

80/20 Rule

Kristin [00:00:00] Welcome back, little besties to another episode of After Bedtime with Big Little Feelings. Today's episode is seriously going to change your life. We are giving you our number one parenting hack that prevents burnout before it even starts. You're not going to want to miss this one. It's the 8020 rule, y'all. Finally. Here we are. It's after bedtime. The kids are asleep, and it is time to get down. I'm Kristin.

Deena [00:00:30] And I'm Deena. We're the duo behind the ever popular Instagram account, Big Little Feelings, which helps you navigate all things parenthood.

Kristin [00:00:37] 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.

Deena [00:00:53] Hey, girlfriend. We did it. Look at us. We're here. Actually, look at you. And what do you in Christmas jammies?

Kristin [00:01:01] Thank you for noticing.

Deena [00:01:04] You look like an adorable peppermint, But go on.

Kristin [00:01:07] First of all, thank you. The biggest compliment, it's not yet after Halloween today at the time of recording. But what I realized is by the time this episode comes out next week, it will be, I think, November 1st. I don't know. I'm not good at math. And like October 31st is the day like the day that I put the Christmas jammies on. And I was thrilled and titillated this morning to have an excuse to do it. Like even one week earlier.

Deena [00:01:35] I'm not going to lie. I needed like an instant serotonin hit this morning. And so I put on a Christmas playlist like a straight up holiday playlist at 6:30 a.m..

Kristin [00:01:44] We need to start a week earlier, like it's like October 31st and then it's acceptable, but I need to start one week earlier. That's what I'm realizing.

Deena [00:01:50] And it worked. I was a zombie and then I was like, Oh my God. Instant had a joy through my body.

Kristin [00:01:56] Yes, that's how I feel about the jammies. But like, I feel like maybe I need some tunes.

Deena [00:02:02] You do! I can say that.

Kristin [00:02:02] Oh, my God. You are wearing sunglasses inside.

Deena [00:02:06] I am. I am. And this has become a normal thing for me.

Kristin [00:02:09] Doesn't even stick out for me. But when I realize, like, we have cameras on, I feel like I have to say. And the listener cannot see it, obviously. But like, we are wearing sunglasses inside and I feel like we and by we I mean you have really like, embraced it. Yes. Like you did it one time.

Deena [00:02:27] And I was super embarrassed the first time.

Kristin [00:02:32] Weren't you on an airplane or something?

Deena [00:02:32] Yeah, I like I had forgotten my bag at home.

Deena [00:02:35] And yeah, I didn't you everything is on because these are prescriptions I can actually see, you know, and I'll get a migraine. That's key.

Kristin [00:02:42] Yeah.

Deena [00:02:42] But now it's become a thing. And like, I work indoors at places in public with my prescription sunglasses.

Kristin [00:02:50] So when we have a Zoom meeting and by the way, once a week, we can we can zoom meetings like the sunglasses are on.

Deena [00:02:56] With a hat. Usually. It's a little weird vibe. Yeah.

Kristin [00:02:59] Like, in a corner. Like in a really dark corner. And I love it. But here's what I do love about it. Here's what I'm going to say. We were together on the airplane, okay? And we both decided I was like, You know what? I want to try this out, right? I get migraines, too, by the way. Yeah. Slip on the sunglasses. It feels incredible.

Deena [00:03:16] I'm telling you.

Kristin [00:03:17] To wear sunglasses inside. I know. And, like, I would rather die. Right? And why is that?

Deena [00:03:24] Why is that? You tell me why. Dig deep, girl. Why is it?

Kristin [00:03:28] I care so much about what other people think about me? And I want them all to like me. And I also don't want anyone to look at me. I don't want to, like, stand out. I don't want people to be like, Oh, what's really what's going on with that girl? Like, I don't want to stand out. I just want to fade. I want to fade into the background. I just want to do me you know.

Deena [00:03:42] The breadcrumbs are just like trailing me back to your childhood.

