnant with Sonny so, so easily went off my birth control, got pregnant within two months, didn't have any issues then after that just proceeded to have miscarriage after miscarriage, after miscarriage. And for a couple of them they were able to do like, genetic testing. And two of them were chromosomally abnormal, like the two that they miscarried. So we just thought, okay, we're just continually having babies that are chromosomally abnormal. So my ObGyn said it's time to go to to like a fertility clinic and see what's going on, because I don't think you want to keep on having all these losses. So we went and we ended up doing the egg retrieval and freezing embryos. And I had every intention of doing, implantation on my own. And it was like three days before the implantation and I got really, really sick. And I was like, throwing up nonstop and I, like, tore up my esophagus. And it was awful. And I had to call off the implantation. And then after that, I just hit like a really like a I hit it like a rock bottom of, like, can I do this? Do I want to do this? Like, I felt like the getting sick right before. It was just like it was so much for me. And I was I had talked about this, I've talked about this on my own podcast and everywhere. But like, I was just losing weight and just so stressed from all of it. And so Timmy and I decided, like, why don't we look into surrogacy? You know, like, this is becoming such a thing and your health and your happiness is so, so important. And if we're if we can do this, like let's look into this. So we looked into that and we ended up trying to use a surrogate. And we miscarried twice with the surrogate then. So that was just a couple months ago. And so now we are in this kind of I don't want to call it.

Whitney Port [00:16:01] Purgatory, but you can kind of feel that way.

Whitney Port [00:16:05] Of like not really knowing what what's next. Like, I've had some tests and I have some things going on where it's not the easiest for me to carry, and the surrogate just seems like so overwhelming and expensive after all that we've been through. And so I'm really just like, you're catching me at a moment where it's very much like, I don't know, and I'm just trying to take it day by day and feel feel it all out. I'm obviously so grateful I have Sunny, like I keep on turning to that. I'm like so grateful I at least have him and I like will be okay if we only have one. But then the other part of me is like, well, we've tried so hard, like to give up now just feels like giving up. So I really like, I don't know.

Deena [00:16:58] I feel like that's the part of infertility that's like.

Whitney Port [00:17:00] It's the only never training. It's so no, it's like.

Whitney Port [00:17:04] You have no control and you need to make these decisions. But you still, even though you make the decisions, you don't know if they're going to work. And there's like so much future spiraling. And just like I was saying earlier, like I have decision fatigue, kind of.

Whitney Port [00:17:20] So.

Whitney Port [00:17:21] It's a lot and I feel like trying for anyone out there, I really do feel like trying to have a mantra for yourself when you do start to future spiral is the most important thing in telling yourself, like what your reality is right now. What do you need for yourself in this moment? And like, what are some of the steps you can take to maybe get some answers to give you some more clarity? Who can you talk to? I think like just making some steps, making some plans so you give yourself more clarity is important. But to also just like let yourself be in that space and not force yourself to think about it or make a decision. Just like let yourself be and try to let like tune in to your gut and really listen to like what your gut is telling you.

Kristin [00:18:08] Yeah, and using advice because I feel like the thing I. Heard a lot too, especially when you share publicly. You get a lot of, like, questions and opinions.

Whitney Port [00:18:16] Yeah. Yes. Yeah.

Kristin [00:18:18] But what I heard a lot was like, how are you so hopeful? Like, how are you so positive? And I feel like the answer for most people, I'm curious on your is where it's like, I'm not always.

Kristin [00:18:26] Like I'm not always.

Kristin [00:18:27] It's okay to be absolutely, irrationally angry at Kylie Jenner, which was my person at the time. Right? Everybody here who has struggled with infertility or lost a baby has some person in their mind that, like you, were irrationally angry.

Whitney Port [00:18:41] At your job to do so easily for them. So my and by the way, I never, you know, you have to do IVF, right? I saw.

Deena [00:18:49] The announcement like she announces.

Deena [00:18:52] What the real and Kristen literally has was like die.

Kristin [00:18:56] A little meant to be.

Kristin [00:18:56] Where she had been to me. I like to get it. Something so vile, like you're like, it was like a personal attachment.

Whitney Port [00:19:09] Yeah. I personally went to lunch in the with my friends in New York with this couple, and they just had a baby eight months ago, and they told me that they are pregnant and I.

