

Ghosts, Goblins, Meltdowns Oh My: Handling and Preventing Halloween Tantrums

Deena [00:00:04] Welcome to after bedtime. Where today we were talking everything halloween. It is so fun. The kids are so damn cute. There are so many meltdowns. So today we are giving hot tips on how to make this holiday the best it can be.

Kristin [00:00:18] First, we're going to walk through how to prep yourself so that you have reasonable expectations and you can enjoy this holiday. Then we're going to show you how to prep your toddler and even avoid some of the most common tantrum triggers that come with Halloween. You're not going to want to miss this. These are game changing hacks to minimize tantrums on Halloween night. Then we're going to tackle what a lot of parents worry about on Halloween. Sugar candy, how much should we give them? And how to know exactly what the best candy strategy is for your family. And lastly, we're going to cover exactly what to say, exactly what to do when your toddler feels scared, because at some point they probably might feel a little bit scared. And that's okay. We're going to help you all the way through it.

Kristin [00:01:07] Finally, here we are. It's after bedtime. The kids are asleep and it is time to get down. I'm Kristin

Deena [00:01:18] And I'm Deena. Were the duo behind the ever popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

Kristin [00:01:25] But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun.

Deena [00:01:37] Hey, Kristin. Hey, girl.

Kristin [00:01:38] Hey, girl. Hi. Hey. We're here. Wow. We sound interesting on this episode.

Deena [00:01:47] I sound terrible.

Kristin [00:01:48] Full disclosure to kick this off. Deena and I were on the wonderful, amazing show. Watch what happens live last night with Andy Cohen on Bravo.

Deena [00:01:58] Dream come true.

Kristin [00:01:59] Dream come true. And now, today, I sound a little bit like Luann de Lesseps. I sound like the Countess herself. Like I smoked 80 packs of cigarettes even though I did not smoke cigarettes. We just had, like, 2 to 3 cocktails at Watch what happens live.

Deena [00:02:13] And we're coming in real rough today.

Kristin [00:02:15] Can't hang like we can't hang anymore. It was worth it, in my opinion.

Deena [00:02:22] Yeah. No, I would do it over exactly as it was. It was a dream.

Kristin [00:02:27] I wouldn't change a thing. I wouldn't take back even one cocktail. You know what it was for me. What? So I think the turning point for me, because, again, like, we did not really overindulge. We're just weak old people now. The turning point for me,

though, was when we got there, and I really wanted to have the drink that Dorinda was having. You know, like, I know what I like. I know what my body likes. And I was like, I'm going to be a housewife today. I'm drinking whatever she's drinking. And I feel like that was the most. I really did that. I was like, Whatever she's having, I don't care what it is like. Do you want to know? And I'm like, I don't. I don't. I just.

Deena [00:03:06] Surprised me.

Kristin [00:03:07] I just I want the Dorinda. I want the Dorinda. Give it to me.

Deena [00:03:10] Yeah. And not only surprise you, it destroyed you.

Kristin [00:03:14] And I regret nothing. So let's recap, because this was the best day of my entire life. Aside from the births of all three of my children, this was literally, literally like it goes all three births, right? Right up here equally, of course, right underneath that was yesterday. Being on watch what happens live. I mean Ramona.

Deena [00:03:39] Like I was starstruck.

Kristin [00:03:40] Like even you, who doesn't necessarily watch every single Bravo all the time.

Deena [00:03:45] But they really got me through college. I will say that's true.

Kristin [00:03:48] You understand what that trifecta means. Yeah. Like, you know.

Deena [00:03:52] I felt it.

Kristin [00:03:52] Ramona. Luann. Dorinda In one room together. Yeah, We won.

Deena [00:03:59] Yeah. This was your Super Bowl..

Kristin [00:04:01] Girl. My whole life, I was training for this moment. And I want to thank everybody who made this possible. I would like to take a moment, like, thank you to everyone who made it, But really, it's just Andy Cohen, right? I mean, I mean.

