

# Transcripts for Ep 101 How to Talk with Your Kids to Build M...

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## SUMMARY KEYWORDS

kids, book, ned, parents, talking, life, motivate, fear, people, nagging, stress, highest, motivation, happy, thinking, laughing, bill, develop, effort, autonomy

## SPEAKERS

Brie Tucker, William R Stixrud, PhD, JoAnn Crohn, Ned Johnson

- J** JoAnn Crohn 00:00  
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined here by my gleeful co-host Brie Tucker.
- B** Brie Tucker 00:09  
Why hello, hello everybody. How are you?
- J** JoAnn Crohn 00:11  
We have one of the best episodes for you today. It's Ned Johnson and Dr. William Stixrud. They are the authors of the Self Driven Child if you know of that book and they have a new book coming out.
- B** Brie Tucker 00:24  
Oh and it's such a good one.
- J** JoAnn Crohn 00:25

Yes, it's called *What do you say: talking with kids to build motivation, stress tolerance and a happy home*. It's really like the how like how you present all these things to your kids.

B

Brie Tucker 00:34

Yes, it's the book that we all I need. I mean, seriously, that hits on everything your kids not motivated? Here you go your kids stressed out? Here you go. You need like how to make sure that your house a little bit more happy? Here you go. They cover it all.

J

JoAnn Crohn 00:48

They cover it all. And I hope that you enjoy this interview as much as we enjoyed having it by the way, like we were very happy that we're like, you guys need to come back. Come back and do more. And they've they promised you will. Oh, I don't think we have that recorded though. But they did promise they'd come on and do as many as possible.

B

Brie Tucker 01:07

Yes. We need to work on having that whole like no guilt mom after hours!

J

JoAnn Crohn 01:10

After hours! I just have to keep recording because it's so funny. When you're doing podcast episodes, you feel like you really need to get everything in in that recording. And then as soon as the recording stops, you all let loose and that's where the interesting stuff happens. I know and so we're not going to be hitting the record button anymore. I'm just gonna record the whole thing. I'm living on the edge. So Dr. William R. Stixrud. He is a clinical neuropsychologist and founder of the stickered group as well as a faculty member of Children's National Medical Center and an assistant professor of psychiatry and pediatrics at the George Washington University School of Medicine. He is the co author with Ned Johnson of the national best selling book, *The Self Driven Child* and his work has been featured in major media outlets such as NPR and the New York Times and many more. He is also a longtime practitioner of transcendental meditation, and he plays in the rock band *Close Enough!*

B

Brie Tucker 01:32

How did I miss that earlier?!



JoAnn Crohn 02:05

We both missed it. I was reading this to Brie I'm like, did you know Bill was in a rock band? And we're like- what?! So next interview,



Brie Tucker 02:11

yes.



JoAnn Crohn 02:11

And then Ned Johnson is part of our two timers club here on No Guilt Mom podcast. He's an author, speaker and the founder of prep matters and educational company providing academic tutoring, educational planning, and standardized test prep, a professional tutor geek since 1993. Ned has spent more than 40,001 on one hours helping students conquer standardized tests. He's a battle tested veteran in the fields of test preparation, and anxiety management and student performance and net has written for major news outlets as well as well as the New York Times. So enjoy our interview with these two fantastic men. Dr. William R Stixrud, who we call Bill, and Ned Johnson. Hey, if you have not yet grabbed our Happy Parent Checklist, what are you waiting for?



Brie Tucker 02:55

Yeah, What are you doing?



JoAnn Crohn 02:57

We give you some step by step strategies that you can use to delegate more to your family and to release that guilt from actually asking for help in your home and getting it you can get the Happy Parent Checklist at [www.noguiltmom.com/HPC](http://www.noguiltmom.com/HPC). And we also have a link in the show notes. And now on with the show. You want mom life to be easier. That's our goal to. our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Welcome to the No Guilt Mom Podcast, Bill and Ned. Ned, you're a second timer or two timer as we say.