Whitney Port [00:19:15] Couldn't help myself. Tears just started. Sometimes I was like, I'm so happy for you, but I am for me. So sad right now. Yeah, I think that's okay. That's okay. I think that feeling.

Whitney Port [00:19:30] Knowing that two feelings can coexist.

Whitney Port [00:19:32] Is so.

Whitney Port [00:19:33] Important, and knowing that you do feel super hopeful at times, and that there are other times that you feel like nothing, like it's never going to happen. And that's okay. To not like shame yourself for having either of those feelings.

Kristin [00:19:49] You can hold on with this same. Yeah, exactly.

Kristin [00:19:52] Even what you said earlier with sunny where like that can be true too. You can be so grateful to have your older kids.

Whitney Port [00:19:58] Yes.

Kristin [00:19:59] Secondary infertility is really isolating. People don't understand. So like for me, I got a lot of commentary just being like, well, why aren't you just happy with the girls? And like, I am.

Kristin [00:20:08] Like, you.

Kristin [00:20:08] Can have both feeling I'm you can feel so grateful and have a yearning in your body for another seat at the table for another baby, another child, like both things can be true at the same time.

Whitney Port [00:20:19] Totally. And for me, at this point, it's really like for Sonny, like, yes, I want it to, but I, I just think as he's gotten older, like, I just, I want a sibling for him. Like I had four siblings. I don't need to have.

Whitney Port [00:20:30] Five kids, but.

Whitney Port [00:20:31] Like, I, I want him to have that other person to have that support, like I think I do. You know, it's like I say that and then I'm like, but I'm like, think it could be because I try to I'll try to like, talk myself out of things to make myself feel better, you know? But anyways, we're we're in a like Timmy thank God is is so supportive and helpful. And then another tip for anybody out there like it is okay to ask for help, right? Like, yes, you do want to you expect them or you want them to know that you need it or whatever. But I think that it's okay to ask for assistance with this stuff, because the fertility thing can become like a whole other part time, even full time job, especially when you're at the beginning and you're doing all your research and you're trying to figure out what steps to take. And honestly, like I asked Timmy, I have right now, we're in this place where we have to talk to two different doctors to find out about these procedures and find about costs and insurance and what's the recovery and all this stuff. And he was like, do you want me to call those doctors and find out all that stuff for you? And I was like, honestly, yes. Like I've been procrastinating it for three days and I will totally take you up on that. So I think that like, leaning on them is okay. Like, and they it takes two to make this happen.

Kristin [00:21:53] Yeah. It can be really, really isolating. And then it all falls on the woman so quickly. Like I had my husband do all of my shots.

Kristin [00:22:01] For me.

Kristin [00:22:02] Saying it makes it so that makes it makes it so that this is not my experience. Like I'm doing this alone. And then if it doesn't work or if it is like, it's not just me, right? He's crazy about this. Like he's just as involved.

Whitney Port [00:22:14] Invested.

Kristin [00:22:15] Like so our bodies that are getting all the hormones and stuff, but at least they can feel like very much a part of the.

Kristin [00:22:22] Process, right?

Kristin [00:22:23] Otherwise you can just be like two ships in the night. I know, like, this is your whole life and your whole all the hormones and all the changes, and they just have like, business as usual, right?

Whitney Port [00:22:32] Like even all the calls I suggest being on together, like my doctor to me, wasn't on for call last week and she wanted to start to get into it. And I was like, no, no, no, no, no, we have to wait for Timmy because I don't want to have to then like retell and explain. And it's that it's exhausting and then have them ask questions. What did you ask this did? It's like, this should be our thing that we're doing together. Totally with you on that.

Kristin [00:22:55] Yeah.

Deena [00:22:56] Yeah. I hadn't realized how intense two the whole process is until I watched you, Kristen, go through it, and it's just so.

Deena [00:23:04] Worn, like.

Deena [00:23:05] Both of you, what you've been through. And thank you for speaking about it, because I feel like. Really. Like I haven't heard a lot about it. And then people feel so alone when you're going through it and you think you're the only one. So I think sharing.

Kristin [00:23:18] It helps people even support what I saw. Like it helps me support my friend who's going through.

Whitney Port [00:23:23] You know what you just don't like to.

Whitney Port [00:23:24] Say cause you don't always know. And I think to just.

Whitney Port [00:23:29] The.

