

Transcripts for Ep 089- Why We Absolutely Need Mom Friends

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SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn joined here by my very bold co-host Brie Tucker.
- B** Brie Tucker 00:08
Why Hello, hello everybody. How are you?
- J** JoAnn Crohn 00:10
You have a bold color today.
- B** Brie Tucker 00:12
I do! I'm trying to go back to my bold jewel colors as Lani had mentioned on- Lani Inlander, we had earlier in the podcast, she talked about how jewel colors work and I'm like they do!
- J** JoAnn Crohn 00:23

they totally work. Yeah, I have my Emerald on today. So the jewel colors. They're all we're all good.

B

Brie Tucker 00:29

very colorful and looking good today. Unfortunately, nobody gets to see us.

J

JoAnn Crohn 00:32

Yeah, well-

B

Brie Tucker 00:33

I know, Right? All dressed up and nowhere to go.

J

JoAnn Crohn 00:35

We are two good looking friends. Which has a lot to do with our subject matter of the podcast today.

B

Brie Tucker 00:40

Yes, yes.

J

JoAnn Crohn 00:41

We're talking all about how to find those friends when you're an adult. Because when you were a kid, it was easy because you had school, or you had like extracurricular activities. But when you're an adult, especially if you're a parent-

B

Brie Tucker 00:54

especially a stay at home parent,

J

JoAnn Crohn 00:56

there's no opportunities really.



Brie Tucker 00:58

It is—they're very hard to find it takes a lot more work. And that doesn't always work great for everybody's personality. And so we're here to talk about like, again, like how to get that going and why it's so important. Like why those friendships make a big deal.



JoAnn Crohn 01:12

Yep. So that is what we're talking about today on the no go mom podcast. Hey, if you want to help your kids make and be better friends. I wrote a book just for them. It's called Me and My Friendships and it is right now on pre-order. And it would mean so so much to me if you can go and preorder the book because Brie, we learn on the podcast that pre orders are huge for authors.



Brie Tucker 01:37

I know. it helps the book stores to figure out how many books are actually going to need on hand and I have to say I utterly love that book me my friendships. I want to read it even though I'm a little out of the age range of that whole 6 to 11-ish.



JoAnn Crohn 01:50

yeah, yeah. It's huge. It's huge pre orders are huge guys. And I have made it just a little sweeter for you and created a another course just for your kids. It's a mini course called really good friendships and you get it free when you preorder Me and My Friendships and is the only way to get this course. So you are like one of our very special few once you preorder Me & My Friendships.



Brie Tucker 02:15

very exclusive!



JoAnn Crohn 02:15

And you can find out all the details on that at noguiltmom.com/friendships, and now on 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. Okay, let's talk about friendships. Okay, and having friends as

an adult because you know what? Growing up, my parents didn't really have many friends. Like they stayed at home with us. They did everything with us. And when I first started thinking of having kids, I'm like, Oh my gosh, like all my friends will go away. And it's just not true.

B

Brie Tucker 03:20

That is a huge, huge fear that so many of us have, like I like to joke about like the BC times like before children, how our lives were so different. My parents did have friends growing up. They were their church friends, which was interesting, because we moved across the country, but also within the city that we were living in, like they sometimes moved to churches. And so that was always awkward, because those friendships would just blip, just get dropped and just like went away. And you like what you just said, like, well, I had that example of friendships and how parents can have them. I also thought that they were solely dependent upon where you went.

J

JoAnn Crohn 03:58

Yeah,

B

Brie Tucker 03:59

right? Yeah. So I like it couldn't it couldn't bridge.

J

JoAnn Crohn 04:01

Yeah, I guess I should backtrack just a little bit because my parents had work friends. Like they they both worked. My dad was a teacher and my mom works in administration at the hospital. And they had work friends that they like went out to lunches with it was just like, outside of the work environment. There was like, it was a rare case where me and my sister had to like go to our grandma's because they were going out.

B

Brie Tucker 04:23

Oh, yeah. Yeah, I could see that.

J

JoAnn Crohn 04:26

Yeah. So I was really afraid that all my going out days were over. And it's hard when you first have kids, especially if your core group of friends doesn't have kids.