Deena [00:04:14] I was just going to say, oh, he's just he's just incredible.

Kristin [00:04:17] What a guy. Someday we're going to go to Montauk with him. I know. We only we only mention this psychotically. Every other episode.

Deena [00:04:26] You are manifesting this so hard Kristin.

Kristin [00:04:28] Okay. To be fair. To be fair, it worked. Okay. Like, how many episodes ago was it that somebody submitted the question and we answered it? Which bravolebrity would you like to have a drink with? My answer was Dorinda. Your answer was Andy.

Deena [00:04:42] That's right. And look what happened.

Kristin [00:04:45] Two weeks later, drinks with Dorinda and Andy.

Kristin [00:04:48] But I'm going to Montauk, Anderson Cooper is coming. All the kids are coming and we're all going We're going to be wrapped in cashmere because I assume that's what happens there in his home. Yeah. Surrounded by Hermes and. Just smells like autumn and cashmere in Montauk.

Deena [00:05:03] You really got me with Anderson Cooper. Low key. That was my childhood crush.

Kristin [00:05:07] Was growing up. But like an obsession, A little bit obsessive crush. Yeah. Yeah.

Deena [00:05:12] I still might have a little bit of, like, it's. It's fine. Does my husband kind of look like him? Like, maybe.

Kristin [00:05:17] But you know who else Andy is really close with is John Mayer. Oh, we're really talking about the trifecta here, right? I mean, Anderson Cooper, John Mayer and Andy Cohen. And as we keep talking, I feel like we're getting less and less likely to be invited because we're sound.

Deena [00:05:32] Yeah.

Kristin [00:05:32] Now we say we're teetering. You know, I feel like we're just here for a good time and it's not weird and we just belong there. But, like, that's probably the delusion talking. [Laughter] Okay, I think we're sounding crazy. Okay, great. Great. We are definitely not invited. Moving on. Speaking of crazy, I will win Halloween. Halloween, I think, one of the top holidays for me. I don't know about you.

Deena [00:06:02] Oh, I love Halloween. Like I decorate at least a month at a time.

Kristin [00:06:07] Oh, my God. I don't like it. Makes me feel bad. But you really did. It was like September 1st, and you were like, Look what I did. And it looked so good, yes, it looked so good. This year is new for me because we got eight inflatables.

Deena [00:06:23] I love those.

Kristin [00:06:24] I wish I was joking. Thank you. I feel like for a very long time as a mom, I resisted this. You know, when you think of holidays, you want like that Pinterest perfect home and Christmas time. It's like white lights and the red bows. And I feel like the pandemic happened, and it was just like, we're going inflatables. Like, we want joy. We have Jack Skellington just eight feet.

Both [00:06:47] Bigger, more, more, more joy.

Kristin [00:06:49] I have no regrets.

Deena [00:06:53] Let's dive into it.

Kristin [00:06:55] Lets dive into Halloween, because this can be really joyful and most very joyful things when it comes to toddlerhood. Interestingly, come with some meltdowns and some tantrums and some hard moments at the same time. So let's unpack now.

Deena [00:07:17] So Halloween. It is my favorite holiday. I live for this one. It is just like pure magic. But also it is not pure magic. And do you know why? Because it can be overwhelming. It can be overstimulating. We walk in his parents and we're like, I'm sorry. Costumes can be fun. What could you possibly be upset about here? However, when you're a kid, it is loud. We are doing different things. We are out of routine. There's people were not usually with every day. We're wearing itchy costumes.

Kristin [00:07:51] It is dark outside We've never done this before. Everybody is bigger than us. Spooky things, you know? Whoa. We have like 37 Halloweens under our belt, and they have none or one. This is brand new. That's brand new.

Deena [00:08:03] That's right. And so it is a perfect recipe for kids getting overwhelmed, overstimulated meltdowns, tantrums. It's bound to be flowing in the streets.