Kristin [00:03:45] Okay. Yeah. So this is one for this is one for Erica. Okay. See you next week. We really, though, I applaud you. And I was actually at like a mom's happy hour. This was six months ago. I'll be honest.

Deena [00:04:00] Good for you!

Kristin [00:04:02] Also, we should do a mom's happy hour. We should. That's what I'm really. I'm down. Yeah, I was at a mom's happy hour, and someone did that, like one of the moms there who I love. We were inside, and she's slipped her sunglasses on. She's like, I'm so sorry. I don't mean to be weird. I just get headaches. And I'm like, Me too.

Deena [00:04:19] That's right. It's 2023. We got to embrace our inner weird.

Kristin [00:04:24] Do what feels good to you. I won't. But I'm really proud of you.

Deena [00:04:30] Thank you. I also just realized I have literally, like, what is on my sweater?

Kristin [00:04:33] Yeah, no idea. I'm seeing. Is it a banana? Maybe a bit like a rubbed in banana or peanut butter on your shoulder.

Deena [00:04:40] I did serve peanut butter before coming here. That must be what it is. Yeah.

Kristin [00:04:46] Okay, real quick, speaking of shame, like deep, deep shame of who I am as a person.

Deena [00:04:52] It resonates. It resonates. Go on.

Kristin [00:04:54] I have something to share that I've been keeping in since last night. Maybe it's two nights ago.

Deena [00:05:02] This is a safe space go ahead.

Kristin [00:05:03] Thank you. I mean, you're not going to care as much as I do, but I'm devastated. But it does have to do with our business. I have to tell you.

Deena [00:05:09] Oh, my God. What is that?

Kristin [00:05:11] Big little feelings Instagram account OC and Dorinda Medley herself.

Deena [00:05:17] Stop it! What are you going to say?

Kristin [00:05:18] Slides into the DMs.

Deena [00:05:19] Oh, I'm getting hot. Okay.

Kristin [00:05:21] I'm nearing getting out of body. It was so exciting. I'm literally sweating. I do what I do, which is, you know, just thank her profusely for saving our lives. Right? And just like thank you for all the joy and blah, blah, blah, blah, blah. And in there I say the words gray stone manner and you don't know this, but her house is called Bluestone Manor.

Deena [00:05:44] Oh no!

Kristin [00:05:58] I'm never going to let it go. I'm never going to let it go, Deena.

Deena [00:06:01] I'm so sorry this happened to you.

Kristin [00:06:02] Oh, you know that one thing that you did that was so embarrassing when you were like, eight years old and you're just never going to forget that. Like, it will be there until your deathbed.

Deena [00:06:11] Mine was that. I was walking down the stairs in high school, and Noah, my crush, was walking up the stairs and said, Hey, how are you? Oh, and I got so nervous that I fell, I fell down the entire flight of stairs. So that's one for me.

Kristin [00:06:28] That's it, I fell flat on my face, and I will never recover. And I'm so sorry.

Deena [00:06:33] I get that. I'm sorry that happened to you.

Kristin [00:06:35] Thanks.

Deena [00:06:36] That's awful. I was hoping we'd get invited to go, but I don't think we were. I was going.

Kristin [00:06:43] To say, like, if we had any chance of being invited to Bluestone Manor. I ruin that for us.

Deena [00:06:51] I still love you!

Kristin [00:06:55] Oh, God. I'm going to really take that in.

Deena [00:06:57] And speaking of making mistakes, which we're all going to do in parenting, we're going to flip the script completely rewrite this idea of making mistakes and literally change your life with the 80 20 rule.

Kristin [00:07:11] We're going to buffer in room for mistakes, girl. Let's do it.

Deena [00:07:15] Let's do it. Wooh!

Deena [00:07:18] We are not exaggerating when we say the 8020 rule is going to change your life and make parenting feel a million times better, smoother, happier. Kristin, you're actually the one who taught me the 8020 rule before we even started Big Little Feelings. And it's changed my life.

