

Transcripts for Ep 078 How to Raise Responsible and Capable ...

📅 Thu, 5/13 2:24PM ⌚ 32:36

SUMMARY KEYWORDS

kids, parents, child, parenting, vicky, duct tape, teacher, mom, feel, life, relationship, trust, parent, batman suit, thought, misbehavior, step, years, questions, raise

SPEAKERS

Brie Tucker, JoAnn Crohn, Vicky Hoefle

-
- J** JoAnn Crohn 00:00
Welcome to the No Guilt Mom Podcast. I am your host JoAnn Crohn joined here by my musical co-host Brie Tucker.
 - B** Brie Tucker 00:08
Doo doo doo doo. Yeah, it's time to start the music. It's time to shine the lights. It's time to get things started on the No Guilt Mom show today! doo doo doo doo.
 - J** JoAnn Crohn 00:20
We're inspired. It's Interesting.
 - B** Brie Tucker 00:22
I know, gosh!
 - J** JoAnn Crohn 00:23
We're inspired.

- B** Brie Tucker 00:25
Oh Good Lord!
- J** JoAnn Crohn 00:25
You got a better than I did though. I was like...I don't know about that.
- B** Brie Tucker 00:30
I was just like doo doo doo I don't know why "The Muppet Show" popped in my head but it did.
- J** JoAnn Crohn 00:34
Oh it's just fun. It's-
- B** Brie Tucker 00:36
The joys of working with someone that has adult shiny object syndrome.
- J** JoAnn Crohn 00:39
But I have it too! and like adult shiny object syndrome, I think it's the best thing in the world because the world is always novel.
- B** Brie Tucker 00:46
Yes, it is.
- J** JoAnn Crohn 00:46
Everything's always interesting because like, Oh, what's that over there? Yeah, it's all about exciting and happy. And I think it's good to be a squirrel. It's good to have squirrel syndrome.
- B** Brie Tucker 01:00
It is. it is. I love to see them.

J JoAnn Crohn 01:02
Well, today we are talking with Vicky Hoefle who writes one of our favorite books, Duct Tape Parenting.

B Brie Tucker 01:07
Oh, my goodness, this was a life changing book when you read it. Yeah, like I remember you got so excited. So then I had to do it on my audible and I was like, Oh, she's so smart. And I love how like straightforward she is.

J JoAnn Crohn 01:20
Yeah, she's very straightforward. And the way we heard of Vicky and her work is from a previous podcast guest Katherine Reynolds Louis.

B Brie Tucker 01:28
Yes.

J JoAnn Crohn 01:28
Because she talked about it. She talked about duct tape parenting in her book a good news about bad behavior. I read duct tape parenting, and I'm like, Yes, this is everything I've been thinking on the page. Because the premise is, is that we as parents, we do too much for our kids. And if we left them to their own devices, and put on the metaphorical duct tape over our mouths, duct tape ourselves to the chair, we would find that they become more self sufficient and are able to handle problems on their own.

B Brie Tucker 01:58
I know right? And I think that's like such a hard thing for us to just step back and watch silently. It is it's it is a very hard, they stumble, sometimes they fall flat on their face. But other times they stumble and they get themselves back up. And it's just like, wow, you actually did it. I 100% did not believe your plan was gonna work. I didn't want to see it. But I believed it. And sure enough, you managed to actually make this work. Oh, yeah, I

J JoAnn Crohn 02:23
know, it's so interesting, especially when you take on this idea of that you're taping

yourself to the chair, and like you're putting your hands behind your back. Because I think of that now all the time when I see my kids struggle, like if they're making dinner or whatever. And they're having trouble finding the ingredients, I will physically take my hands and I will hold them. And I will imagine that I have duct tape on my mouth. I'll just be like, just watch so that they figure it out themselves. It's very hard though

B

Brie Tucker 02:52

it is it is I always come back to like, I remember when you and Josh did this experiment first. About the whole like, okay, we're going to and you told him like, Well, yeah, watch them. And he said, they're a little bit of terror in his eyes.