Brie Tucker 04:36

Oh, I know. Like there's nothing harder than being the first one out of all your friends that has kids. Like in my case, too. I had a really hard time making friends when I first came out here because I moved out after college. And I had a job where almost everybody you work with in that field was married and had kids.



JoAnn Crohn 04:53

Uh huh.



Brie Tucker 04:54

So like nobody wanted to hang out with a single young chick that just moved out here. And like I struggled for long time trying to find something outside of my relationship to have friends with. It was really, really hard. Like, even once I had my kids like they were my whole everything.



JoAnn Crohn 05:10

It is hard, because whenever you transition in life, your friendships almost have to transition too.



Brie Tucker 05:16

They do. They do. It takes a lot of work to even going through those transitions if they're not the same place.



JoAnn Crohn 05:21

It does. Because I when I was a teacher, I had my teacher friends, and we used to meet for girls nights and wine nights and everything. But then when I decided to, you know, quit teaching, those kind of went away. Yeah, because we didn't have that connection anymore. We didn't have those shared experiences to talk about. And it's not like I'm not friends with them. Like if I called any of them up, they'd be like, yeah, let's meet, it's just that seeing each other every day kind of, made it more like in mind, you know, those friendships were top of mind. And once I didn't see people, we didn't communicate as much.



Brie Tucker 05:54

Right? And that totally happens. So one of the big issues we have is like, you know, after we have our kids, what are some things that are roadblocks to having friends, right? Like, we're too tired!



JoAnn Crohn 06:03

too tired! Oh, my gosh! Can you like you work all day, and then you come home. And all you want to do is watch Netflix and just going out seems like one more thing.



Brie Tucker 06:11

or even think about like once you first had your kids and you're probably home on maternity leave, and you're like, I don't sleep at night, the idea of having to socialize with somebody else and put together a well thought out sentence is exhausting.



JoAnn Crohn 06:23

Yeah,



Brie Tucker 06:24

right? Or like we don't have anybody to watch our kids. So we would have to bring our kids with us. And then again, that limits our options.



JoAnn Crohn 06:31

It does, it totally limits our options. Yeah.



Brie Tucker 06:34

we're maybe we're dealing with like how you and I've talked about before postpartum depression? After having your kids that's not something that that everybody gets over immediately. like some people, it continues for a while. And that depression then can go into anxiety, which then also cause issues with you, feeling like you can go out and meet other people.



JoAnn Crohn 06:50

So I went through postpartum depression, and I went into therapy for both of my kids after having them just because to deal with that. And I remember that thinking when I was home, I'm like, Why doesn't anyone call me Why doesn't anyone invite me out. And I was just in this like, very sad state. And I went into one of my therapy appointments, and I told my therapist this and she's like, if you want it, you're the one who needs to make the effort. And that whole phrase just completely changed how I looked at the situation. I'm like, of course, like, it's not their job to call me and check in on me. Like, if I want that to happen, I need to be the one who's like, Hey, you want to go out or like making that invitation. And just that little piece, like, totally turned my mindset around and helped me feel like, friends don't need to come to me, I can go to them. And it just changed all of my relationships.



Brie Tucker 07:47

which is huge, because a lot of us don't come to that realization in that state.



JoAnn Crohn 07:51

And also a lot of us need -



Brie Tucker 07:53

You had a good therapist.



JoAnn Crohn 07:53

Yeah, she was good. She was pretty good. And a lot of us are afraid of the rejection.



Brie Tucker 07:57

Right? Like, yes, you're already added a fragile point. So like, in the let's just be honest, the practical reality of being in and out with kids. There are distractions, there's interruptions. Oh, yeah, their schedules might not be the same as your friends, kids. It can make it schedule. Really, really difficult to have those conversations that you need so that you can start a friendship. Yeah, but another thing that you just talked about the rejection, the rejection, because a lot of us are worried that oh my gosh, if I let this new person see me with my kids, what if they judge me? What if they think I'm a terrible mom? What if I'm not as good as them?



JoAnn Crohn 08:31

Oh, I never had that.



Brie Tucker 08:33

Oh, goodness, a lot of us have that fear of like, what are other people thinking? What are they going to think?



JoAnn Crohn 08:38

I never thought about that in terms of my parenting. I thought that in terms of myself, though, I'm like, I'm just not funny enough. I'm just not enjoyable to be around.