Whitney Port [00:23:29] Feeling even if you're not even engaging with it or with the content or whatever it is. But like I just the feeling of knowing that someone else has that is going through this, just just that lifts an immediate weight off your shoulders. I was talking to a friend yesterday who I just love and respect and like just her. I don't know, it's just like so it makes it so worthwhile. And that's why I continue to do it. Because yes, it can be difficult. And that's why I have to set the boundaries so that I share it when I'm ready to share it. But I just think that women have been, like, so understudied and we're not speaking loud enough because there's so much more that we can and should know. And the only way that anything is going to get done is if we talk about it.

Deena [00:24:24] Yeah.

Kristin [00:24:24] Do you regret at all sharing about your fertility part? Like are there parts that are really hard being in the public eye and sharing about fertility and things that are so vulnerable?

Whitney Port [00:24:35] The only thing that's hard is like, sometimes if I don't feel like talking about it, having to talk about it. But I also think it's like really cathartic and therapeutic. Like I get to talk about it so much that I feel like I process it so much, and I can talk about it with people like you, and I get to have these conversations to help me open my eyes and learn new ways of dealing or coping, or how someone else has been through it. So it's kind of like by the time I've put this all out there, I'm like, I've healed from it, you know.

Whitney Port [00:25:10] Like it feels, it feels good.

Whitney Port [00:25:11] So I that's the only part. It's like if I'm ever in a mode where I'm just like, I just want to, like, not live in that reality right now, then. Yes. But for the most part, no. Like, I really I feel like I've, I've found so much self-worth in it as like a woman and yeah, it's been it's given me so much purpose.

Whitney Port [00:25:34] It's a.

Kristin [00:25:34] Great answer. I mean, the answer is great, by the way.

Kristin [00:25:37] I just I.

Kristin [00:25:38] Think it would be so amazing if more people shared and and not just public figures. I would just love to love, love, love to see something else on my timeline other than the 12 week announcement, right? And that's in general, by the way, that's just life in general. Doesn't always have to be dark and dismal all the time, but just showing a little shred of like.

Whitney Port [00:25:58] What we're really, really like, are you doing it because.

Kristin [00:26:01] You don't feel like there's something inherently wrong with you? Which I think a lot of us immediately go to.

Whitney Port [00:26:07] Of course.

Kristin [00:26:08] Like, oh, it's just actually like one inch six of.

Kristin [00:26:10] Us.

Whitney Port [00:26:10] Totally. And like, you don't want to put pressure on people to share, of course. Like if you don't feel comfortable sharing, of course. But I think that there maybe I don't know, it's such a, it's such a fine line because you're like certain people, you feel like they have a responsibility to be honest and open, but then you're like, no, we don't. They don't really owe anything to us.

Whitney Port [00:26:29] So it's hard.

Whitney Port [00:26:31] But you definitely do respect the ones that you feel like. Put it out there and not for the sake of themselves too, because that's also something that you can kind of see right through, you know?

Kristin [00:26:43] Yeah. And at the.

Deena [00:26:44] Same time, I know I've kind of like struggled living on the internet is an interesting thing.

Deena [00:26:50] You know.

Deena [00:26:50] And last year especially, I was kind of going through something and I feel like I got a bombardment of comments at times, like about my body, like without ever asking me uninvited. But I, I wonder too, living on the internet, like, how do you deal with comments? Because I'm sure that prevents people from sharing publicly at times, for sure.

Kristin [00:27:12] Well, and the body thing, especially because I follow you. Because I just love your stuff.

Whitney Port [00:27:15] Thank you.

Kristin [00:27:16] And I just have to say, like, I'm just going to say it out loud because I only want to talk about the body for a little bit, because I think there is nothing more shocking and like, distasteful than saying one word.

Kristin [00:27:31] About about a woman's body. Yeah, I agree, I.

Kristin [00:27:34] Just can't understand it. I know, and like I have chills right now and for some reason people seem to be a little bit obsessed with your body.

Whitney Port [00:27:42] Yeah. So the thing.