Kristin [00:08:13] I just remember literally stopping and looking around one Halloween when I think my kids were like three and one at the time and just being like, Oh, well, you can feel like it's only your kids. And they're like, Look, everyone else is having a good time. Why can't we have a good time? And I just remember this one Halloween looking around me like, Oh, the tantrums are flowing in the streets, like you said, where it's just like, you know, and this is just actually kind of part of it and there's actually nothing wrong with it.

Deena [00:08:39] Exactly. So one of the biggest things we're going to do is prep ourselves. We are prepping ourselves for the meltdowns, the tantrums. They're going to happen. We're ready for it.

Kristin [00:08:48] Yeah. As much as we will get into how to prep our toddlers and how to avoid some meltdowns if humanly possible, because we totally can. And at the same time, truly the most important thing we can do is set realistic expectations ourselves. Because I feel like we have so much pressure, especially as moms, but perhaps some dads out there feel it too. My husband does not, but I put a lot of pressure on myself to make this like perfect holiday and the perfect costumes and the perfect night. It's all going to be so magical. And when it derails a little bit, it can feel like it's personal or like you did a bad job or something's wrong with you or something wrong with your kid. So really, the best thing, if you do nothing else before Halloween, because you don't have to, by the way, if you do nothing else, it's taking a moment to set that expectation to prep yourself like they are not giving me a hard time. They're having a hard time. This is part of it with anything that's big and joyful. There's also going to be tantrums and meltdowns. It's just going to happen. It's just part of it.

Deena [00:09:57] Exactly. So let's move into how to prep your toddler, actually, because prepping them can make such a huge impact in preventing meltdowns and tantrums. Let's talk about prep. We are going to help our kids understand what to expect. This whole Halloween thing. Like you said, this is new, different, unfamiliar. Even if they've done it once or twice, we're still going to prep because that is what a toddler in preschool or brain needs. Their brains are still developing, and when we help them understand what they can expect, they actually feel safer and their brains shift into a mode that's going to help them melt down less and have fewer tantrums. We set them up for success by helping them understand what they can expect, what it's going to look like, who's going to be there, what they're going to be doing. This whole concept of wearing a costume in trick or treating and asking for candy.

Kristin [00:10:46] Okay. But honestly, do not sleep on having them practice putting on the costume. I know it may seem like overkill. It also might be like, well, we really want to save it for the special moment. But that costume. Think about it. It's going to be itchy. It might be kind of hot. And then when we put it on for the very first time, I mean, speaking from experience, it can really go south. So practicing, getting them comfortable in it, maybe they're just in it for one minute. The next time they're in it for 3 minutes, this has a higher chance of making it for Halloween. Which brings me right into another hot tip, which is in advance. You might want to prep yourself for the possibility that your kid will refuse the costume on Halloween. I feel like I went into Halloweens and I did not know that this was a thing. And I just in my mind that that's like picture perfect, you know, like we're all going to go trick or treating and we're going to be in our costumes. And I was low key, devastated, like, devastated as a first time mom to be like, you go from the baby face and she's in her little pumpkin and it's so cute. And then we spent so much time, so much effort picking out the costumes. I was so excited. And then I was destroyed that she wouldn't wear it. So I got to prep. And that can help. But also you might have to pivot to something more comfortable. It might be an old costume that's from like a costume box, which is what mine did. She ended up being a pumpkin kitty. And I was like. I don't know. That is. But okay, we're going to do it. Or it might be something like cozy Halloween jammies. There's nothing wrong with that. How fun and festive. You might have to pivot.

Deena [00:12:22] Exactly. And having comfy jammies can make all the difference for some kids. Another hot tip practice trick or treating ahead of time. Have them go knock on the door. You open the door, you give them a few candies and then hot tip, actually reverse it. Have them be the one who opens the door for you to get them familiar with this whole trick or treating thing.