Kristin [00:07:36] I love to hear it. I love to hear it. The 8020 rule. Okay, First of all, let's just clarify what the 8020 rule is and then we'll get into it. The 8020 rule is 80% of the time we're doing what we can in parenting that's holding boundaries, validating feelings. If that's your thing, we're offering nutritious meals. They do not have to be perfect or over the top, by the way, just like, you know, we're doing it. We're doing the things that we ourselves as parents have decided this is what's best for our family, right?

Kristin [00:08:07] We feel good about the amount of screen time that we're doing, whatever it may be. And that's going to vary, by the way, person to person, family to family. There's no one way to do it, but for whatever your family values are, you're doing that 80% of the time. 20% of the time we're letting that go. We're letting it come—like Elsa. It's gone.

Deena [00:08:27] [singsong] Let it go.

Kristin [00:08:32] Oh, and the 8020 rule. I literally made this up via struggling myself with a three year old and a one year old. Because being a new mom, no one sort of shows you exactly how to do it. Right. And you see your neighbors and you see Instagram and it's like everyone's doing everything all the time, constantly. Like motherhood is perfection. And then we're also How is motherhood being portrayed in movies? What did I watch my mom

do? Right? And so this vision of what motherhood was for me when I first became a mom was doing everything and doing everything perfectly. And I had to get to a place of postpartum anxiety with the one three year old and one year old just in a real like pushing so hard place to realize.

Kristin [00:09:28] And then and then, by the way, I would like, you know, do screen time or you do this, then I would feel so bad about it because I'm like, God, like, what's wrong with me? I can't get it together. And it's this vicious cycle. It's like day in and day out, pushing and dredging through, then feeling guilty about, like letting up sometimes or feeding them fast food sometimes, or whatever it may be. And I realized I had this like, moment of realization that in no other job and no other thing in this entire world do we expect ourselves to do everything 100% of the time. So if we are at our job, if we are doing workouts, you are never going to do a high intensity interval training seven days a week. I mean, maybe some people.

Deena [00:10:12] I used to, but that's a whole different episode about my disorder history.

Kristin [00:10:19] It's not healthy. It's what we can know.

Deena [00:10:20] It leads to burn out.

Kristin [00:10:21] It leads to burnout. And so I had this realization of like instead of constantly playing defense, always playing defense and being like, Oh, I'm so burnt out that I'm just, okay, fine, I use screen time and then I would feel bad about it. Reframing this as like, listen, as two experts sitting in chairs right now, you're never going to do 100%. This is not like, Deena, is this attainable?

Deena [00:10:48] As a therapist, I can wholeheartedly say no human can parent 100% of the time perfection. That is a set up for burnout, for guilt, for just feeling awful.

Kristin [00:11:01] It's just not even attainable. By the way, It's not even a setup for burnout because, like, you're never going to do it. Even if you burn yourself all the way out, you'll never get 100%.

Deena [00:11:11] Perfection can't be your standard.

Kristin [00:11:13] It's never going to happen. And so rather than kind of like constantly using these tools, I would call them, you know, screentime is a tool having yogurt and a nutritious yogurt dinner. That's a tool like all of these sort of tools as this defense and feeling bad about it. Let's reframe and let's shift it. If we're already aiming for 8020, let's embrace this week in and week out.

Deena [00:11:42] Exactly. It's like skipping the whole chapter of like, Oh, no, I messed up and I didn't do it perfectly. Just assume you're not going to do it perfectly 100% of the time. Skip that and instead just aim for 80% of the time and you're holding the structure, you're doing the things you want to do.

Kristin [00:12:00] I would even argue that if and when you hit 80%, that actually is perfect. Like you are actually striving for 80, 70, 60, 50, whatever it may be like, that is perfect. Like we're never aiming for 100.

Deena [00:12:16] And you are crushing it. Yes. Okay. Let's dive into a really important part of this. When are you using that 8020 rule?

Kristin [00:12:23] Yes, because this is the most important part. Let's even start with when we're not doing 8020 because this is how I think we do. We usually fall into a trap of. My partner is out of town. I'm so burnt out, I'm already you know what?

Deena [00:12:40] I'm hanging on by a thread.