Whitney Port [00:27:43] Was, is like I was losing weight. It's not like people weren't picking up on something that was happening. I was stressing the f out and like I was, I was not paying attention to it. And it took Timmy to be like, this is something we have to look into for me to kind of take a look into it. So it's like I understand the caring thoughts of the caring comments I never have an issue with, but it's. Like the ones that are just so aggressive, and mean. It's like. And the thing is, I started to get involved and engaged in the conversation with people and feeling this need to respond, because I felt like people were going crazy with it and creating this narrative that I'm like that I thought that I looked good and and I really didn't like. I really knew that I was like, not looking my healthiest. And so it was more like the narrative of what was happening that I was like, I need to clear this up. And then I did that, and I like that's one thing that I regret doing. Like, I really wish I, I feel like the thing to do is to just not pay attention to it, because where you are giving, you're shedding light on it. You're like exposing it. You're putting a magnifying glass on it, and then that's all that people want to talk about. And you're giving people like more, more.

Whitney Port [00:29:08] You're leaving.

Whitney Port [00:29:08] The fight. And like you've, you've you've touched on it. Now you face it. So now we can so like, I just wish I hadn't gone, gone down that road and just kind of gotten healthy on my own. And I ended up getting there like after a month of kind of

going back and forth with people. I was like, you know what? This doesn't have to be a conversation I need to have with anybody that I don't know anymore. Like, I'm just going to focus on myself and get healthy and like, it doesn't have to be a story in my life anymore.

Kristin [00:29:37] Like, what a bizarre concept that's about anyone on earth. Like, if people were really worried about your health, then then what is the best for them? Your best? You know what I mean?

Whitney Port [00:29:47] It's so crazy. It's this curiosity, of course, and people feel this need to comment. And, you know, part of it is like the reason why we're all sitting here today, we like these people are most of them are great. That's the thing I think is what that's what you need to focus on when you really look at it like there are, you know, and even I noticed this after going to DC with March 4th and talking openly, it was like with that. And then when I went back and talked to the vice president about reproductive rights, like lost a lot of followers and people saying really nasty shit. And then I'm like, you know what doesn't really even the people that I really want following. Yeah, me anyways.

Whitney Port [00:30:26] So it's just there's a.

Kristin [00:30:28] Page for them out there.

Whitney Port [00:30:30] Yeah. So you, you, you grow.

Whitney Port [00:30:33] You end up like I've been doing this. I mean, granted there wasn't social media when I started, but I have been doing social media for a while and you end up you grow up pretty thick shell and you realize that these people don't know you. But also just like, don't engage, like, really just don't engage.

Deena [00:30:47] Yeah, yeah.

Kristin [00:30:48] Well, and I think for me it happened on a smaller scale, but once I opened up the fertility conversation, I know if this happened to you, but when people go in the comments and are like, well, if you weren't overweight, you.

Whitney Port [00:31:00] Oh my God.

Kristin [00:31:01] You could get pregnant if you just lost weight. And it's like for you, it's maybe the opposite. I don't know, I've seen I think some where there like like equating they're like diagnosing you, you know, like a picture of your body.

Whitney Port [00:31:13] Yeah. Not knowing that I've gotten my I've gotten a regular period.

Whitney Port [00:31:18] Right. Exactly. And then you feel like you have to justify. You're like, my doctor's never had an issue with my weight before. I've. I've had a regular period my entire life. Like, I just got 21 eggs out of my egg retrieval. Like you.

Whitney Port [00:31:31] Want my whole fucking to like my medical history in.

Whitney Port [00:31:36] Order for me to tell you that, like, yeah, you don't have a right to comment on my body. It's just.

Whitney Port [00:31:42] So it's.

Whitney Port [00:31:43] Exhausting. And that's why it's so exhausting for us to have to speak for ourselves, to stand up for ourselves against this unwarranted stuff. Like. And then people.

Whitney Port [00:31:52] Like, well, you asked for it, you put it out there, so like get ready for it.

Whitney Port [00:31:57] And you're like, you know what? Yeah, you're right. So that's why I'm just going to ignore it. It is on your.

Deena [00:32:01] Time though, where people really do have that mindset. I feel like where it's like, well, if you're on the internet, like you asked for it, right?

Kristin [00:32:08] I know that's how it works. Hi guys. No, I don't know.

Kristin [00:32:11] That was like the turning point for me was it was on a miscarriage post and somebody commented it was because my house was so dirty. And then it was 72 after that of being like, well, she asked to be on the internet and like, her house is really dirty. So like.

Kristin [00:32:24] She she was like.

Kristin [00:32:26] That was actually the moment I think I grew a thicker skin, to be fair, because it's like, okay, we're not for fictional people. That's okay.