Brie Tucker 03:58

Yeah part of our two timer club. The one time being a two timer is awesome!

**N** Ned Johnson 04:02  
Yeah. I won't tell my wife.

**B** Brie Tucker 04:06  
I know right?

**J** JoAnn Crohn 04:07  
We're always like, we need to change that title. And then we're like, no, we're gonna stick with it. I like it.

**W** William R Stixrud, PhD 04:12  
But I'm just the old timer.

**J** JoAnn Crohn 04:17  
Ahhh! We're so excited for this conversation, because we're big fans of your first book, the Self Driven Child. And we both got the chance to read your upcoming book, what to say, let's dive into this conversation about motivating kids because it is on a lot of parents minds and how to do that effectively. So before we get into it, and you guys tell us just a little bit about you both and your story for those listeners who have not heard of you.

**W** William R Stixrud, PhD 04:41  
So this is Bill and I'm a neuropsychologist and I've been living the last 37 years testing kids and teenagers and young adults if they have potential problems or learning problems or social problems or emotional problems, I try to figure out what they're good at when it's hard for them, to help them and I also wonder the transformative relationships, my food experiences in my life was I flunked out of graduate school The first time I went because I just so anxious insecure, I didn't turn in a single assignment. And it felt to me like my whole life has gone up in smoke, I thought I was going to be an English professor, it took me about a month to realize is the best possible thing that could have happened. And unfortunately, I learned to meditate. wasn't so anxious, I could actually turn in my assignments after that went back to graduate school. And I just loved being a clinical neuropsychologist and also loved the experience of working on books with Ned.



JoAnn Crohn 05:26

I read in the book about your practice and meditating and the transcendental meditation and how you said it completely kind of changed who you were, and changed how you approached problems. And I find that fascinating that meditation can have that effect.



William R Stixrud, PhD 05:39

Well, I just think that's something historically, all over the world, millions and millions people and we want to talk with kids who are really struggling, and they're on medication or therapy, because what else can I do? So why don't you think about the things that people all over the world have found to be life changing, and one of them is meditation.



JoAnn Crohn 05:53

Ned! What about you?



Ned Johnson 05:55

so I've spent almost 30 years as the test prep guru Test Prep geek, I suppose more accurate term, helping kids prepare for and battle an alphabet of standardized tests. So ACT, SAT and ACTG, all that kind of stuff. And I've been paddling around with this guy for almost 10 years now, and really has been great fun for me, because Bill knows so much about how brains work and how the developed world has problems when makes it easier. And then I've just been able to, he sort of talked about being being the color commentary there for the comedic effect, I will there was at least four or five years where I would say things like, Well, my friend, Bill says, My friend, Bill says, and I would take these things and try like a comedian to try to figure out how to how to say them waste if they land, if it came to be like, I didn't work when they go, whoo. It's like, that's the way to say it. And so that's been the some of the fun part about writing this book is all of us as parents, as educators, have things to share have wisdom, sometimes hard earned. And, and so much of that is not the what but the how. And so with all the time that I've spent, both of us is on one on one talking to kids, we think we've stumbled into some ways that are more effective and getting those messages across.



JoAnn Crohn 07:03

You know, it's interesting that you bring that up, because a lot of parents come to us and they're like, I tell my kids this over and over and over again. And it just does not seem to stick. And I love how you compare it to being a comedian practicing your set. You're like, Which one works?

**N** Ned Johnson 07:17  
if the audience is walking out the door before the show is over, your message has not landed. (laughing)

**J** JoAnn Crohn 07:25  
Well, both of us really, really loved your book. And in particular, two chapters grabbed us the one about helping kids find their own motivation. And then the other one about helping kids change. And that is what we're going to focus on today. And first, I mean, our parents minds is they're sick of like the nagging and the reminding. And we know that nagging reminding breaks down the parent child relationship, and isn't the best way to go. But parents are like, What do I do instead? I don't know how to get my kids to do their schoolwork or do their homework or give their quote unquote best effort without the nagging and reminding. So what do you find is the best ways to get kids to actually want to do their work and want to put in the effort?