J

JoAnn Crohn 03:04

Yeah, yeah. He's like, so we don't remind them about anything. I'm like, Well, no, not for the day. And through it all. Like,

B

Brie Tucker 03:10

I'm sure. At this point. Like I know, we've referenced the story a few times, but through it all, at the very end, you found out that your daughter had a belief that was you never would have been a million years thought she had that. Oh, I thought you he said it.

J

JoAnn Crohn 03:21

Oh, yeah. Like when she when she left pizza boxes out after her and her friends were there. And I'm like, why? Like, I didn't even eat pizza. Why is this still on the counter? And she basically said, Well, since I'm the adult, that was my job to clean up after Yes, yeah. And it wasn't to be mean. It wasn't to be mean at all. It was just the understanding. Yeah, and we fixed that.

B

Brie Tucker 03:43

But you had that conversation? Yeah, that you never would have gotten there. Had you not started that journey weeks before where you were like, okay, we're gonna like watch this. And I remember cuz like a big thing was at the breakfast plate was still setting out. And in my head, the breakfast plate sitting out and her not realizing she didn't clean it up until dinnertime was a natural progression into the pizza box being left there. Yeah. And being like, Oh, well, I just that was

J JoAnn Crohn 04:06
you, for sure. And I think like as parents, when we see our kids leave messes, we automatically go to that, like monologue in our head that oh my gosh, no one appreciates us. They don't pick after themselves. I have to pick up everybody. And then we clean

B Brie Tucker 04:18
Oh, yes.

J JoAnn Crohn 04:19
And we're mad.

B Brie Tucker 04:20
Uh huh.

J JoAnn Crohn 04:21
And then we go to our kids and be like, why don't you clean up

B Brie Tucker 04:24
right!

J JoAnn Crohn 04:24
And then they're mad. And so the best thing to do is just to step back to watch and to figure out what are those thoughts going through their heads? What are those like? things that they hold to be true? And once we find that we can fix it

B Brie Tucker 04:38
right. And it was such an easy fix once you got there. So oh my gosh, I'm so excited for you guys to hear Vicky.

J JoAnn Crohn 04:42
Vicky. Vicky is amazing. She is a she's been a parenting educator for many years. She

raised six kids ran a childcare and she's coached countless parents over the years coast to coast and we hope you enjoy our interview with Vicki helpful. If you are feeling All the overwhelm right now and you feel like your family does not help you out and you have no idea how to even get them to start helping. You need our Happy Parent Checklist. You can go get it free at noguiltmom.com/hpc 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 Vicky to the podcast. We we as such big fans of your book, duct tape parenting, we are so so happy to have you here. So thank you for taking the time to join us.



Vicky Hoefle 06:06

Thank you so much for inviting me. It's a pleasure to be here today.



JoAnn Crohn 06:09

So for those of our audience who who I mean, they must be new to the podcast, because we mentioned duct tape parents, right. But can you tell them a little bit about who you are and what you do?



Vicky Hoefle 06:20

Yes, I am a parent educator, which I have been doing for 30, over 30 years. And I fell into it accidentally because I realized that I was going to be a really unfit mother. Early on in my pregnancy with my oldest daughter, I am bossy, opinionated, selfish, short, tempered, bossy, did I say that. And I knew that those were not like tendencies and character traits that would enhance the relationship with my kids. And so I made it a mission to find a kind of way of being with my kids, rather than strategies for how to manage them. I wanted to know what I could do to create a life an environment in which I was the support and influence and inspiration for my kids. So I started teaching these parenting classes just kind of by accident, because I was running a daycare. And what I realized was, on Monday, when the kids came, they were look clingy and demanding and crying and falling on the floor. And by Friday, they were kind of coming in and hang up their coats and saying hello, and say goodbye to mom. And on Monday, we start all over again. And I thought, okay, there's a disconnect between what is happening up their homes and what is happening with me. And it occurred to me that, like parents are doing the best they can. But if you're getting conflicting information all the time, it's really hard to come up with a

parenting plan that feels authentic, that feels like something you can do all of the time, instead of when you're well rested, and you've had the right amount of coffee, and your husband has told you how fabulous you are. And it's like it has to be able to work no matter what is going on in my life. And the classes kind of took off. And 20 years later, somebody said, Would you please write a book and kind of share what those guiding principles are? And I did. And as it turned out, it resonated I think with a whole group of women who saw Parenthood is more than just an extension perhaps of who they are, we're but more of a kind of global job, like I'm raising this child who's gonna go out into the world. And they're gonna stamp it in some way. So how do I want my kids to stamp their mark on the world? And that's the story. So here I am.