Kristin [00:12:40] Okay. 8020 rule and I feel better. Okay. Yes. Do that. By the way.

Deena [00:12:45] You're in survival mode and that's okay. But the 8020 rule can help you not be in survival mode if you do it ahead of time.

Kristin [00:12:54] You do this every single week, week in, week out. You do it every single day, like day in and day out. So you're setting up yourself for success and setting yourself up for feeling good about yourself, where it's like, okay, I am doing a pretty good job. And now like before I'm about to burn out. Maybe I'm going to put a movie on, maybe even to like, snuggle with my kids, maybe I need to cook dinner. And so that's when I'm going to use the Screentime Tool. That's what I'm going to do my 20%. Because, like, it's important to me to make dinner, not me personally. I'm thinking of you, Deena.

Kristin [00:13:32] When you're just like, You know what? There is no guilt, no shame in. I am purposefully doing this because I know I'm a better mom and I do better when my kids are maybe using the TV at that time while I'm able to cook, that lights me up. There's nothing wrong with this. This isn't failure. This is positive. This is amazing.

Deena [00:13:53] And by the way, when your partner is out of town or when you're sick or when you're just so exhausted, or you have a new baby or a big life transition, there's tons happening. You are stressed, you're managing a ton. The ratio realistically might be like 5050. It might even be like 2080 for that period of time, those days, those weeks. And that is okay. That's more than okay.

Kristin [00:14:18] 8020 rule is when like everything is going pretty well. Of course, life is always crazy, but like we're operating in a normal way, like we're still just aiming for 8020 and then during those like sick weeks with the whatever else you are giving yourself permission to do whatever is necessary. We don't want you to think that you have to walk away from this podcast episode and always be at 8020, because even that's not realistic. Like there are off weeks where you are just off.

Deena [00:14:43] I'm having flashbacks of coming to your house after baby number three you're postpartum. There are screens everywhere. Bluey everywhere. Bluey like sponsored your postpartum experience.

Kristin [00:14:55] I'd like to personally thank Bluey and Barilla pasta for really pulling me through. I mean, but honestly. Bye, baby. Number three, like. And by the way, I saw so many DMS and so many comments and so much judgment. And this is what the 8020 rule and what this this podcast is about.

Deena [00:15:13] That's what it's about.

Kristin [00:15:14] Because that's bullshit guys. Like maybe the first time around and I was so tightly wound and then the second one came and I have debilitating postpartum anxiety. This is a phase, this is three months and I had the best postpartum experience for those three months. I was not yelling, I was present. I loved and saw this baby on my chest. I loved my girls like I had a phenomenal postpartum experience. And it's because, like, I kind of let it all go for three months. And then, you know, what happened at three months. I literally, literally rewatched our course with my husband. I'm not joking. This is not a plug. And we rewatched it and we came up with a plan and the kids had a little bit of pushback. It was a little bit of a hard transition to go back to, like what were our normal screentime routines, what we're a normal boundaries and we did it and it was all just fine. It was totally fine.

Deena [00:16:11] Exactly.

Kristin [00:16:11] It was enjoyable. Almost, you know.

Deena [00:16:14] It gives me chills. It gives me chills.

Kristin [00:16:16] What a learning experience.

Deena [00:16:18] By the way, when my husband is out of town. This is how I know that our marriage is like getting a little bit better. It used to not be any different when I was just like mom-ing alone. Now I actually notice a difference. Like things are harder and what it ends up looking like I go into it. I'm like, You know what? It's going to be like 2080 and we're just going to have some food on the floor on the playmat ehile we cuddle and watch TV together.

Deena [00:16:43] And we honestly have the best time because what I've learned from past experiences where I did not 80, 28 or in this case like 2080 it to be really honestly. I would push myself to a point of breaking and I would snap and become irritable and be way more likely to yell.

Kristin [00:17:03] Yeah, I don't want that now.

Deena [00:17:05] Okay, let's just kick off some rapid fire advice on ways to release the guilt and just embrace the 8020 rule, because it's not exactly easy for some people.