Whitney Port [00:32:32] Totally.

Kristin [00:32:33] Let's stop talking about the bodies. Because like, what I want to say to you is, I'm sorry and no one. And same with Deen, like nobody should be commenting on a woman's body. And I.

Whitney Port [00:32:42] Just because I have to do I have.

Whitney Port [00:32:45] To stop myself too. And even I've talked about this like even just thinking at like as I've gotten older I'll, I'm so conscious of like just aging and I'll look at someone in my head like.

Whitney Port [00:32:58] Oh, they look.

Whitney Port [00:32:59] Old or like, oh, they look so young. And then I'm.

Whitney Port [00:33:01] Like, why am I even doing that?

Whitney Port [00:33:04] Doing why are we doing this?

Kristin [00:33:05] Like, because we're hearing it from somebody else.

Kristin [00:33:07] We're hearing the commentary. And so it's just natural that I'm hearing about Megan Fox is. Body and I'm hearing about this person's body like, wait a minute.

Kristin [00:33:13] Who fucking cares, right?

Whitney Port [00:33:15] Like a why? Just like, just make sure that I'm good with myself.

Kristin [00:33:19] Just live in your body.

Whitney Port [00:33:20] Just live in my own. In my own reality. Yeah.

Kristin [00:33:31] Okay, I want to shift to Sunny. I want to shift to mom life. Yeah. Sunny life.

Kristin [00:33:36] Yeah, all of that.

Kristin [00:33:38] You are in elementary school years. You graduated the toddler years.

Kristin [00:33:42] I can't believe it. Yeah, I know it.

Kristin [00:33:45] Like, exciting. Is it bittersweet? What is it like now having a six year old?

Whitney Port [00:33:49] It is.

Whitney Port [00:33:51] It's the best. Like I was just saying, we're going on spring break tomorrow, and I'm actually like. I feel like I used to look at travel was Sunny is kind of like, you know, like traveling with toddlers just sucks.

Whitney Port [00:34:04] I'm in. Yeah. Sorry. Like. Yeah, but.

Whitney Port [00:34:09] But now I'm like, oh, my God. He's just like an additional, extra friend that we get to hang out with. And it's it's really amazing. Unlike now in the years where I don't want them to go by fast, I felt like I was such a brat in the baby phase. In the toddler phase, I was just like, I need this phase just to be over. Like it was really hard for me. And now I wish that. I wish I didn't think that way so much, but I'm not going to I'm going to give myself grace and, you know, whatnot for that. But he's he's the cutest. He's just the the one issue we're having right now is like a little bit of the iPad situation in the screen time, but we're like setting those boundaries. But I'm like, if that's my biggest issue, then I'm we're chillin like, I can't I but I'm like boring now with my kid, you know? It's like everything's so cute.

Kristin [00:34:59] Like peaceful. Yeah. Peaceful. Enjoyable. Yeah.

Whitney Port [00:35:02] We're in a place of peace and like, it's it's manageable right now with one in kindergarten. And I feel like I'm able to have enough time for myself and have enough time for my husband and have enough time for. I mean, work is like.

Whitney Port [00:35:17] It's some days right now.

Whitney Port [00:35:20] I'm saying that as we're going to go to Hawaii tomorrow. So excited.

Whitney Port [00:35:24] But like.

Whitney Port [00:35:25] Yeah, I do feel like we're in a good groove at the moment.

Kristin [00:35:28] I want like everybody listening to pause and hear, hear that for a second where it's like, I feel like I have time for me. I have time for my husband. Like the husband thing I feel so guilty about. Like, I can't even say that he'd be like, oh, you also have like, I don't.

Kristin [00:35:41] Really I know there's three there. Yeah, there's maybe little feelings.

Kristin [00:35:45] Of my fourth baby. Yeah. And when you're just it's like those younger years, you know, it's.

Whitney Port [00:35:50] So hard to find that time. I know my friend just called me and she was like, she just had. She had a second. She was like, yeah, we're pretty much just like partners right now. Like we're just roommates style. Who has to pick up who when you know who's making who's lunch, like all this stuff. And it's just it's all just about planning things. And she's like, have we even hugged this week? And I'm like, yeah, I know that has to be another thing on the to do list, you know what I mean? Like, you have to make that a priority. But yeah, to me and I like.