B

Brie Tucker 08:34

I love that! I love that thought of like they're leaving their stamp.

J

JoAnn Crohn 08:37

They're leaving their stamp on the world.

B

Brie Tucker 08:39

How do I want to see that stamp? I like to talk about the magic wand. But I like the stamp way better. That's Yeah, my thing now.

J

JoAnn Crohn 08:44

Yeah. And something that I really liked that you said is you needed to find a way of parenting to work, no matter like how much energy you had, or how good you were feeling that day. Because something that we hear a lot from parents and moms in particular, is that they feel in parenting that the reason they're feeling unsuccessful is that they're not consistent. They don't follow through, and your method of parenting, I really like it, because it's not about following through and being consistent on the parents part. It's more about stepping back and doing less than the parents part.

V

Vicky Hoefle 09:17

Yeah, you know, I have said for years, it is really hard to manage your personality for a few days in a row, you're always going to snap back to what feels most natural to you what, and those are based on your beliefs and your values and your experiences. And when we try and pigeonhole moms and dads and we say no, this is the way that you need to raise

the kids. If you want a child who is this, this and this, these are the things you have to do. I think it makes parenting a whole lot harder on all of us, including the kids. So when we step back, and we say to ourselves, I got to trust my gut. I have to trust my intuition. I have to learn how to read my children how to interpret how they're communicating to me. I have to ask questions that helped me out Understand on another layer, what's really going on. So I can be an advocate for my child so that they can advocate for themselves. So I, my message is always trust yourself first. And when you go out and you start looking for something to implement, make sure it feels like you that it's something that kind of resonates automatically that you think, yes, I think I've always known that. But I never heard anybody say it or give me permission to do it. And that's what I'm hoping that I'm doing for moms and dads.

B

Brie Tucker 10:30

That is the key right there. I think it's the hearing it, the validation of it, and then the oh my gosh, permission to go ahead and just be the parent that you want. Yeah,

J

JoAnn Crohn 10:40

You have to trust yourself first. I think that's such it's, it's something that we're taught not to do as like parents and spy society, because we want our kids to be successful. And a lot of parents feel that if they're not constantly on top of their kids and trying to direct them into the right, like methods of behavior that somehow their kids are going to I mean, we like to talk about here at no guilt mom, they're going to end up in a van by the river.

V

Vicky Hoefle 10:40

exactly. Yeah. Absolutely. And I think the thing is, parents really believe that like, when I talk to them in person, there's this look on their face, like no, you don't understand it will be my child in the bus under the river. And I'll have to make up a lie to all my friends about always off in college in Nepal or so I get that, that we're so invested in the success of our kids, right? That unintentionally we hamper their success by trying to run their lives for them. So the image I use for parents that I think automatically lands is you have this infant that before they can walk, you're like promoting their independence and saying you can do it and they scrape their nose. And it's a little bleeding, you're like, you're fine, keep crawling, you've got so the message is, Wow, my parents, like they're rooting for me for my independence for my autonomy. And the minute they're up on their feet, we stand in front of them, we're like, I got it now. You're just gonna look at my bottom for the next 15 years. And then you're going to go out into the world and that sound grand? And the kids are like, you got to move, I cannot see where I'm going. And I'm the one that's supposed

to meet, navigate. Our intentions are always let me go first. So I can save you from the pain. And the kids are thinking, but I need that experience to become wise like you. So please step aside, and just watch. And if it looks like I'm going to go over the cliff, grab me, but otherwise, trust that I can get myself back out of trouble.

B

Brie Tucker 12:39

Right? Because they feel that they understand and they're able to when we're doing that thing where we're trying to protect them and guide them. They feel like you you said earlier, oh, I must not be able to do it. Oh, the road must be very scary. Oh my goodness, what's going to happen to me when I go out there? Because mom and dad are just always right here and keeping an eye on me. So I must not be able to do this. And then suddenly they just stop trying? Yeah, that's the saddest thing. I think, again, I think that's when a lot of us really do start freaking out about the van by the river. Because when they stop trying, that's when we're oh my gosh, I have to do this even harder.