Brie Tucker 08:46

Right? So either way, it might be like a fear of your parenting being judged or or Gosh, that's even that's even scarier to me is the whole judging me.



JoAnn Crohn 08:53

Yeah.



Brie Tucker 08:54

Like I at least I somehow I was able to hide behind being a mom, I worried about them judging my mommy-ness rather than me myself, but that would be huge. So. So those are the things that make it really, really hard. But that's also why having friends are so important, right?



JoAnn Crohn 09:09

It is having those relationships that you can turn to you and that the people who support you again and again. And that's not to say like there will be rejection that comes at times, like forming those friendships and making those invitations, a lot of time your invitations are going to be turned down. And it's one of those things where you're like, Okay, we can't this time. And so you try again, and you try again, and you try again. And hopefully eventually everyone can connect.

B Brie Tucker 09:33
Right.

J JoAnn Crohn 09:34
And if you keep saying no, they're gonna stop calling.

B Brie Tucker 09:37
That is 100% true. So in that realm, like I always worked after my kids were born like, oh, even if it was part time, and I remember getting so upset too, right? Like you're talking about how people didn't invite me out for happy hours. I don't hear about them doing stuff. And I'm like, finally there was somebody that I had known through a couple of jobs that because again, I worked in early childhood. It's a world where you kind of know each other. And I'd hop in this person. I've had like a couple of jobs together. And finally, one time, I had enough comfort with that person to say, hey, how can I never get invited out? She's like, because you always say no.

J JoAnn Crohn 10:09
Oh, at least she told you. Like so truthfully.

B Brie Tucker 10:13
Yeah, she was like, because there's no reason for us to ask you. I mean, we could but then you're just going to hem and haw about it and say, maybe, maybe, maybe, and then you'll always bail out the last minute.

J JoAnn Crohn 10:22
How did you feel getting that feedback?

B Brie Tucker 10:24
It was harsh, but it's not like in you know, me. I'm I'm pretty open to things being said. So when she said that I was like, Huh, yeah - she's right. I totally do that. I totally would do that. And in my case, my argument or my defense was, I was always hopeful that my partner at the time would be okay with me going places, because these friends didn't do things with their kids. It was it was always sans kids. That was it just never worked out.

J JoAnn Crohn 10:51
You had that underlying anxiety about like not being able for your partner to take care of the kids.

B Brie Tucker 10:56
Yeah,

J JoAnn Crohn 10:57
that you couldn't say yes,

B Brie Tucker 10:58
yes, yes. But I wanted to say yes. Because I wanted to be that person. And then I just Yeah, but it was nice to hear that because then at least I was able to get people honest answers.

J JoAnn Crohn 11:07
Yeah.

B Brie Tucker 11:08
Can you go out? I'll be like, Nope, I don't have childcare. But if you guys do it at this time, or if you do it, like at this place that I could probably do it.

J JoAnn Crohn 11:15
Yeah.

B Brie Tucker 11:15
So like I needed to, like you just said I needed to communicate more.

J JoAnn Crohn 11:19
Well, it's hard, though, when you have that anxiety, because a lot of times like when I used to get invited places, I immediately thought like, Oh my gosh, this is all gonna fall on my husband then take care of the kids. And this is a thought process. And if my husband was

listening to this right now, he'd be like, Are you kidding me?

B Brie Tucker 11:36
No, he has a unique-

J JoAnn Crohn 11:37
one of the things is that he's like, dads are not babysitters for their kids, dads or dads. So like, equal responsibility for the children. But that was always on my mind. Because unlike anything I say yes to falls on my partner. And I mean, it's always something to be considerate of. It's not like I'm gonna go say yes, yes, yes to every opportunity, right. But it's also me like going to my husband and being like, Hey, I really want to do this. And there's always, I mean, usually, there's always a way we can make it work barring like something like, I had no idea that was going on, or like event we have to go do you know, right, exactly. But it's hard. There's so much guilt, and it just ruins friendships with the guilt. And it's like, Why Why are we so in our heads moms? Why are we so in our heads?

B Brie Tucker 12:21
Because that is like just innate in us. But hey, we are no guilt mom we're gonna help you fight through that guilt!