Whitney Port [00:36:24] We both don't have typical.

Whitney Port [00:36:26] Like 9 to 5, we're going to work. So we get to spend a lot of time together. And we, we like, really enjoy it because we do have time enough time apart, away from each other as well.

Whitney Port [00:36:36] Yeah.

Deena [00:36:36] Like you said though, the early years are hard. Yeah, they're very trying. We give so much of ourselves. And if you could kind of look back and give yourself some advice, what would you give yourself?

Whitney Port [00:36:49] Well, I would.

Whitney Port [00:36:50] Oh God, I would tell myself, I think what I was saying kind of before that, like everything is really a phase. I think that there are so many different phases that you realize that you're going to be in and you're like, oh my God, how am I going to deal with this forever? Am I going to be this tired forever? Am I going to be he going to be having the sleep regression forever? Like it's, you know, you start to again forward spiral. And I feel like I would tell myself to just try to have patience with it. And like as hard as it is, think about the things that aren't going to be that like, you're going to miss about this phase and just know that there is like an ending to the phase, that none of it lasts forever. And I think that it will give you some, like, freedom there.

Deena [00:37:36] Yeah. That's something I feel like I'm in kind of this next chapter, which is funny to say that my kids are three and two like, I'm very much in and yeah.

Deena [00:37:45] You're, you're but you're under three or under.

Whitney Port [00:37:49] Four and three is like.

Whitney Port [00:37:50] It sounds totally.

Whitney Port [00:37:52] Different. And then five and four.

Whitney Port [00:37:54] Like yeah.

Whitney Port [00:37:55] Yeah. Right now you're still really in it. But yeah, you do like you're probably, you probably are so much more in a groove than you were a year.

Whitney Port [00:38:03] Ago.

Deena [00:38:03] 100% when they were 202. Every day was kind of like just trying to stay above water. Right. And it's so interesting now that I'm here, what feels like a next chapter like the other day, you guys, I watched them run into the other room and go play. You know, I was like, oh.

Deena [00:38:19] My God, I'm like, that is this. But it did make me realize, yeah, when.

Deena [00:38:25] You're in that. Hard phase for me. At least I can get stuck in what you said. Times where it's like, well, this is.

Deena [00:38:31] Not gonna happen, you know?

Deena [00:38:33] Like, it's not gonna change. This, is it? This is hard. And then it changes and then it changes.

Whitney Port [00:38:39] Yeah. And you have to. And I also urge you to, like, really take in those moments when it changes so that it's like more validation for you so that when you are in a phase, you can trust that, like it is going to change because you felt it before, you know.

Kristin [00:38:55] You end up looking back at those times and you're like, oh my God, I was so resilient.

Kristin [00:38:59] Like, look at I got what I got.

Whitney Port [00:39:02] I know, like, I can do whatever it is that I'm facing today now.

Whitney Port [00:39:05] Yeah. Yeah.

Kristin [00:39:08] How have you evolved like through motherhood from the start.

Whitney Port [00:39:13] I think that I've really just paid like I've really just learned to trust my gut more. Yeah. I think that like I've realized that I am a really good mom and that I usually know what to do and what to say, and that I need to trust that more and not look to like Timmy for how to handle it. Or and just. Yeah, to really, like, trust myself. I think that also that I can be I can set boundaries and I can be a disciplinarian while also creating a safe space for him to come to with anything. And that was just a good reminder to really work on before. I like to work on my look or whatever with him because I don't. I always want to be that safe space. I never want him to feel like there's going to be any sense of like, judgment or whatever. So.

Kristin [00:40:08] To were boundaries hard for you before?

Whitney Port [00:40:11] I think. So a little bit, I just wasn't I was very, kind of like taking the easy way out, like giving him what he needed or what he wanted, or appeasing him, making things easier. And so then in the moment, it was making things easier. And I think I found that with more consistency and with more routines, like his bedtime routine used to be so crazy, like so long, five minutes of play time, two minutes of talking, like three minutes of coloring, you know, three books. It was like all. And now it's like we stick to it same every night. And if he starts derailing, I'm like, Sonny. Like, now's the time. You know, sometimes, like Sonny, now's not the time.

Whitney Port [00:40:57] But, like, you know, I.

Whitney Port [00:41:00] Realize that it's a balance of that and.

Whitney Port [00:41:04] Yeah.