J

JoAnn Crohn 13:13

Yeah,

B

Brie Tucker 13:14

I have to do this even more!

J

JoAnn Crohn 13:15

That's true. And it's exactly the opposite.

V

Vicky Hoefle 13:17

That's exactly what happens is the problem we create is in good intentions. The kids begin then to look as if they're apathetic, they don't care. They disconnect. But that's all a lack of confidence that we're seeing in them. And that's one of those we miss what they're really communicating. We think they're being defiant when what they're really telling us is, I've lost faith in myself, because I don't believe you have faith in me. And so we get more frantic. So we push harder, we grab them, we try muscle them around. And that disconnect that relationship fracture extends until we finally feel like Well, I guess there's nothing I can do. So the child feels like we've left them. And we feel like we've done a really bad job and nobody wants that for them selves or for their kids.



JoAnn Crohn 14:03

No, and those relationship fractures. That was one thing I you mentioned in your book, how usually a misbehavior or something that we view as a misbehavior can be attributed to two things. The lack of learning is one and then it's the relationship. That's the other one. Could you talk like a little bit more about that relationship fracture? Like how that happens?



Vicky Hoefle 14:23

Yeah, I think in the beginning, when our children are really young, and we've they're honest, they're in us, we breed them. We're like, the same unit that's that symbiotic, you know, what they but then there's this moment where they need that space to look around and guide and it's at that moment when we come in and we start talking over them when we tell them that they can't wear the same pair of pants even though their kid only likes one outfit that they have. So we start the messages we start to send our you're not good enough. I thought you were good enough before you can walk and talk but now I have a lot of opinions about the way I Want you to be, and nobody can be in a relationship with someone when they feel like they're not good enough that who they are intrinsically, is not who that person wants to be in relationship with. And so there's that push back from a child who already feels rejected, because we don't love them as they are. And so that kind of defiance that pushback that I don't trust you that you're not listening to me, amplifies, and we start to name it. misbehavior. disrespect, demands defiance, but it's a child trying to communicate, I need to be the navigator of my life. And I need you to let me do that. And when we don't, the relationship just keeps crumbling.



JoAnn Crohn 15:44

So what I'm hearing is that a lot of the things that parents label is like backtalk, for instance, is really the child communicating that they need more control in their life, and that they need to be trusted and respected, versus just seeing it as just, you know, defiance or misbehavior. Parents who are listening right now who may be like seeing like some little nuggets of like their own kids in this. And maybe they're like, Oh, my gosh, here I am. I'm at this point. Now, how do I get out of it? So what can parents start doing to prepare this relationship with their kids?



Vicky Hoefle 16:18

Okay, there are a couple of really simple things that you can start to do immediately. The first one is start to make the observations before you open your mouth with your frickin

opinion. Like, look at what is happening and say the child. Wow, you are incredibly pissed right now. What is going on with you, dude, five minutes ago, you were playing with your brother? And now look at you. So the child's like, immediately validated. Oh, you see that? I'm angry, too. You're not afraid of my anger? Three? I'm not bad for being angry for Oh, you're interested in why? And what happened? Oh, okay. I'll play well. So it's, and suddenly you've got a conversation where before it was an accusation, a judgment, a stop doing that a lecture, a reprimand. And so the conversation is done and over. And as a parent, you don't really know what happened. You're just thinking, I need to react to this. And I need that behavior to stop. And my theory is, go into the behavior, settle it down, sit down on the ground with it and like take a look and go. So what is this shyness about? What is this anger about? What is this confusion about? What is this jumping on the chairs about suddenly a child immediately senses? Oh, you're on my side. Instead of I've got an enemy here who's trying to stop me.

B

Brie Tucker 17:41

Right. And you know what, I think a really interesting thing that you talked about, too, in your book, how there is a characteristic that some kids have, and it tends to be the misbehavior from the parents perspective. And we reinforce that with our child. And it's just like, okay, so I think you talked about a little girl that was the whiner.