**W** William R Stixrud, PhD 08:12  
Well, one of the postulates or theorems are, it's been a long time since I've taken Algebra and I don't remember what the name is. One of the basic things that we believe is you can't make another human being do something against their will.

**B** Brie Tucker 08:25  
Yes!

**W** William R Stixrud, PhD 08:25  
And we know that the more you try to change somebody that the more pushback you get, and the more it interferes with the relationship. So we start with this premise that you can't motivate your kid, you can't you can't motivate your kid more than he wants to be motivated. And so what we focus on is helping to kid figure out what's important to me, as Ned said, this is this is the kids like, you know? and how do we help them figure out what's important to him? Or what what do you want to work hard at? I ask kids oftentimes, is there stuff you want to work harder at it? How can we figure out how to get yourself to do it? But I think the first thing is just realizing that the more we nag, the more we try to motivate kids through guilt or fear, the more they just react in a negative way to us and bite us. So we start out with this employee with the premise that you're not supposed to

be able to motivate your goal is to help your kid find what's important to him and find the things that motivate yeah, or her.

N

Ned Johnson 09:13

Yeah, I mean, you know, we all want our kids to work hard. But if we really think about it, right, more than one into work hard, we want them to want to work hard. So many of us as parents, we default to you know, nagging and pushing and bribing and you know, things that are just carrots and sticks, but carrots and sticks are not getting kids to want to do things what we're talking those are extrinsic motivators. And what we're really trying to do is foster, develop intrinsic or autonomous motivation and then in because the nature of the motivation matters remarkably more so than does the total amount unless you want to go through life with your kid you know, on his heels the whole time nagging and swatting him every step of the way, which isn't going to be fun for either of you. There's a student we talked about in the book, super academic kid, it really the elite edition I'm in school here in DC. And his parents had seen a book talk. And I asked him whether his parents read it and whether it made a difference. He said, Yeah, they have. And I said, Well, how did it help? You said, they finally stopped asking me, shouldn't you be doing your homework? Now inside, I'm like, Yes! And I'm like tell me more about that. And he says, Well, honestly, every time they say, shouldn't you be doing your homework, it just makes me not want to.

B

Brie Tucker 10:20

Right.

N

Ned Johnson 10:20

And so when we nag, we do this. Because say nothing is hard. And sitting on our hands is hard. And then we feel like our sense of control is low, what stresses us out, so we jump in and start nagging, it makes us feel better, but it makes the kid feel worse, and makes them not want to do what is still often in their own best interest. So it's not easy to do. But the model for developing intrinsic motivation or autonomous motivation. polls say everyone, these are foundational, psychological needs need a sense of competency, a sense of relatedness, or connection and a sense of autonomy. And so when we start nagging, we might up that competency piece, we get the kid to do stuff, but we undermine their autonomy and their relatedness with us. And so it's not easy to do. It was a client who said we shouldn't call it raising kids, we should call it lowering parents, really. That's what it is.

J JoAnn Crohn 10:20  
It's really true, though, because-

N Ned Johnson 10:37  
I like this. Turning the dial down- just a wee bit.

J JoAnn Crohn 10:59  
And I like how you refer to it in the book is like balancing that stool of the three things of autonomy and competence and relatedness. And really focusing on that relationship. And something else you said struck me about how that the nagging and reminding and the asking it prevents kids from doing what's actually in their best interest to do and it's so interesting because we I think we all go back as parents to how we performed in school, and how we achieved and what motivated us and I can think of when I was in high school, and I was getting C's and my dad took me out of my favorite extracurricular activity because I got a C on the report card.

B Brie Tucker 11:50  
Well, let's also add the extra curricular activity wasn't like you were doing like badminton.

J JoAnn Crohn 11:55  
it was an odyssey of the mind, which is a creative problem solving. But looking back at that taking away was what caused me to Well, okay, Bill, shaking his head, I wanted to get into this.