Kristin [00:12:46] Oh yeah. And speaking of trick or treating, Trick or treating comes with a lot of candy. It is what it is. And this might be the first time that you're going into this experience, this foray of suddenly your child has 275 pieces of candy. We're like, Oh my God, what is happening? How many pieces of candy? Hot tip before going into Halloween come up with what you and your family is comfortable with, with this whole candy sugar scenario? It can make it a lot harder in the moment when you and your partner, if you have one, you're not on the same page and they're like, go crazy, have fun. And you're like, No, just have one. It also makes it really confusing for the toddler, by the way, right? So if we can go in knowing a little bit of a plan, what's our plan? Are we doing a free for all? Are we doing okay? We're going to have one. Okay. We're going to have five. We can also then prep our toddler, like, okay, you get to pick five pieces of candy if that's what you're choosing to do.

Deena [00:13:49] Exactly. It is such a personal choice. There are lots of strategies out there around this.

Kristin [00:13:54] Yeah. And every family is different. There's no one way to approach sugar and candy. Feeding Littles is a wonderful resource that I personally follow their advice for around Halloween And Candy, they do content every single year around it. Where they approach is you don't really want to create this scarcity mindset around sugar and around candy. And sometimes when we limit too much and we're like just one piece, but all the other kids around them are having unlimited pieces, It's suddenly putting this sugar and candy on a pedestal. So I personally, as a mom, I follow the Feeding Littles route. I like it. You know, my kids are not like candy obsessed because they know they can kind of listen to their own bodies. And it really is no one right way to do it.

Deena [00:14:42] Yeah. Okay. Another big thing a ton of us are going to deal with is the whole your toddler being scared out there thing. I mean, the decorations?

Kristin [00:14:54] Girl can we talk about the directions. I mean I'm scared.

Deena [00:14:55] The things I've seen, I'm like, I'm scared.

Kristin [00:14:56] Girl. I'm just trying to go for a walk in the neighborhood. I am not trying to go to Freddy Krueger's house. Like, can we walk at our neighbor?

Deena [00:15:03] Truly. And so our kids are going to be scared.

Kristin [00:15:06] I'm scared.

Deena [00:15:08] And the one thing that's going to come naturally for a lot of us is to be like, Don't be scared. Look, look, Timmy's having fun. He's up there trick or treating, he's enjoying it. This is fun. Yeah, but the thing is, the more we push, the more they panic. So that route actually can backfire. And one way we can approach the fear is just to normalize it and okay their feelings and be like, Yeah, you know what? It's okay to feel scared and I'm right here with you. We want to be there safe person, right?

Kristin [00:15:36] And as parents, I think it's so tempting to want to take away bad feelings, right? It comes from such a good place because we're like, I don't want you to be sad. I don't want you to be scared. I want you to have fun. And these are learning moments for our kids. They're going to feel scared later on in life. I feel scared every time we walk into a meeting. What we want is not for them to sort of shove that feeling down or away, because, by the way, it's not going to work. They're still going to feel scared in their body no matter what you say. Yeah. And we want them to identify that feeling of being scared or being nervous and then actually having healthy coping skills. Part one is saying like, Momma, I'm scared, you know? And so we really don't want to reply with like, Oh, you're fine, don't worry about it. We actually want to really encourage that. Like, you're feeling scared. It's okay to feel scared. Maybe you've talked about deep breaths. Maybe you are covering their eyes. Maybe, you know, thank you for telling me what would feel good in this moment. We don't want to be so afraid of the whole scared thing.

Deena [00:16:41] You're teaching them how to monitor and manage their emotions back in life. That's amazing.

Kristin [00:16:46] Amazing.

Deena [00:16:47] Okay, another hot tip. We're going to be ready to pivot because like we've said, you have this vision and wow, real life can hit and it goes totally off track.

Kristin [00:16:58] Yes. Like you never know. It actually always surprises me almost in a good way, now, to be honest with you, we're like sometimes it's like we are out for 3 hours trick or treating. This is a surprise. Oh, my God. Okay, cool. Like, I'm going to pivot and just stay out. Like I'm just going to have fun and joy and other years where it's like, I was expecting it. You know, we're a little older, we're going to be out all night and suddenly we're 10 minutes and it's time to go home. You have to call it. You never really know.