J

JoAnn Crohn 17:58

The whiner, yeah.

B

Brie Tucker 17:58

And the mom was like, she whines all the time. She told the teacher that so then that kindergarten teacher expected her to be a whiner. And she kept whining and whining until somebody was like, hey, not gonna reinforce that. So. So I think that's very interesting about how we see a misbehavior in our kids. And then after a while, we just start to label our child that way, then the kids like, Oh, that's me, then I guess. Right?

J

JoAnn Crohn 18:20

Yeah,

V

Vicky Hoefle 18:21

exactly. One of the exercises I have parents do early on when I was teaching live was to

have them go home, and write out three to five adjectives or character traits that they wanted their children to embody at 25. Not at school, at six waiting there, you know, leave them alone, they'll be up there. But at 25 when your kid comes home for dinner, when you look at your child, what words do you want to use to describe them? But more importantly, when your kid looks in the mirror? What do you want them to say about themselves? And then those are the words that we want to start using in our homes all day long. While you're you were so patient with your brother, when he asked you to read the story for the fifth time. It's like, oh, there's a word. And there's the action associated with the word, then children move to I am a patient child. I am a respectful child. I'm an inclusive child. I'm a forgiving child, because they're used to being talked about in those words, rather than you're grouchy. You're demanding, you're stubborn, you're slow, you're snarky. You're, it's like, well, you're gonna get more of that, then you might want to change the words you're using to describe that little wee one because at 13 it will not be so cute. So -

B Brie Tucker 19:34
Exactly!

J JoAnn Crohn 19:34
I've always amazed at how I mean, I talked with my kids after doing all of this parenting reading that we've been doing here at no guilt mom and like, you just pick up things. And I asked my kids I'm like, so what are your strengths? And they were not able to tell me their strengths. And then I looked at myself and I'm like, Well, what are my strengths? And I I had a hard time coming up with my own strengths because so much of our culture is focused on what we can improve And what we could do better on and not at what we're good at. So I love that just thinking of those adjectives that you want to describe your child, and then start talking about them that way. That is awesome. That's it. And also, you were saying, to be curious too about your kids behavior to not label it, instead of being like, you know, you need to stop this and you need to calm yourself down, be like, Oh, you're angry. I like that as well. Just validating their feelings.

V Vicky Hoefle 20:25
Yeah. And I, you know, curious questions. So let me preface this by saying, parents ask questions all the time, because they're nosy. And they want information so that they can decide what they're gonna do to their kid or for their kid or against their kid. But we're asking questions for ourselves. That's not the point of questions. It doesn't matter that we know our children, it only matters that they know who they are. And that happens through

the questions we ask them. So the questions are designed for the child to go, I don't know, what do I think about that? I don't know. Why was that so upsetting? I don't know. Why is that my favorite spot to go for lunch. Because when they start to articulate that, they can describe who they are to other people in the world, they can start to look at all the people that are available to them and say, You know what, that person has the same interests, the same values, the same kind of family structure that I'm drawn to? These are the kinds of people you know, I don't feel that connection. But that comes from knowing yourself. And his parents were more concerned about us knowing the kids. So I'm trying to get parents to flip that and to ask curious questions. So the kids walk away, going, you know, maybe I should consider that because I don't have an answer for it. That I think is real empowerment for both the parent and the child.



JoAnn Crohn 21:44

Okay, so first of all, it's so funny, because when you say that, I don't know, like, immediately inside, I'm like, Oh, my gosh, because when we ask our kids a question, and they're like, I don't know, it's like, we're stuck. We're gonna stuck, because they're then waiting for us to fill in the what they don't know. And it's so hard to just kind of let them be and figure it out for themselves



Brie Tucker 22:08

sitting in the silence.



JoAnn Crohn 22:09

Yeah,



Brie Tucker 22:09

That's a hard one.