J JoAnn Crohn 12:26
It's gonna it's gonna be a fight. It's something about the gills. So I'm reading this book on self compassion. And one thing that we know we're Americans are known for is self criticism. And I think all of Western culture, kind of like I think this goes for Europeans as well. But we're very critical of ourselves. And so when we feel that guilt, our immediate reaction is being like, you shouldn't feel guilty. You shouldn't feel guilty. Well, it's impossible because like, philosophical, we were talking about this on her podcast episode. If you tell somebody Don't think about the white polar bear,

B Brie Tucker 12:59
they're gonna think about the white polar bear!

J JoAnn Crohn 13:00
They're gonna think about the white polar bear. So it doesn't work to say like, don't feel

guilty, you're gonna feel guilty. Like, you never think about feeling guilty.

B

Brie Tucker 13:07

We know what's funny about that. It's like talking about the self critical-ness, like we're already feeling bad. So then we make ourselves feel bad about feeling bad. What the heck?

J

JoAnn Crohn 13:13

Yeah. But so what would this book it's like it says, you just acknowledge your suffering. And you're like, Okay, this is suffering. And then it's like, everybody goes through this. I'm just gonna be kind. I'm feeling guilty. It's hurting me.

B

Brie Tucker 13:27

That's okay. I think that's really powerful. accepting it, acknowledging it's there. And then moving on is a huge thing.

J

JoAnn Crohn 13:34

because you can go through emotions, but you can't go around them. Yeah. So that's what I've learned. So let's help you guys. Now if you're looking for friends, we have some tips for you on how you can do that.

B

Brie Tucker 13:45

Yes, we found four simple steps that we think that any mom can probably, you know, it can - not probably. can do. Yeah, right?

J

JoAnn Crohn 13:53

Yeah.

B

Brie Tucker 13:54

So what's step number one?



JoAnn Crohn 13:55

seek out other moms!



Brie Tucker 13:56

this is huge. So like, this is something that I'm very excited about. Because we are coming off a pandemic.



JoAnn Crohn 14:01

Yes.



Brie Tucker 14:02

Things are opening up again. Yeah. So we can actually give advice that can be in person.



JoAnn Crohn 14:07

I know. I know. We don't have to give online advice. It's really great.



Brie Tucker 14:11

Don't Don't worry, we do have all my advice. We're gonna start with the in person stuff. So look for opportunities that are in your community. I know like back when my kids were young Stroller Strides was a big thing. Is that still thing?



JoAnn Crohn 14:21

I think so. I did a few Stroller Strides. I could never gel with the other moms though. But I only went to one. That's the thing when you find these new mom groups, you can't just go to one writing like make the judgment it has to be multiple.



Brie Tucker 14:34

and well, you have to go to like multiple groups and different things. So like so that's another thing like talking about finding different play groups on Facebook or Meetup those things are still very up and going. and the other thing too about that like so what I'm hearing you say is like go to different locations. But on top of that also go into more than one meeting because there are people that miss one meeting, right?



JoAnn Crohn 14:53

Well, and also like friendships aren't instant, it's more like a familiarity thing. So like you have to have multiple exposures to a person to be their friend. So it can't just be like, Oh, I went to one and I didn't really connect with anybody. We have to go to more and more and more and have their shared experiences. And then with those experiences, you have a way to connect.



Brie Tucker 15:15

Right? And I think that that's really, really important to say, because I think a lot of us are so hungry.



JoAnn Crohn 15:19

Yeah,



Brie Tucker 15:20

For that friendship.



JoAnn Crohn 15:21

You just want to be like, see somebody across the room be like, Please me by friend.



Brie Tucker 15:24

And they say yes. Then you're like, Oh, my gosh, people have the exact same thing. Doesn't happen that way.



JoAnn Crohn 15:29

Been there. Been there.



Brie Tucker 15:30

So like, other things that can be in your community. A lot of the local hospitals have free new mom groups. If you're a new mom, that's a great option. Yeah, there's local playgrounds. like just going to playground man.

J JoAnn Crohn 15:40
Yeah,

B Brie Tucker 15:40
Share a conversation with somebody else who's got kids?

J JoAnn Crohn 15:43
Oh, yeah, that's a great place to find other moms is on the playground,

B Brie Tucker 15:46
right? Because if there's anyone that can have a conversation, it's a mom, because we have to talk about Elmo and dinosaurs and everything else under the god's green earth on a regular basis with our kids.