N Ned Johnson 12:06  
I want to know where the story ends. I'm trying to think, Did you step it up? Or do you know what? you know what you do with this car? I'm going to drive my car of my life straight into the ditch! Just to show you!

B Brie Tucker 12:16  
go live in a van down by the river!



J

JoAnn Crohn 12:18

Down by the river. I am a people pleaser by nature. And on that on me, I had all this fear. I brought it up to high B and I got back in. But Bill, I want to hear your take on that. Because you were shaking your head when I told you that story.

W

William R Stixrud, PhD 12:33

Well, the typically taking away stuff is deep kids are passionate about you try to motivate them for something that you are passionate about doesn't work. It just, it just builds resentment that the majority of kids go on strike. You know, and I think that it's so we've talked about so much in our book is about communicating with the kids in respectful way about that motivation is something that is, as Ned said, we have these three components. And we talked to the people who've made up self determination theory, the really premier theory of motivation. And we said, we feel like we're gonna lean on one, its autonomy. He said, Absolutely. And I think that one of our basic principles in terms of motivating is don't work harder to help a kid do anything than the kid does. Because if you spend 90 units of energy trying to get a kid to do something, go spend 10, but it doesn't change, the energy changes. I saw this early in my career, I see so many kids with learning disabilities or ADHD, who they aren't motivated or seem to be motivated or anything. And so adults spend 90 units of energy trying to get the kids to do the work, because do less and less and it doesn't change until it starts to feel like this is my life. And so the message is that I love you and I'm willing to do anything I can to help you but I'm not willing to work harder than you do because I'm going to weaken you. because you're going to think that somehow I'm responsible for your learning or your development so I -

N

Ned Johnson 13:48

I was gonna say right we I had a colleague who's a college counselor and a kid said to them to his parent I worried that if I get into college it will be because of you and if I don't, it will be because of me.

B

Brie Tucker 14:00

Ahhh!

N

Ned Johnson 14:01

What a lose lose situation right?

B

Brie Tucker 14:03

Yeah, you know, I think it's so true because it comes down to the kids have to be able to want to do it on their own. Like you said earlier I'm not gonna follow my kid around my goal is for my kid to be able to bond in their life I can't And you know what else I'm sorry my kids passed me in math like back in fourth grade. Really, I'm hoping that they're able to do with that problem solving skill without my help in any way shape or form because they're already out of my realm. (laughing)

J

JoAnn Crohn 14:27

well and really are the parents out there who see like a situation like mine were taking away actually worked it's actually very hard on me and I could see how it's hard on other kids and this is why I've chosen like not to to raise my kids this way with a focus on grades, is because you get so in that people pleasing mindset that any way you want to veer off the path as an adult or take risks- like you have this intense amount of fear and pressure that really impedes you growing up. It really impedes you being successful. And something that you also talked about in the book is about this idea of giving your best effort on things. And how that's very misleading and kind of a slippery slope.

W

William R Stixrud, PhD 15:04


You know, we like the idea of pursuing excellence or trying to do a good job on things. And and not just being happy to ask, but we'd like that a lot. But also some of the parents that we work with who have kids who are just obsessively driven. And the parents say, Well, you know, I, we say, We don't care about your grades, we just want you to do your best and do your best, then everything you do. Well, I mean, to be honest, I don't think any of us actually do our best at everything. And Ned has this great cartoon where a kid is doing, he's holding an assignment to his parents and saying, Is this my best? You know, how do you know? Because perfectionism is so how much on the rise now, in young people, it's dramatically increased. That we think it's healthy to say, That's good enough, okay, is that enough time I love that that's good, as opposed to everything has to be your very best.