Vicky Hoefle 22:11

Yeah. But as parents, the older your kids get, the more we need to do that. So every year, we're taking a step back from all of that kind of training and, you know, imparting our wisdom and telling kids things they don't know. And that's once you get in that habit, it's really hard to back off, especially if you're bossy pants like me, because I really think I should be controlling the universe. And there would be peace, right? So I'm always trying to control my children's lives. But if I think give myself something every year to kind of

remind myself say a little bit less, ask harder questions. ask questions that forced the child to go into areas that they might feel uncomfortable with. But here's the caveat, you got to do that to yourself, because you cannot give a child something that you cannot give yourself. So that idea of I don't know, and I'm good enough. And these are my strengths. And these are the areas that I'm working on all translate to a child that says, I'm never done learning. Now, I'm never done growing, because my parents are modeling that for me that there doesn't become an age where you suddenly know everything about your life and everybody else's life. It's always this. I want to know more about you. And that's the power of curious questions.



JoAnn Crohn 23:25

I love that! I myself need to ask a little bit more curious questions, just in taking the time for it. Now, in exactly parenting, you say that parents really need to step back. And in doing so you have kind of a non traditional method of doing that, where it's like the metaphorical duct tape over your mouth duct taped to the chair like step back. And you advise parents to do this for like a week. Is it a week? Yeah. So what do you say to the parents who are like, Oh, my gosh, I just I don't know how I can step back.



Brie Tucker 23:57

The world will fall apart!



JoAnn Crohn 23:59

the world will fall apart, my kids will like, it'll be anarchie!



Brie Tucker 24:02

Lord of the Flies.



Vicky Hoefle 24:04

That's your fiction. That is your fiction.



Brie Tucker 24:07

right!

V

Vicky Hoefle 24:07

And that fiction dictates all of your parenting decisions. And that's the dangerous because you're making decisions based on fiction, not fact. So you're always going upstream and against your children. So the minute you can stop and think, okay, I'm just gonna watch what happens in my house. If I'm not directing all of the time, what will happen and a couple of things traditionally happen. These are the two scenarios. You have kids who finally figure out like, Mom and Dad are gonna be quiet for the week. And they come out in their Batman suit to go to school and they're like, I am wearing this Batman suit and there is nothing you can say about it because this is duct tape parenting week, and off they go. And the parents cringe. And two days later, the kid comes out and goes, I'm not wearing the Batman suit anymore. It's too small. We got to get rid of it. And the parents like, Oh my God, I've been fighting for a year about this in the Batman suit. It took 3 days and the kid figured it out for themselves. So you have this kid who suddenly shows you that they can make really smart decisions if you give them five minutes. The other scenario is you have a child who is so dependent on you that they are mortified and terrified that their world is falling apart, because they cannot figure out what to do next, without a parent's voice behind them. And so they are puddles, both of those scenarios are really, really important for parents, if what they're trying to do is create a parenting plan that's based on their child, their relationship, the structure of the family, and for the long term. And if that doesn't happen, you're always in this kind of durable wheel of trying to deal with the next behavior, the next behavior, at the end of those five to seven days, your whole idea of what your children can and cannot do will change. And your idea of your primary responsibility to those children will change. Intuitively, you'll know what direction to move in. So as difficult as it is, and as scary as it seems, in 35 years, nobody has ever been rushed to the hospital. And the police have never been called make it work working with this exercise. And I really think it's that parents for a moment pressed themselves, like they remember like, wait a minute, I think I'm smarter than I thought I was like, I kind of know this stuff. I just haven't been trusting myself. And when that gets activated, the family is kind of reborn.

B

Brie Tucker 26:32

I love how you just said that. Like in those five days, the parents, they're able to listen to themselves better, and they have a better understanding of where their kids are. Yeah, that's a really great goal to get through. And if worst case scenario if you're like me, and you're still super anxious about the van by the river, make it through one day at a time, right? At the end of each day, Did anybody die? Nope. Okay, we can keep doing this.



Vicky Hoefle 26:53

Yeah. And, you know, I think something you said earlier about, we're so programmed to look for what didn't work, and what needs to be fixed, that this reboot is a little bit of like, let's get rid of some of that tension and anxiety that we carry around and recognize that you're doing a really great job. But when you're on top of your kids and the situation all the time, you forget to kind of look up and celebrate that you're raising amazing human beings. But it's like, they're not quite there yet. It's like it's good enough right now. Like, just celebrate where you all are in this moment, and then go fix something else. But in this moment, it's-



JoAnn Crohn 27:31

we all need to celebrate the fact that we are raising amazing human beings. And I think like this conversation has reiterated that I still have some work to do to and I'm going to actually take that strength suggestion you had about finding the strengths in my kids and start reinforcing that more.