Deena [00:17:26] And that was me on my first Halloween. Well, it was his first what I considered real Halloween, where I was like, You got it. You're into it. He's in the cute lion costume.

Kristin [00:17:34] So cute. By the way, can we just pause.

Deena [00:17:37] So cute!

Kristin [00:17:37] Oh, my God. He was cute. Oh, God. I remember that photo. Okay go.

Deena [00:17:40] But literally within 10 minutes. No joke. We didn't even make it one full block, for it was just like endless tears, overwhelmed, overtired, overstimulated. And you know what we did? We went home and we changed into little skeleton jammies and we ate pizza on the floor. And it was the best damn time eating pizza, pizza on the floor together.

Kristin [00:18:05] Watch a Halloween movie. I think we the one year we did like a Halloween Daniel Tiger or something like that and go play games. And also it's okay to be disappointed like okay your feelings of like I'm a little disappointed. I was really looking forward to this. But, you know, sometimes we're the ones who actually need to be flexible as the adults.

Deena [00:18:23] Exactly. And all kids are different.

Kristin [00:18:26] And you might have what we like to call a big feeler. Some people call these kids highly sensitive kids. There's like a hundred different names for the kids who melt down a bit more. They have a harder time in new situations. They're just big feelers. And those kids especially, I have one, Deena has one. A lot of us have one in our family. Those kids have a much harder time with overstimulating, really exciting environments like Halloween.

Deena [00:18:58] And for those kids, there is nothing wrong with any of it. We want to honor their needs and be ready to be flexible and pivot and make the night fun in our own ways.

Kristin [00:19:09] You know, it really does help. Also, by the way, and this might not help with all of them, but with the overstimulation, honestly, sometimes this sounds crazy, but little teeny sunglasses and also headphones because it is loud and with these big feeling kids, all sorts of like sensory experiences are really heightened and it doesn't work every time, but it really can help in these overstimulating situations to have headphones and even sunglasses.

Deena [00:19:36] Yeah, exactly. Because they are taking in so much at all moments. All right, big little besties. You have all the hot tips to make this a great holiday. Even if everything goes off track, you are still ready to have a great holiday.

Kristin [00:19:50] You are ready! I'm excited for you. You ready?

Deena [00:19:53] I'm ready!

Kristin [00:19:53] Are you ready for Halloween?

Deena [00:19:55] Come over to my house, Oh, my gosh!

Kristin [00:19:57] Let's go trick or treating, guys. Let's do it again.

Deena [00:20:08] Alrighty, Let's roll into some questions from you. Big little beasties. Thank you for submitting some questions.

Kristin [00:20:16] Okay. Bethany wants to know what is the most outrageous hill you will die on? I don't know that I can answer this question because I feel like you know this, like I don't care about much and not not in, like, a bad way. Like, I feel like I came up with that book that's called The Subtle Art of Not Giving an f u c k. I feel like when that book was released, I was so mad because I was like, I've been doing this for fifteen years where like I only have tiny amounts of energy, just so little energy. And so I give all of that energy to the things that really matter to me, like our career, my kids, and —

Deena [00:21:00] And that's it! [Laughter]

Kristin [00:21:01] That's that's really it. And I don't like, you know, me like somebody will say something to you or me or whatever or the mommy or judging or, you know, this way or that way or a formula. And anyone could say anything to me. And my response will be, What? I get that. Yeah, I get that. Yeah, that makes sense. That's cool. But like, I don't have a hill that I die on.

Deena [00:21:21] You're like, whatever works for you is me.

Kristin [00:21:23] That makes sense. If you like that, that's cool. Like, sometimes it's the most outrageous thing in the world. And I'm like, Yeah, that, you know, I mean, I love that for you. That's cool. Do you have a hill?