Kristin [00:17:17] Some people I'm not going to mention who it might be two people sitting in this room have struggled with perfectionism and have a hard time. It might be these things control that things have to be just so. So if anyone is listening and it is really hard to sort of like, Oh God, can I like let this go? Like, can I really let my guard down? Can I really, like, not hold this boundary this time.

Deena [00:17:51] Put some strawberries, tortillas and cheese on a plate and call it dinner?

Kristin [00:17:53] Yeah, yeah. That's my go to. I don't even make the quesadilla.

Deena [00:17:57] I'm just like, here's the tortilla and some cheese and strawberries.

Kristin [00:18:00] I was about to do the ultimate people pleasing thing. And I caught myself because I was literally about to say out loud, That sounds so yummy. And

everything in me was like, That's disgusting. You know, like, no, like no judgment or shame. But why was I about to be like, yeah.

Speaker 3 [00:18:16] I want.

Deena [00:18:17] We can share famous microwave quesadilla recipe later.

Speaker 3 [00:18:21] Generations passed down. Because now it's a classic hit. Yeah.

Deena [00:18:25] Okay. Kristin rapid fire advice. Go.

Kristin [00:18:30] The first thing comes to my mind is Whoa! This is a hard truth that I hold close to my heart. My kids are watching me be human. And that's how they're learning to be human. And they're also watching me be a mom. And they're learning how to either be a mom, you know, or like how mothers are in general. And that is the biggest motivation because I do not want them to see a mom or that motherhood means you just drag along and you put yourself last and you just you like, push through and you're just really like tense and tight, which is how I was for a long time, frankly, I want my kids to see sometimes you let it go, sometimes you have, sometimes you do whatever. I want them to have a healthy example of when to just kind of know when to let go and release.

Deena [00:19:21] As someone who's struggled with perfection literally my whole life, I so wish I had seen that.

Kristin [00:19:27] Like, was this ever modeled? I don't think ever models for either one of us. And it makes sense. It's no one's fault, but it's like generations and generations of mostly women that are just like pushing and pushing. And by the way, not just for my daughters, for my son, too. Okay, Rapidfire, go.

Deena [00:19:48] Okay. My brain just being who I am, goes to a really logical place for a second, which is the perspective of what is going to help my kid more, if that makes sense. So like the guilt is really just driving us to, like, raise a healthy kid, right? Like I got to have the healthy food and then my brain goes, Wait a minute, if they're having healthy food, but I'm yelling at them because of it, what's going to be better is, yeah, have some like whatever. Yeah, yeah. And we're going to have a nice relationship. And for me, it's that logical piece that, like, kicks into gear.

Kristin [00:20:28] Wow I love that you have a logical brain. Yeah. My favorite thing about you.

Deena [00:20:31] We are so different now with that way. Yeah. Okay, back to Rapid Fire. Go.

Kristin [00:20:36] Okay, so I like to think and this may sound crazy. I don't have a logical brain, okay? But I like to zoom out and think about other adults that I leave my children in their care. I'm talking babysitters, even my sister. It could be a teacher. Anyone that I want my kids to be around. Okay. And I think for a second would I leave my child with someone who seems really out of sorts, super burnt out, barely pushing through on teetering on the edge of just absolute burnout. I'd probably be like, You know what? Maybe we skipped this one, you know, and take the kid back. I'm just thinking of like, I would want whoever it is, babysitter, whoever it be. Yeah, they might be tired. Maybe they're coming fresh off of a long day, whatever it may be. They can be a little tired, but I want them to show up and

have some capacity to, like, be with my kid and engage with them and be present and, like, model, just, like, healthy behavior. So sometimes I have to, like, literally take myself out of it and be like, Oh, I want my child to be surrounded by healthy people who can show up for them. Sometimes it's fun being illogical and just pretending.

Deena [00:21:53] Yeah, and you really can't if you have no gas in the tank.

Kristin [00:21:56] Yeah, you can't show up. You just can. You can't show up. Rapid Fire. Go.