J JoAnn Crohn 15:56
Yeah.

B Brie Tucker 15:56
So we could strike up a conversation with a stranger, no problem.

J JoAnn Crohn 15:59
And Parks and Rec mommy and me classes.

B Brie Tucker 16:01
Oh, yes! those are also like a really, really great option. And you don't have to go to your own. And another one, too, that I saw pop up when I was researching this a lot was libraries.

J JoAnn Crohn 16:09
library story hours all the time.



Brie Tucker 16:12

I think those are something that we're gonna see coming back again, post pandemic, that we're always really awesome. And you get to see lots of different people at different times. And there's a lot of different ones you can go to.



JoAnn Crohn 16:21

Yeah, I did a lot of those. There's also a lot of opportunities to find other moms online, too.



Brie Tucker 16:26

Yes.



JoAnn Crohn 16:27

And connect online. Like we have one of them Balance. Our coaching program for moms is really your like a community of moms who have your back.



Brie Tucker 16:34

Right. And not only do we have in that one, do we have intellectual side of things where we're doing like workshops, but we make sure that we have that social component in there.



JoAnn Crohn 16:41

Yes, we have book clubs. We just had a book club last night.



Brie Tucker 16:44

And if book clubs or thing we have a social hour, you just get to come and talk about whatever.



JoAnn Crohn 16:48

And in the book club. I think we talked about the book 10% of the time. Yeah, we always tried to go back to it. But it's just a fun conversation and you just see where it leads you.

B Brie Tucker 16:58
Right. That's really important. And then I found a new thing that was new to me, but it's been around for a few years. It's called the peanut app.

J JoAnn Crohn 17:05
I've heard of this app.

B Brie Tucker 17:06
Yeah. Okay. All right. So it looked really cool. When I saw it. It talks about like, how it's a safe place for moms, and you can just kind of like connect with other people both in your community and online. So that I thought that looked really really awesome.

J JoAnn Crohn 17:19
So that is cool. And you know what we should do for no guilt mom, like as no go mom grows? We should totally up local groups. That'd be awesome.

B Brie Tucker 17:26
Oh my gosh, I would love to see that happen.

J JoAnn Crohn 17:27
That would be fun.

B Brie Tucker 17:28
Another one that I love is Facebook groups. Like I was just going through my Facebook page the other day. And I'm like, you know, I probably need to clean out some of these old groups because I think I'm a member of like, 150 groups.

J JoAnn Crohn 17:37
Oh, wow.

B Brie Tucker 17:38

Yeah. But that's also because like when that was how I would try to reach out to people when I was a new-ish mom, right? And I say new-ish to me new-ish, like anything under the age of five. Because once they get into school, you have a whole different, you know, well to draw from. Yeah, but like I had all these different moms groups that I was friends of that are that I was in that had like babies and toddlers and everything. And I'm like, Okay, I think my kids going into high school, I think I can let go the baby toddler group for Gilbert.



JoAnn Crohn 18:05

Yeah, think you can let it go. Yeah. And a lot of the groups also have local meetups too, like I know mom nation here in Phoenix to allow local meetups and there's some other groups on Facebook that do that as well. But if you find a local parent group on your area, you can meet like moms in person. And they're all searching for mom friends.



Brie Tucker 18:24

I know. Right? So you're not the only one that I know. It's hard to put yourself out there. We were talking about the self doubt there that maybe someone's gonna think badly of me or my parenting or whatever. But you know what, they are just as hungry for friendships as you are.



JoAnn Crohn 18:38

Yeah, it's true. It's true. It's it's gonna be awkward at first and it's gonna feel very weird. Like, socially awkwardness. Hello, my name is Joanne. I'm like, so socially awkward. But after a while, when you like, do it over and over again. You learn to embrace your social awkwardness as like a cute little quirk.



Brie Tucker 18:59

Yes. And you know, we have a great podcast coming up.



JoAnn Crohn 19:02

Yeah.



Brie Tucker 19:02

with JoAnne Jarrett of the Fancy Free podcast. Yeah, she talks about her great tip that I'm going to go ahead and share right now-Have an embarrassing story.