N


Ned Johnson 15:47


And because perfectionism is fear driven, right? Basically, if I do my best, then I'm safe. But it's it, which is a different thing from setting a goal. I want to get these grades or I want to run this mile, or I want to, you know, I want to do this, you know, where you're setting a goal and you're anticipating reward, right, which is dopamine, right, which is the neurotransmitter of anticipation of excitement, where perfectionism is fear driven. And so


kids, you know, I see this all the time they get this or that reward, and they're not excited. They're relieved, relieved. There's a story in the book about this girl. Who's brilliant! brilliant! brilliant! got a 1590 at a 1600 on the SAT and burst into tears. I'm thinking someone should take us out for ice cream, right? And I looked at her, I said, you my friend, our crack addict. And she recoiled. And said, What do you mean? I said you've had 437 consecutive days, and if you were to get a C, you would burst into flames. You'd burst into pieces, and she said, I would never get a C! but the kids always laugh when I say that. But it wasn't like oh, tutor geek, you have no idea whom you're dealing with. There was no swagger. There's no confidence, she was paralyzed with fear of achieving that level. And I thought this is a terrible way. And in part because as you made the point, JoAnn, it leads kids to then be fearful of taking the very risks that lead them to higher things, right? Whoops,

 JoAnn Crohn 17:05  
True.

 Ned Johnson 17:06  
don't want to be there, right? And it also leads them to if they're in a monologue, perfectionism is this drip feed of fear, they need to come up with other ways to reduce the fear, which leads to substance use disorders, right? So this girl, I see her two years later, we run into her at a grocery store. And she's like, yeah, and I'm like, Hey! how are you? And she's like, I'm great. I'm like a really? She's like, Oh, yeah. And I finally learned to relax. And I'm like, like, I'm thinking is she doing TM, like Bill? No. How did you learn to relax? smoking pot.

 JoAnn Crohn 17:36  
I've seen that a lot.

 Ned Johnson 17:37  
Oh, yeah.

 JoAnn Crohn 17:38  
it's my friends too. like people are going to like other substances just to relax. Instead of instead of actually learning relax.

- N** Ned Johnson 17:45  
if you don't know Jess Lahey, who was probably most well known for the Gift of Failure has a wonderful new book out called the Addiction Inoculation. And the cliff notes on the sparknotes on it are if you don't have healthy ways to relieve stress, you will use unhealthy ways to relieve stress. So much better to do TM than to do pot.
- J** JoAnn Crohn 18:03  
Yes, she she's a two timer on the podcast too Ned! You guys are both.
- N** Ned Johnson 18:08  
There was nobody better! Okay!
- B** Brie Tucker 18:11  
I think you guys both brought up a really great thing like to kind of backtrack a little bit here on that whole best effort. Because it does come down to like your cartoon you were talking about who decides the best effort? and 90% of the time, it's the parents who are the ones who are deciding what's the best effort. And we all know that like as adults, how insulted would we be if somebody else came up to us and was like, Well, you know, I heard that podcast, and that wasn't your best effort. (laughing) And you're excuse me! Or that last book, that really wasn't your best effort. Excuse me?
- J** JoAnn Crohn 18:43  
Yeah.
- B** Brie Tucker 18:44  
I put every bit of my blood, sweat and tears. That is so insulting to say that to your child. Yeah, I know you got a B but that really wasn't your best effort.
- J** JoAnn Crohn 18:51  
It's demotivating.
- N** Ned Johnson 18:53

and it's the goalpost. And it's moving the goalposts over and we talked about in the book, it's a little like swimming towards that, you know, as a child, you're swimming towards your towards your parents, and they keep and they just keep pulling away from you, right? I mean, it's oh my gosh, oh my gosh, oh, my gosh, and you went, you don't really get to stop and celebrate and go Yay me!

B

Brie Tucker 19:12

Yeah, it's no wonder we have such a high rate of anxiety and depression and dealing with this mental health crisis, especially with our teens because of so much pressure being put on them these days.

W

William R Stixrud, PhD 19:24

And there's so much evidence that if arguably, best as you can give your kid is I love you no matter what you do. and I'm happy with you no matter what you do. And even if you do a half-assed job on something as opposed to that I approve of you if you do your best. that I approve of you. I just think it's a better message to tell kids.