Deena [00:21:59] I am just so done with perfection. As someone who grew up their whole life, striving and coping, really coping in a way of just keeping control over every single thing. And it has to be just right to a breaking point where it low key like ruined relationships in the past. This is my mission. I am done with perfection.

Kristin [00:22:26] Oh, girl, say it louder.

Deena [00:22:28] I'm done. I love it. In conclusion, the 8020 rule is life changing. I'm so excited for you to have this in your tool kit now. And by the way, it's going to look so different for everybody.

Kristin [00:22:42] Everybody like you enjoy cooking. So probably 8020 rule, although some of the time, of course. But like I'm going to veer really heavily into takeout as part of my 8020 plan. But that might not be your 8020 plan. And that's okay. Like, it's going to look so different for everyone.

Deena [00:23:00] For some people, it might be TV, it might be extra screen time. For other people, it might mean not reading a book before bedtime. For other people, it might be having a messy home.

Kristin [00:23:10] Or I feel like the best example of explaining how different the 8020 rule can look to some people is like messiness and dishes and stuff. Because we have one friend who's amazing and she loves a clean home and things being just so right. And part of my 20 rule is like F the dishes. Leave them. Leave everything behind. That would really stress her out like that is not actually going to enhance her experience at all. So for her 8020 rule, it's not including like we're still having a clean home. You know what I mean? Like, we all have to tailor. You can.

Deena [00:23:44] You can really tailor it to you.

Kristin [00:23:45] Yes.

Deena [00:23:47] So big little bestie, if you have been feeling run down, you have been feeling burnt out. We hope that this episode was helpful, was empowering. I'm excited for you to have the 8020 rule in your pocket to start using today. Start using this week.

Kristin [00:24:05] And please report back. We love hearing from you. Like send us a DM. We're in there all the time after bedtime, just chit chatting with you. We would love to hear how it's going. You've got this, You're doing great.

Deena [00:24:17] You're doing great. You're doing great.

Deena [00:24:19] Let's roll into some questions from you big little besties that you've sent in to us.

Kristin [00:24:25] Let's do it.

Deena [00:24:26] Okay. Question number one here is from Sam. My toddler is TERRIFIED. All caps are public restrooms. Do you have any tips?

Kristin [00:24:35] Oh, yeah, we have tips. This is so com— I mean, does any toddler or even young kid, by the way, enter a bathroom and they're not terrified?

Deena [00:24:43] No. The lights are so bright. First of all, it's blinding. I need my prescription sunglasses in the public bathroom.

Kristin [00:24:50] We need the little baby sunglasses for every bathroom experience.

Deena [00:24:54] Why are there so many potties?

Kristin [00:24:55] Why are there so many?

Deena [00:24:57] What you're saying is you're a toddler.

Kristin [00:24:58] I'm a toddler. It's overwhelming, right? Okay. Public restrooms. This makes perfect sense. And by the way, I feel like this is why many accidents happen in public is because your toddler does not want to go potty like they are going to refuse. And so then we don't want the meltdown in the restaurant. And it's just like this cycle, suddenly you can't leave the house. We're going to flip the script, so set yourself and your toddler up for success, first of all, prep. So they don't know that there are hand dryers and that they are loud and that there are flushes on the potty.

Deena [00:25:33] The flushing while you're sitting on the potty. That's scary. So prep them. It's game changing. Let them know what's going to be there. There's going to be lots of potties. The lights are bright, there's loud noises. And one major tip is you can use dolls or stuffed animals to play through and practice the whole thing of letting them know that they have to go potty. And then going into the potty.

Kristin [00:25:54] We're doing this at home, by the way, not in the public restroom. To be very clear. We're at home and pretending like we're going in. Oh, where do we go? We go to this restaurant. It's, you know, does little Johnny have to go use the potty? You're just at home pretending and playing.

Deena [00:26:09] Exactly. And another major issue with public restrooms is the loud noises and especially the automatic flush.

Kristin [00:26:15] Oh, the sensor. We are in an age where, like, our parents didn't have to deal with this.