- J** JoAnn Crohn 19:10
Have an embarrassing story. It's the greatest way to relate to people.
- B** Brie Tucker 19:13
people have an embarrassing story that's you know, as embarrassing as you're willing to do but hate the more embarrassing the better. And that'll really help break the ice. Oh, yeah. comfortable to because people share like they hear that they're all like, Oh, wait,
- J** JoAnn Crohn 19:25
I got to talk. Like they're your people because if they all look at you weird you're like, Okay, this was a great test. I don't have to come back.
- B** Brie Tucker 19:32
Yes. So that's awesome. So trial that like there's lots of options for meeting people online and in person. The next one is talking about how playdates are not just for the kids.
- J** JoAnn Crohn 19:43
Yeah, I used to really not like the playdates honestly, like when my when my daughter was in kindergarten, I'm like, Oh, she's a playdate. Now. I have to go and talk to people.
- B** Brie Tucker 19:57
I will admit I would get nervous.
- J** JoAnn Crohn 19:59
Yeah?
- B** Brie Tucker 20:00
Almost like a first date for me, like I'm like, Oh my gosh, our kids gonna get along outside of wherever they knew each other. And am I gonna get along with this parent? because normally the playdates for my case like sounds like yours, too. Like we didn't do a lot of

playdates before my kids got into school.

J JoAnn Crohn 20:15
Yeah.

B Brie Tucker 20:16
cuz my kids didn't do like a childcare center, anything like that they miss they are watched by my mom or by me. I didn't have that connection of other friends, obviously. So for me, it was always like a first date. I'd be like prepping, I tried to like stalk people on Facebook. Oh, yeah.

J JoAnn Crohn 20:32
that's a lot of hasharon a play day. You know what what's a really good thing that's kind of like a playdate kids birthday parties.

B Brie Tucker 20:37
Oh, yes.

J JoAnn Crohn 20:38
It's a good place to meet people.

B Brie Tucker 20:39
That's also, like, it's so funny. We we go into the birthday parties. And now that you mentioned that, like my kids would be so excited that they get to go to I don't know, like Chucky Cheese or the park or whatever. And I'm sitting there getting anxious, putting on six different outfits, trying to figure out like what I'm going to talk about, because

J JoAnn Crohn 20:55
you made plans for these. I think yes, I think that was that was your coping mechanism. My coping mechanism was just to freeze and not want to go.

B Brie Tucker 21:05
Okay, so basically, I was in flight mode. And you were in like,

J JoAnn Crohn 21:10
Freeze!

B Brie Tucker 21:11
you were the possum?

J JoAnn Crohn 21:12
Yeah. Yeah. The fight or flight? I was just the freeze.

B Brie Tucker 21:16
Yeah. So like, it's really interesting. So I guess the point is, like, you can use these playdates that your kids have as an opportunity to meet other people. It doesn't. And again, like you said, you don't have to, you don't have to become instant friends with them. And that's another thing too. I'm going to tell you like your kids can be friends with kids. And you don't have to be friends with their parents. Yeah, it's cool. That happens. But there's always a good shot. I remember when I met my son's best friend, Landry, his mom, Jen, who is now one of my really, really good friends. But when I first met her, I was like, oh, are we gonna like click? I'm not sure about this. And then like, the more I got to know her, like, we had both of our kids that were similar in age and had a lot of personalities together. And then the more we talked, the more I was like, I'm pretty outgoing. But she she makes me look like a like a wallflower. She's gregarious, gregarious, it's a nice word.

J JoAnn Crohn 22:08
I was an RA. RA who came before me. That's how they described her as gregarious. Instead of like me, who was not.

B Brie Tucker 22:16
those are big shoes to fill.

J JoAnn Crohn 22:17
Yeah. Oh, my God. They're big, big shoes to fill. But,

B Brie Tucker 22:21
but I mean, like it made it so that it was easier because now flash forward. Eight years later, the kids are still great friends. And now she's one of my best friends. But there were other friends that my kids had that I just I talked to the other parents kind of lightly, but we never really clicked.

J JoAnn Crohn 22:34
Yeah, I mean, that was Dance Moms.

B Brie Tucker 22:36
Yeah, yeah.