Deena [00:41:04] Yeah, boundaries can be tricky because when your kid is, like, screaming at you, pushing back because they don't want that to happen, which is totally understandable. Like, who wants to go to bed? You know, I'd rather play, right?

Whitney Port [00:41:17] But when it's come on, I have to give choices.

Whitney Port [00:41:19] That's what I've learned about choices. Like, I found that if I give him certain choices and I'm sure that's, like, so basic in your guys's.

Whitney Port [00:41:27] Book, but like, like crazy. Yeah. Because, like.

Whitney Port [00:41:30] We can talk if you want to chit chat for two minutes, like, or chit chat, we can chit chat, but that means we're not going to have as many books, you know. And like, I sometimes Tim will be like, well, it shouldn't be a negative. Like when you give them a choice, it should be this or that. Like either we can chat or, I don't know, something else positive, but I'm like, I don't know. At this point. I feel like he can understand that there's consequences. Like it can't be can't have everything. He can't have the time to chit chat. You know that all the chit chat time and the music time and the three books like got to make some sacrifice if.

Kristin [00:42:05] You really let him experience his choice. Yeah, yeah. And give him the ownership and independence.

Whitney Port [00:42:10] Yes.

Whitney Port [00:42:10] Especially as they get older.

Kristin [00:42:11] Yeah, yeah. Okay. Back to your career because you mentioned that in your job. How has motherhood affected your career. Like positively. Negatively like especially when they were when he was little.

Whitney Port [00:42:26] Yeah.

Kristin [00:42:26] You know, like how was that experience?

Whitney Port [00:42:28] I think that it I mean, it totally became like intertwined. Like I felt that once I got pregnant, it became part of my identity as like as as, like a social media

persona, you know, because I started to put it out there as soon as I got pregnant. So it all sort of like intertwined. And then I think I, I started to feel even like if I didn't have a second kid, like, I like it, it needed to happen for me because it was so part of my business, you know? But I think now it's really I really am trying to keep most of it separate, like I do want to share parenting and motherhood stuff. And I talk about that on my podcast. But I'm not like plastering Sunny all over my social media. Like if he's in a cute look or he does something funny or whatever, like I'll put him on there. But this isn't like, this isn't like, let's just put a camera in my kids face all day. And, you know, for every little thing that's going on, like, I like, you really don't want to do that anymore. He's very aware of the phone and the camera and whatnot. So in that respect, I keep it pretty separate. But, in my work, you know, there's so many different things that I do that I where I'm talking about myself personally, where it does like come into the mix. Yeah. Yeah. Like there's we have a segment, on my podcast date night, I do a date night with I love that one. But yeah, that's.

Kristin [00:43:58] A fun one.

Whitney Port [00:43:59] I'm like, one of the things that we talk about is just like, something about Sonny and like, what we're dealing with in that moment about Sonny, but I do. Yeah. My life I cover, I don't know, like, it's it's pretty separate at this point. Yeah, yeah.

Kristin [00:44:15] And how do you. Well, okay, I want to proceed this with like someday we will ask men this too. Yeah. But I'm very curious, as moms who are trying to juggle a career and one that you're, like, kind of building from scratch, and you have kids, like, how do you actually juggle it all? Yeah. Like, do you ever feel like you're drowning? Do you feel like you've a good balance now?

Whitney Port [00:44:37] My god, yes. You never really fully juggle at all. I think that it's all about, you're going to be in those extremes. There's inevitably going to be moments where you're drowning, and then there's going to be moments where you're feeling like on top of it. And I think that.

Whitney Port [00:44:52] Is just what it is.

Whitney Port [00:44:55] You know? And you like, have to be okay with those extremes. And I think that you have to know that there are certain days that, like, work is going to get most of your attention. There's certain days your kids are going to get most of your attention. But like, I think the most important thing is that whatever you're doing in that moment, to be fully doing that thing, you know, like if I'm working and I have to take my own advice with this too, because I don't always do this, but if I'm working, like I'm really working and I'm not, you know, the door is closed and I'm not like half in, half out with Mike, with my kid, or if I'm with my kid that I'm not, like on my phone, which is a hard thing, you know, that I'm really having the quality time. So it's making sure that whatever it is I'm doing, I'm actually there in present and doing it so that I'm feeling whole after leaving that experience and then feeling, I think eventually more balanced. And then also just like not feeling, working on, not feeling guilty, taking time for myself, like knowing when, you know, and that's part of a luxury that I have which like, like being able to manage my own schedule and fill in those blocks for myself. Like I am able to do that. So I don't want to sound like a, like a privileged brat. But I do think that, like, there's few little things that we can all do. I think like my meditating for ten minutes a day on calm is major for me. I think that, like my therapy once a week has been huge and staying consistent with that, I'm really not a consistent person, but that has been the one thing that I've been consistent

with, and it's then enabled me to be so much more consistent in other areas of my life. And I think just then not feeling guilty for taking that time when you do take it.