J

JoAnn Crohn 19:42

Yeah, I think it's a better message to you and I just want to clarify half-assed job is fine for some things!

B

Brie Tucker 19:47

We don't do 100% all the time. Something's got to give!

J

JoAnn Crohn 19:51

yeah, and-

N

Ned Johnson 19:52

I should point out for years because I do all this test prep. I work with all these people who because they get so stressed out they completely lose their wits right and to be helpful, I only have to be a halfwit. (laughing)



Brie Tucker 20:04

I like that.



JoAnn Crohn 20:05

So what do you say to parents whose kids are in the schools that are pushing really good grades and going to college and being the best? I say it from a personal situation, because my daughter's in one of those kind of high state schools, and she'll come home and be like, Oh, my gosh, I need to do this, I need to do this. I'm like, do you really? do you have to do this? And I like my message at home is completely counter to the messages she's getting from her friends and her teachers. What could I do at home to kind of lower the stress level for her?



William R Stixrud, PhD 20:36

I think that you don't want to continually get better is where you go to college. Isn't that big a deal. I mean, there's a lot of things. The reality is that for most people, where you go to college, doesn't seem to hardly any difference in your life. And so most kids grew up with this drip feed of misinformation about what really contributes to happiness and success in life. Now, it doesn't help to kind of keep preaching it a kid and keep telling her but but if she's if she's really anxious, then certainly we recommend saying I can't take that away from I can't tonight, and I'm not going to try, but I really see it different. And if at some point if you're interested, I'd love to kind of give you another way to look at you just consider that maybe you can still pursue excellence. but just not having to be so stressful not be has to be so fearful. Some of the kids that I work with are underachievers and the first thing I tell them, it's always motivating is that you could flunk everyone your high school classes, then if you decided that was a bad idea. You can go to community college for 30 credits, and then you can apply to most colleges in the country without showing your high school transcript. when I tell them what I take fear out of the equation, that that's it's another way you can get there. It just motivates them to work hard. With kids in high achieving schools, they're just such high risk that we mentioned in the book that the Robert Wood Johnson Foundation published a report in 2017 on the major causes of stress and anxiety in adolescence. And it's poverty, trauma, discrimination, and excessive pressure to excel. And so I think we have to be working with with schools to give kids a sane message and help them to understand how many as there are in finding your place in the world.



Ned Johnson 22:07

I love that. And what I would add to that point that that we often make the most mental

health is changing, thinking from I have to, to I want to go back to that perfectionistic vibe. And so are there advantages to going to you know, Princeton? Yeah, you get to dress in orange for four years, I'm teasing. Right? I mean, you know, these are wonderful places of learning. And obviously, there are advantages to being a graduate and elite, you know, of a highly selective college. But it's simply not true that in order to have a wildly successful life, that you have to graduate from the most successful place, in part because we know that people develop an uneven pace. I mean, the thing I always laugh about is, I remember being in seventh grade and whoever the tallest boys and seventh graders lording it over everybody else, you're like, enjoy it now, right? Because you're not going to be the tallest one right in 12th grade. And so the same way, the kids who are valedictorians of the class 10 years later are not more successful than everyone else. And so we want young people to develop themselves. We want them to be educated, because it's good for them. It's good for their families, their schools, their committee, it's good for the whole country to develop talent wherever it is, but we just want to do it in a way that's sustainable. So you know, for your daughter, if she takes school really seriously, I think it's great that you're working really hard to become a better writer, I think it's great, how much you how seriously, you take math, and you're really becoming a mathematician. And so we can take that same energy, but try to help reframe how she's thinking about it. And so don't talk her out because it's hard to talk people out of work working hard, but to have her focus on on something that becomes much more internalized of I'm becoming really curious. I'm really curious mind for science. So it's internal trait rather than externalized. I got another way. Otherwise, you know, back to smoking pot at Yale. (laughing)