Kristin [00:26:24] This was disgusting. I would like stand in the corner of the public restroom, huddled against the wall, and then slide my hand over this disgusting sensor and the whole time I'm like, Oh, God, but it works s o don't do that if you don't have to.

Deena [00:26:40] What you can do and do is.

Kristin [00:26:43] Is a little hack that we have, which is order those big felt stickers off of Amazon.

Deena [00:26:48] Or you can just use a post-it.

Kristin [00:26:50] Or you can just do the post-it and cover the sensor. The reason that I like the stickers, by the way, though, is because you're preventing potty pushback in the first place. So this is really tackling like so many of sort of the like barriers that are coming up in the public restroom. So off the bat, when you notice they have to go potty, you say, okay, it's time to go potty. You're not going to ask, how do you go potty? Then you go, Oh, do you want to use Princess Jasmine sticker or do you want to use the rainbow.

Deena [00:27:19] Little age appropriate power? Giving them that control to choose goes a long way, shipping them from push back to collaboration mode.

Kristin [00:27:27] And then you walk into the bathroom and you can assure them it is not going to flush because you cover the flush with the sticker, with the Post-it being baby boom, done. That was a long time talking about potty, people. This is another wonderful tangent brought to you by me. Do you ever see people tag us in stories and they're like playing the game of watching our potty course? And how many times you say poop or pee, like take a drink?

Kristin [00:28:01] Just every time someone says take a drink. I don't recommend you do that. Drink water, though. Drink water. Every time we say poop or pee.

Deena [00:28:10] You'll be so hydrated and you can model — That's so dorky. Go on.

Kristin [00:28:17] Next question. Speaking of Bravo, Maria. Hey, Maria! Maria wants to know. Okay, what was it like to be on watch? What happens live? I want to know what happens behind the scenes when you walk in. I want to know what Andy Cohen smells like. Tell me everything.

Deena [00:28:37] Okay. Let me kick us off, please. The elevator doors open. There is a literal party happening. The literal party like neon lights. There's a bar. People are hanging out, dancing.

Kristin [00:28:48] There's a DJ, by the way. There's a DJ. And Rihanna. Let me paint the scene? Rihanna is playing. Okay. This is the Calvin Harris. Rihanna. Okay. We found love in a hopeless place. It is blasting. With a deejay with a bar. There are people it is so fun.

Deena [00:29:04] It's literally a party. It's so fun. So then we go to our dressing room, which, by the way, like all the dressing rooms, I want that to be my house.

Kristin [00:29:13] Lowkey, like I want to work on it.

Deena [00:29:15] They're beautiful.

Kristin [00:29:16] Beautiful.

Deena [00:29:16] Someone handed us glasses of champagne.

Kristin [00:29:22] Technically they asked us what we wanted to drink. Yes. You know, we're getting really technical here. Like there was not a champagne card, but even better. Someone instantly walks up to you like within seconds and is like, Hello, What would you like to drink? You know? Yeah, it's incredible.

Deena [00:29:36] Champagne for me, but go on.

Kristin [00:29:38] Amazing. And I feel like for me, the part that always sticks out is that like every single member of the crew, they are so fun, they are so nice. So they're like, hyped to be there because like, not every show is like, this is a working environment, by the way. So like, it's very normal. Any of us walk into an office or by the cooler, like it feels like work, you know, you're going, you're doing work. That is not what this feels like. Like they are having a blast. They are fun. It's like it's it's everything.

Kristin [00:30:09] Like you never know when you walk into these things, by the way, or like when you meet a person, like, are they really like how they seem? And is the experience like, is the show It's exactly what you would think it would be.

Deena [00:30:20] And then I believe you saw the housewives and died.

Kristin [00:30:25] Deena I'm so embarrassed. Like I went to be screamed at like I screamed at Dorinda. Oh, God, I'm so I'll never sleep again. I'm so embarrassed. I had a real conversation with her about like, Listen, the moms need Bravo. I got a long, hard day. Put your babies to bed. I need to escape. I need to escape for a minute into this, like, alternate universe. And thank you for everything you do.