Kristin [00:46:45] And I feel like that's a practice like, yeah, both the guilt part, but then also the part that you mentioned about learning how to be fully in work and then be fully and letting it and not let them kind of leak into each other, that takes practice. And it's almost like you have to build up this distress tolerance, right? It feels uncomfortable at first.

Kristin [00:47:04] It really feels.

Kristin [00:47:05] Panicky and and just like.

Kristin [00:47:07] Yucky.

Whitney Port [00:47:08] Like we want to always be doing two things at once. Like we always want to be like trying to tackle everything. And it's like, no, that's actually I don't feel like that's the way to live. And I always have to remind myself that, because I think that when you're taking things step by step and doing things like intentionally, you're getting things done in a more, in a more intentional way, and you're actually like, living it, you know? Yeah. And I really have to work on doing that. It's really like the, the work with the, the kid time is the thing that I really have to pay attention to and also the time on our own. Like even when I'm sitting watching TV, I'll feel guilty that I'm sitting there watching TV. I'll start to get on my phone, look at my emails, and feel like I need to be having one act of service while I'm watching TV. And Timmy's like, that's such wasted time. If that's what you're going to do while watching TV, then TV shouldn't be like, you're your time, you know, because that's not like that's not you're not getting any you're not restoring.

Kristin [00:48:14] No, you're not really sabotaging the whole zactly. Exactly, exactly.

Deena [00:48:20] Okay. Well, this has been very, very fun. Thank you for joining us on after bed Time. This was.

Kristin [00:48:27] This is why I'm so excited. It was a.

Kristin [00:48:29] Dream.

Whitney Port [00:48:30] I know. I love being with you guys. And like, I was like, ooh, Friday, 9:00. But this was so, like, energy giving.

Whitney Port [00:48:37] You know, I was so into, like.

Whitney Port [00:48:39] You realize the, the things that are like energy sucking and that's another thing. That's another boundary to set, you know, is like realizing people around you who are energy sucking versus like, who are energy giving. And I think as we get older, we can really tune into that. And it's so important.

Kristin [00:48:55] Especially in parenthood.

Kristin [00:48:56] I feel like actually know your mom and.

Kristin [00:49:01] I you you're gonna be around.

Whitney Port [00:49:02] 500%. No more. Say no. It's up to you. Well, thank you, thank you. We love you. Thank you guys. Thanks. Love you guys.

Deena [00:49:10] I'll see you. We'll see you next week.

Kristin [00:49:12] Yeah. See you soon. Okay. All right.

Kristin [00:49:18] Okay. This was seriously so fun. And you can follow Whitney on Instagram. And she has a great podcast With Whiit and we talked a little bit today about tantrums and parenthood and tricky behaviors that come with it all. But let me tell you, toddlerhood, preschool years, they do not come with a manual. I wish they did because there are so many tricky little things that just pop up. But that is why we created Winning the Toddler Stage, an online course that tackles literally everything. Like, I kid you not, at the end of this course, there is a section that leads you through everything you could possibly imagine bedtime battles, car seat battles, bath time, brushing teeth, picky eating, hitting, you name it, it is all in there. Just one course know having to get this workshop and that workshop. Because honestly, parenting is hard when we love our kids so much and we want to be able to shift certain behaviors while also protecting our kids self-esteem and building a healthy relationship. One where when things get hard in life, they come to us rather than running away from us. So that course does it all. And you can find that on our website at [Big Little feelings.com/courses](https://BigLittleFeelings.com/courses). And don't forget to follow us on Instagram where we not only give free daily tips, but we truly have the most amazing community of parents who show up every day and support each other. It's truly magical. See you there!

Deena [00:50:44] 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 Fall, 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 till next week.