J JoAnn Crohn 22:37
I like all the dance places I've been to usually I haven't MO like I go in the first year, I kind of like assess the situation. So we're getting at the end of the first year for my daughter's new dance studio. I've assessed and actually, the moms at this dance studio are really friendly, and they're wonderful. And they're very opening and welcoming. And it's just like a totally different experience than before. Not a course for you. Because you were at the dance studio. The other one with me.

B Brie Tucker 23:01
I brought you there, so that I don't see that as-

J JoAnn Crohn 23:04
You brought me there. And you were kind of the social lubricant because I was like here, and like I would go so far guys, it's like not know anything that was going on. I'd be like, Bri, what do I need to do today?

B Brie Tucker 23:16

It worked well. I liked it.

J JoAnn Crohn 23:18

Yeah. But I mean, looking at like your kids activities. Yes, it is kids activities. But you can always look for friendships in those activities as well. It's not just for the kids, it can be for you too, and a great way to meet people. Right. And also, when you have friends in those activities, you can then like have someone to vent to if you're like, Oh my gosh, I can't believe I have to drive across town. And your like- I know!

B Brie Tucker 23:40

It is very nice to have those people. Yes. So that kind of brings us into our next one talking about growing that friendship. Like you have to put some effort into getting to know somebody. Yes. Right? And like for those of you that are like really anxious, really nervous, are just super, super maybe, you call yourself an introvert. Make a goal, man, maybe like meet one new person and put effort into meeting that one new person for like, you know, one new person every six months or a year?

J JoAnn Crohn 24:06

Yeah, and

B Brie Tucker 24:06

I'd love to be more than that. But hey,

J JoAnn Crohn 24:07

for growing a friendship, I feel it's pretty, it's pretty easy. Like we put a lot too much thought into it. And something that I actually tell kids in my book, Me and My Friendships, is that you just have to ask questions, you have to ask your new friend questions, because no one wants a friend who talks all about themselves and then doesn't ask them anything about you know, them, you know,

B Brie Tucker 24:29

100% Yes.



JoAnn Crohn 24:30

And I feel like a lot of people going into friendships, they feel like oh my gosh, I have to be so injured like this. So I felt so I have to be so interesting and funny. And I want to make them laugh. And I just want to be a joy to be around. And I thought so much about me that I forgot about the other person. And in order not to forget about the other person. You just have to ask questions, especially if that other person isn't forthcoming with information.



Brie Tucker 24:53

right? like and that was my thing. If I would ask questions, and someone gave me one word answers. I always assumed that that just meant they didn't want to be my friend.



JoAnn Crohn 24:59

Oh,



Brie Tucker 25:00

Let me say that I that made it hard. Yeah. Right. Like I could I could put effort into it for a certain period of time. And then I just felt like I couldn't keep doing it because I Oh, yeah, self that self doubt was in my head saying, oh, they're not answering you because they don't like you.



JoAnn Crohn 25:14

Well, it has to be a two way street for sure. I mean, you can't be the land putting all the effort into the friendship and expect the friendship to go on. Like, we're just talking about a friend that like, like, I'm the one who initiates everything. And then that friend doesn't even return texts or calls.



Brie Tucker 25:32

Yeah.



JoAnn Crohn 25:32

And then you're like, Okay,

B

Brie Tucker 25:34

yeah, yeah, that's a hard one. Because friendships also were like anything else, they ebb and flow. Sometimes they're great for a certain period of your life, and then they kind of go away for other periods. And if someone's not answering you, that would make you think that you're done. Yeah. Right. And then it sounds like when you were telling me the situation, like sometimes you guys run back into this friend, and then they act like nothing like, Yeah. Because like, hey, that's not cool.

J

JoAnn Crohn 25:57

Here's the other edge of it. Like, I feel like sometimes as a friend, I do that to people. I definitely do that to people. I see their text come up. And I'm like, I can't right now. I can't answer right now. I can't answer right now. And then I don't answer. And it's nothing against that person. It's just usually that I have so many. I mean, it sounds horrible to admit this out loud. But like, I just have so much other stuff going on that I put a pin in it to answer it later. And then I never do. So it's never personal. But it's always it's- I'm sure it doesn't make people feel good. But -

B

Brie Tucker 26:26

oh my gosh,

J

JoAnn Crohn 26:27

nobody is perfect.