W

William R Stixrud, PhD 23:48

Yeah, you know, JoAnn, Another thing is that there's this research that suggests with high achieving kids, they're taking a test, if you ask them to write Did you for a few minutes about their highest values, it's become much less stressful to take the test. Because it puts these things in perspective and just talking with kids. And we talked about this in the book talking with kids about what's really important to them, what what did they really value and for most kids, their highest value is not status and prestige, or doing far better than anybody else have more money than anybody else. that's not really it's kindness, it's friendships, it just kind of having a reminder. just asking kids is the way pursuing your development now you're living your life now, Is it consistent with your highest values? And it makes that a family discussion. We're all trying to work on having a life that's consistent with our values.

J

JoAnn Crohn 24:34

I think that is a great, great suggestion. And I am going to bring that up at dinner tonight. Because I mean, just you saying of it, I'm like no, I don't think achieving is her highest value, but I think she feels it should be or should be forced on her are. That's how it works. And so I'm going to bring up that discussion about values tonight. Yeah, I think that's great. Well, thank you Ned and Bill for joining us. This has been amazing. I have so many questions for you that unfortunately, we'll have to just do another podcast episode on that because it's too much. But before we leave what is coming up for both of you that you're really excited about?

W

William R Stixrud, PhD 25:10

Well, the launch of our new book, What do you stay, how to talk with kids to build motivation and stress tolerance and happy home comes out on August 17. So we're writing some some articles, and we're having a lot of podcasts, including this wonderful podcast. That's pretty, pretty fun. I mean, the Self Driven Child has just been such a great experience for us. And we're looking forward to this one too.

N

Ned Johnson 25:31

What he said. (laughing)

B

Brie Tucker 25:35

that's what I wrote. I follow up, and I go Ditto!

J

JoAnn Crohn 25:37

Ditto

N

Ned Johnson 25:37

Ditto. Ditto.

W

William R Stixrud, PhD 25:38

Oh that works too. Yeah. Yeah.

B

Brie Tucker 25:40



Awesome. Well, we're so happy to have you guys. Thank you so so much, and your book is fabulous!



JoAnn Crohn 25:46

It is fabulous. And so parents pick that up, because if they wait, we didn't go into is that you also have like so many phrases to say to kids and so many like examples, which I know,



Brie Tucker 25:55

That's what I need. I need the Cliff Notes! When this- say this. Okay.



Ned Johnson 26:01

And one quick last thought, if I may. Part of the reason we wrote this book is that it's incredibly, we're not very effective in our communication when we're stressed. But we're also get pretty stressed when we're not effective in our communication. Because as parents, we have all of this heart of wit hard earned wisdom that we want to share with our kids. And when we say it in a way, and it doesn't land like we were talking about before, we get super worried because this stuff that I have to it's so important, and what if she doesn't? What if he doesn't hear it? And so to your point about that the kind of the lines, a lot of this is really simply about the how all the great instincts that your listeners already have as parents, just giving them a different approach some other tools to kind of get those same messages across in ways that are more effective. And that's, that's better for them a whole lot less stressful. And it's a whole lot better for the kids to hear the wisdom that mom and dad have to share it.



JoAnn Crohn 26:48

Most definitely. Yeah. Well, thank you so much. We'll talk to you soon.



Ned Johnson 26:52

Thanks for having us.



JoAnn Crohn 26:53

So what are the things in that interview. First of all, fantastic interview.

- B** Brie Tucker 26:57  
Oh, my gosh, I loved it.
- J** JoAnn Crohn 26:57  
fantastic. But like one of their quotes that really, really stuck with me. And I actually the night after we had the interview, I talked with my family about this. And it was if things go right, you'll have a longer relationship with your kids as adults than as kids.
- B** Brie Tucker 27:14  
I think that's a really good wake up call.
- J** JoAnn Crohn 27:17  
It's a good wake up.
- B** Brie Tucker 27:17  
Because when we're in it when we're in the parenting weeds, and we're not sleeping, because our kids are up all night long.
- J** JoAnn Crohn 27:23  
Yeah,
- B** Brie Tucker 27:23  
You know thinking about those whole like, first five years.
- J** JoAnn Crohn 27:26  
we're worrying about them constantly.
- B** Brie Tucker 27:28  
right? Or when they're teenagers. And they used to talk to us about everything now they barely even look at us, we get so caught up in the here. And now that we forget that sometimes our reactions and the way that we react to things that are going on in their life

will have an impact.