Deena [00:30:52] Self-care tool, if you will.

Kristin [00:30:53] Yeah, that's what I said to her. And she was super down. Yeah. For Dorinda, I just scream like I just. I shit the bed with Dorinda is what I'm saying. Like it's gone.

Deena [00:31:01] And I don't know how to describe it. I don't know how to describe it. What Dorinda she would like smile so lovingly. And it was giving like loving mom vibes. Everyone just made me feel so good.

Kristin [00:31:15] I got to go therapy for this.

Deena [00:31:17] We'll work through it.

Kristin [00:31:19] Wait, what does Andy Cohen smell like?

Deena [00:31:20] Cashmere.

Kristin [00:31:21] You know, that's what I always think he smells. I don't think I remember. What? Unfortunately, you know, everybody wants to know what Lisa Vanderpump smells like. That's the thing. The Internet wants to know, like what she smells like. I feel like I got controversial at some point. I have no idea why.

Deena [00:31:40] But with Andy. All I know is that I thought it was going to feel really, really nervous when I met him. But he actually makes you feel very at home. And last question here is from Andy. What is your stance on take one polite bite?

Kristin [00:31:57] Pressure is what I'm hearing. And by the way, this comes from a good place, right? We want our kids to eat. So there's like all these various ways that we're kind of accidentally shooting ourselves in the foot, trying so hard to get our kids to eat, like just take one bite of chicken and then you can have candy or like, okay, you have to try everything or even just like literally watching them, like hovering over and being like, it's yummy, right? Do you like it? Is it yummy, yummy, yummy, yummy. I'm trying. Try it. You'll like it, You'll like it. All of these sort of, like, pressure filled ways to get your kids to eat. They actually end up backfiring.

Deena [00:32:36] Exactly. Pressure in any way can accidentally lead to picky eating. We want them to be able to listen to their bodies when it comes to eating or anything that has to do with their bodies.

Kristin [00:32:48] Right. And in the end, that's our whole goal anyways, right? It's not just like this moment. They must eat the chicken. We want them to like long term, understand when their body is hungry, when their bodies full, and how much to eat.

Deena [00:33:00] Be able to read their cues. Yeah, exactly.

Kristin [00:33:02] All right, big little bestie. This was awesome. I'm tired.

Deena [00:33:07] I'm tired.

Kristin [00:33:09] Like every time we end this episode, other than the last time when I had way too much coffee.

Deena [00:33:16] Your heart was going to explode here when we did.

Kristin [00:33:25] Okay, so we're back. Back to how we always are.

Deena [00:33:27] I'm tired and I'm tired. Tired.

Kristin [00:33:30] It's time to shut it down for today.

Deena [00:33:32] Thanks for hanging with us.

Kristin [00:33:33] Thank you so much for hanging. We'll see you next week, bestie.

Deena [00:33:41] In today's episode, we talked a lot about burnout and burnout and parenting is real because we love our kids so much and this is hard. Parenting is the only job where we don't get training. We are doing our best. We are breaking generational cycles of what we saw before us, and a lot of times we beat ourselves up for struggling or for needing advice or help with something. We are going to just reframe that You deserve help. You deserve support. It is not failing. You deserve it. If you're struggling with tantrums, if you're struggling with hitting or pushed back, it's nothing you did. It's okay to need help. And we've got you covered. Our courses are here to help. Winning the toddler stage is for ages one through six. It covers everything. Emotional, behavioral under the sun, picky eating, bedtime, bath time, a full module on discipline. Step by step plans for

any situation we've got you covered and potty training made. Simple is the one course you need to potty train from start to finish. We tell you exactly what to say and do before, during and after. You can find those courses at [big little feelings dot com](https://www.biglittlefeelings.com). And don't forget to follow us on Instagram at [big little feelings](https://www.instagram.com/biglittlefeelings) for free tips every day. Amazing resources and a wonderful community. 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 Tabbador and theme music composed by Liz Fall, then 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.