Deena [00:21:33] You know this about me? Straight up. I'm petty. I'm petty. I have so many tiny hills every day that I will die on. For example, if I go into a restaurant and the table just doesn't have the right vibe, I can't even describe the guidelines to you, but it's just not the vibe. And if there's room in the restaurant, like, I will go ask to be moved to, like, the table by the window with the sunlight shining in just right.

Kristin [00:21:59] And I literally somebody could put me like in the kitchen next to the trash. I would never say a word.

Deena [00:22:03] I know you would say how much you love it.

Kristin [00:22:06] I would tip 50%. I would apologize for my existence. Being in the trash.

Deena [00:22:11] Like this is how petty I am.

Kristin [00:22:13] Yeah.

Deena [00:22:13] If I go to a cafe and I really just love having coffee in a ceramic mug. Yeah, not the paper cup. If they serve it in a paper cup, I will ask them to please remake it in a ceramic mug.

Kristin [00:22:26] That is a hill you will die on.

Deena [00:22:27] Okay. But here's another one that a hill I'm willing to die on is that the proper cream cheese to bagel ratio is actually 1 to 1. Too little cream cheese. And what are we doing? Like, are we eating cardboard? We're here for the cream cheese.

Kristin [00:22:42] You're a big send-er back-er is what you're saying. May I not speak to the manager but like, almost. Yeah, Yeah.

Deena [00:22:51] I'm Karen. Okay. Yeah. Okay.

Kristin [00:22:52] All right. Also, if you think we did not answer the question at all and we were supposed to answer like Beyonce is better than Taylor Swift, I said what I said, but like, we're not going to do like, they're both amazing. Like, I don't have a hill I'm going to die. I'm like, They're both queen. Like, they're both phenomenal queen.

Kristin [00:23:08] Okay, next question. Sorry, we didn't answer that at all. Next.

Deena [00:23:13] Next question comes from Anna. Is there anything to start in that less than one year old stage to prep for a, quote, smooth life in the future?

Kristin [00:23:22] I love that question.

Deena [00:23:24] All right. Let me just kick us off. So when your kid is under one, it feels like they're baby blobs. You know what I mean? Like, it feels like they're just there. We feed them, we change the diapers, we put them to sleep. They don't understand anything.

Kristin [00:23:39] But they understand so much more than you would ever think.

Deena [00:23:44] And the way the brain develops, they can actually comprehend before they can start speaking back to you. So they're taking stuff in. They're taking a lot in, actually.

Kristin [00:23:53] So there's a lot we could do in the baby stage to set them up for success going into toddlerhood. And by the way, if you're listening to this and you did not do any of this, you're fine. I am fine. Maybe not be like, but hey, if you're entering the baby stage and you want to start trying some of these steps, let's do it. Narrating Amazing way to not only build language skills, but also interpersonal relational skills. Help them make sense of the world around them. So this does not need to be crazy. We do not want you to, like, spend all this time sitting with them and looking one on one and having a lot of pressure. Like I need to narrate. What this means is you're changing their diaper instead of doing what I do a lot of the times, which is just like staying in my head and repeating my to do list. We can look at our baby and engage with them and talk all the way through what we're doing now. I'm getting the diaper. I'm going to place it underneath you. I'm putting your straps on. Just narrate all the way through. This also helps them to understand where they are in the world and build this sort of like back and forth respectful relationship when you're like, I'm going to pick you up. Now I'm placing you down. I'm changing your diaper. They understand more than you know.

Deena [00:25:07] Another great thing you can start doing early is just talking about feelings and okaying their feelings when they're crying and we help them name it. You're feeling sad right now and it's okay to cry. And again, it feels like they're not going to understand this, but it is so great to start shaping their inner voice and helping them monitor their own feelings, like right from the get go.