J

JoAnn Crohn 27:41

Yeah, it definitely has an impact. It's made me think a lot about the relationship that I want with my kids and versus like trying to control everything and make sure everything goes right today is better just to be more nonreactive. And make sure I'm just there as a support rather than a control.

B

Brie Tucker 27:58

Yeah, I will say like, that's definitely when I'm having my moments where I'm feeling like I'm just completely failing at parenthood, because let's be honest, we all have those moments where we feel like we just do not have it. The only thing that I'll bring me back to center is that while things may be rough right now, I know that my relationship with my kids is the most important thing. So when I'm having a moment where I'm like, Did I make the right choice? I'll ask myself that- when I'm calm.

J

JoAnn Crohn 28:23

Yeah,

B

Brie Tucker 28:23

can't do it in the moment. But when I'm calm, I'll be like, is this the right choice for our relationship?

J

JoAnn Crohn 28:27

Well, it's really hard to do in the moment, you kind of have to figure out what you're triggered by so that you know, you can identify your trigger, right at the moment it happens. And you're like, Okay, this is my thing to calm down. Like I need to calm down. I mean, yesterday, I was talking in the car, how I had this really short window to get my daughter to dance class and then pick my son up from school. And I told my daughter, I'm like, I need you in the car by 3:35. Well she came out at 3:40 and instead of being like, Oh my gosh, why? Why were you so late? Rushing her to dance class and then rushing to pick up my son. Where I knew I would be a wreck. Like I knew I would be so worried that I would be late to get him. I was just like, you know, it's okay, you're late. But we do need to go pick up your brother first before we go to dance. And she got really upset, but I stayed calm. She didn't talk to me the whole time. We were waiting for him. I stayed calm. And

then when I picked her up from dance, it's like nothing ever happened. like It wasn't it was a non-issue.



Brie Tucker 29:18

Yeah, she had time to work through it. And then when she came down the car even said that she was sorry she was late. she just didn't realize that being late was going to have actual consequences.



JoAnn Crohn 29:26

Yeah, looking at it, I'm like that is such a preferable way for me to handle this instead of yelling at her and being all stressed out -



Brie Tucker 29:33

and then you would have been stressed out when you picked up your son.



JoAnn Crohn 29:35

Exactly!



Brie Tucker 29:35

And probably would have ended up snapping at him for something and he would have been like what did I do?



JoAnn Crohn 29:39

instead I just got to be really calm like have a good time at dance. And it was all fine feelings are temporary and the relationships that we have with our kids are the most important.



Brie Tucker 29:49

Yeah. So I have to say you have to read this book. It is phenomenal.



JoAnn Crohn 29:53

It is !

**B** Brie Tucker 29:53  
What do you say? talking with kids to build motivation, stress tolerance and a happy home. It is available everywhere you get your books at. I mean it's gonna be across the board. Let's help them make this a New York Times bestseller!

**J** JoAnn Crohn 30:06  
Yes, we got early copies. We read it and I can tell you you want to get this book.

**B** Brie Tucker 30:11  
Oh yeah!

**J** JoAnn Crohn 30:11  
You want this!

**B** Brie Tucker 30:12  
this this had such a positive impact on me. just as much as the Self Driven Child and I loved the Self Driven Child. This is going to be one of our highly recommended books for all of our No Guilt Moms to check out.

**J** JoAnn Crohn 30:21  
So remember the best mom is a happy mom, take care of you, and we'll see you next time.

**B** Brie Tucker 30:27  
Thanks for stopping by.