B

Brie Tucker 26:28

Don't even get me started on putting the pin and things like especially when it comes to text or messages, like someone sins. So if you know me, you know that I am forgetful. So there is nothing worse than when somebody messages me. I see it when I'm doing something else. And I do that whole like, oh, I'll get to that later. Yeah. And then I don't remember until like, weeks later. And then I'm like, Oh my god, I'm too embarrassed.

J

JoAnn Crohn 26:49

I do this to my sister in law all the time. And I feel really bad about it. I'm like, Oh, we see that. Oh, that's gonna take I need to talk to my husband. I need to figure out this this. Okay, I'll answer that later. And then I forget.

- B** Brie Tucker 27:00
I'm so thankful for people that knows that about me embrace it, and are like, hey, haven't heard from you in two weeks about this. And I'm like, Oh, crap, dude, my bad.
- J** JoAnn Crohn 27:09
She is she sends me a quick text- poke. And I'm like, Oh, I'm sorry. I'm back.
- B** Brie Tucker 27:14
That works. That's fantastic. Yeah. All right. And then our last tip is we kind of just were talking about this, make that time for these friendships and protect that time.
- J** JoAnn Crohn 27:24
it, if you say you're going to go to a happy hour make that happy hour happen.
- B** Brie Tucker 27:29
Right, right. So like Joey and I have talked about our group of mom friends that we have. It's kind of great, because it started as we all were at the same school roughly, with our kids. And then each of us brought in like one or two other friends into the group. So it's kind of grown that way. Yeah. And then now we're all in like different cities, our kids are now all different ages. But we still have that core of like, Hey, we all enjoy each other's company, let's hang out and do something. And we have to fight for that.
- J** JoAnn Crohn 27:56
Yeah. Because something I've learned is that we have to schedule way in advance with our group because all of our lives are extremely busy that if we don't get it on the calendar, we cannot find an agreeable time.
- B** Brie Tucker 28:08
Right? Well, you know, I think when we have to start doing this, like you said, like just put it on the calendar, because our group's kind of big. It's not just like four of us. I think it was like three or four people. I think we could figure that out. But it's like 10.



JoAnn Crohn 28:19

Yeah, so it can get hard. It's a fun group!



Brie Tucker 28:21

But it's so much fun. So and it is so worth it when we do it. So just just kind of remember that you know it make that standing event, introduce your friends to one another. You might find that there's other people that are like really thirsty for friendships, too.



JoAnn Crohn 28:36

Yeah. Yeah. Like we just went kayaking.



Brie Tucker 28:39

I know. I know. Fun .



JoAnn Crohn 28:41

kayaking after you've talked about it for three years, and I'm like, Okay, I'll go.



Brie Tucker 28:44

Yeah, I know. Right. And then what happened? I had a hole in my kayak!



JoAnn Crohn 28:48

It was fine. It was good. It was fine.



Brie Tucker 28:50

Nobody, nobody drowned in the river. But it was interesting. For sure.



JoAnn Crohn 28:54

Yeah. So a quick recap for you about how to find those friendships. Number one, seek out other moms look in play groups and recreation classes and online.



Brie Tucker 29:04

Yep, and playdates aren't just for the kids.



JoAnn Crohn 29:07

Nope, they're not for the kids. And then grow that friendship, give it time to grow, give it space, see that friend a lot. As much as you can.



Brie Tucker 29:15

Right, right. and respond to their tech respond to their tax cuts, and then make time and protect that time.



JoAnn Crohn 29:20

Yes. So we hope that you are inspired to go out and find a new friend or just look for more friends if you feel like you need them, which everybody needs friends.



Brie Tucker 29:32

Everybody needs friends. So even if you don't think you need them, I can guarantee you, you do need friends.



JoAnn Crohn 29:37

Because if you're feeling alone, like no one understands you and you're really overwhelmed by parenting, one or two good friends who got you will make a total difference in your life.



Brie Tucker 29:45

And if you're not sure if you need friends, here's a little tip or a little quiz for yourself. Have you talked to anybody older than your children in the last week? If not- you might need some friends.



JoAnn Crohn 29:57

who's not a family member.

B Brie Tucker 29:58
right. Who's not a direct family member Yes, yeah.

J JoAnn Crohn 30:02
So until next time remember the best mom's a happy mom take care of you and we will see you later.

B Brie Tucker 30:07
Thanks for stopping by.