Kristin [00:25:27] You're also practicing because I feel like from baby stage into toddler stage, it's actually not like a distinct moment where you're like, Boom, okay, now you're a toddler, so I'm going to respond to you crying differently. It's like I feel like in the baby stage, it's so tempting, especially to distract your baby from crying like, No, no, no, no, no. Here, look at this. goo goo ga-ga. You can totally do that. You're not going to do any harm by doing that. But you also could consider that you don't necessarily need to distract your baby from crying. Of course, if they're hungry, you need to feed them if they're crying for something, of course. But we also could just start the rhetoric of it's okay to cry your feelings sad.

Kristin [00:26:08] I'm making your bottle. I know you're so hungry and we're about to eat. It's okay to cry. Just starting kind of that dialog in that language. And by the way, what a bonus. If you do have toddlers in the house with your baby, they can hear you talking to your baby using the language of like, it's okay to be sad, it's okay to cry. No problem, baby. You know, So your toddler picks that up, too.

Deena [00:26:31] You're giving feelings skills to everyone. Yeah, that's nice.

Kristin [00:26:35] That's nice.

Deena [00:26:35] Okay. Last question is from Robert. Hey, Robert. Thanks for listening. Hey, what is the weirdest thing that you did during the pandemic quarantine? Oh, boy, I know mine.

Kristin [00:26:50] You do so fast. Go for it.

Deena [00:26:53] The weirdest thing I did during that quarantine was have my first baby ever and go through a postpartum period completely alone. That's probably the weirdest thing I ever did.

Kristin [00:27:04] Wow. So dark days, no one can really top that. I was going to say, like I stopped wearing pants in that you did like, for like, I'll never go back.

Deena [00:27:15] You can't even get back in.

Kristin [00:27:16] No, we're not going back. .

Deena [00:27:18] Like they hurt.

Kristin [00:27:19] No, it's sweat pants and leggings forever. You know, leggings are pants and they are yours wins, though. That is wild and weird.

Deena [00:27:29] That's a story for another day.

Kristin [00:27:32] It was very brave of you. Oh, Deena, I'm having a hard time. Having a hard time. I have my New York City bagel just sitting off to the side looking at you. I feel like it's going to help with whatever this is I'm feeling right now, which is not great.

Deena [00:27:50] It'll be a Band-Aid for you.

Kristin [00:27:51] It's going to go for like an hour.

Deena [00:27:54] Like 30 seconds.

Kristin [00:27:55] And I just feel like we need to wrap it up so I can if this bagel.

Deena [00:27:59] Thank you for being here.

Kristin [00:28:02] Big little besties! oh, my God. I can't wait to do this again. Next week, I vow to be in much better shape

Kristin [00:28:11] I mean, there's nothing else I would have rather have done aside from Eat this bagel. Like, I'm going to do it now.

Deena [00:28:16] And then go get into bed. Okay. Thank you. Yeah.

Kristin [00:28:19] Thanks. Little besties. You next week. We talked a lot about tantrums on today's episode, and I wish we had all the time in the world to cover everything. Tantrum, everything. Discipline. We do not our course. Winning the toddler stage is here to help. It is the one course that you need for ages one through six. Everything comes in this one course sleeping, picky eating, new baby, separation anxiety, you name it. If you are struggling with it, it is in this one course. It's not a workshop, it's not a recurring fee. You get it one time and you have access for ever. We were never meant to do this parenting thing alone. Consider us your village, your lifeline, and consider this course your manual for everything you come across in the ages of one through six, you can find winning the toddler stage on big little feelings dot com slash course. And of course, please follow us on Instagram and Facebook. We are super fun. I mean, you're going to love following us, but we also give really helpful free tips and advice at Big Little Feelings. We'll see you there. Big little besties.

Deena [00:29:34] Thank you so much for being here with us. This has been Audacy Production Executive produced by Lauren LoGrasso, produced by Daniela Silva, edited by Bob Tabaddor and theme music composed by Liz Fall and Studio Lighting Design by Shane Sackett and designed by Jackie Sherman. Special thanks to Audacy Executive Vice President and Head of Podcasts, Jenna Weiss-Berman and thank you for being here with us. We can't wait until next week.