Brie Tucker 27:50

Oh, you already inspired a family meeting idea for me! family, family meetings are my jam! So I've already already worked out great, I got can't wait to do this with my kids come home this weekend.



JoAnn Crohn 28:00

But this has been so so amazing. Thank you so much for taking the time to chat with us.



Vicky Hoefle 28:04

Oh my gosh, it was my pleasure. Thanks so much for having me. It was a delight.



JoAnn Crohn 28:10

Vicky was the most enjoyable person to talk to



Brie Tucker 28:15

oh my goodness, like I was already excited to talk to her beforehand but chatting with her in real life. She's legit!

J JoAnn Crohn 28:21
She she's so much fun in the fact that she was doing her interview right by the ocean.
We're like what?

B Brie Tucker 28:27
hashtag life goals.

J JoAnn Crohn 28:29
life goals. Indeed, indeed.

B Brie Tucker 28:31
Well, not only was it that she was by the ocean, but she is successfully in transition of having her daughter come on and take on more of the business like how, how much would that make your heart happy to know that you can actually step back and that the legacy is going to continue on of helping parents?

J JoAnn Crohn 28:49
Yeah, I think it's also a testament to how she approaches parenting and that she has that relationship with her daughter that her daughter wants to come on in this field and be totally like, you know, take it over. And her daughter was a teacher too.

B Brie Tucker 29:03
Right. Right. And she has like so many fun projects. Like there was a project they're going to have here soon, where they're going to have question cards for the curious questions.
Oh my gosh, I can't wait for those.

J JoAnn Crohn 29:12
Yeah,

B Brie Tucker 29:12
I can't wait for those!

J

JoAnn Crohn 29:13

Those are those are gonna be interesting. It's funny, like having this whole thing about like your kids kind of following in your footsteps. Because like growing up, my dad was a teacher and he always told me he's like, Don't become a teacher. Don't become a teacher, though. They'll disrespect you. Like, it'll be like the hardest job you ever have, like, Don't become a teacher. And so I didn't I didn't become a teacher. Like at first. I didn't go to school for that. And then what happened I was in business for like five years like in entertainment out in LA and I'm like, this sucks. I'm gonna go become a teacher. And I loved being a teacher. I loved it. the only the only reason now is because like teachers in Arizona do not get paid enough to support a family and that was always my fear is that like you have all this time you devote to your profession and your kids And yet you don't have a living wage, like you almost have to have a partner to be an elementary school teacher.

B

Brie Tucker 30:05

Yeah, and I would say the same thing for early childhood for the early childhood field. So you're focusing on kids that are zero to five. That is not a livable career either, like so I have two kids. You guys all know that I've Robert and Audrey and man, neither of them want to be a teacher. At one point, Audrey did want to be a teacher and that like made my heart happy. But then also at the same time, I was like, Oh, yeah, you're always gonna struggle. Let's come up with a different career path.

J

JoAnn Crohn 30:28

But it's like a state by state thing because teachers in Pennsylvania, they get like 80,000 a year.

B

Brie Tucker 30:33

Oh, I know, Vermont.

J

JoAnn Crohn 30:34

Yeah,

B

Brie Tucker 30:35

it's phenomenal, too. So I just, it's it is interesting, I would love to see us nationwide have a

little bit more stability in that field. And to just also realize that like teachers have a humongously lasting impact on our kids.



JoAnn Crohn 30:48

They do. It's one of it's one of the most important jobs that like teachers need to be paid well, so that more stay in the profession and that we really, like teach kids well and raise them well. And I am a full believer in that the impact that we have on kids totally like it affects our future. And that affects like the future economy. It's like the best investment we could ever make. Yes, but you can't you can't see that in a year and profit report. I can go on my soapbox very very much about this. But yes, invest in education. That's all.



Brie Tucker 31:23

Yes.



JoAnn Crohn 31:23

So Vicky, if you want to know more about her, make sure you go check out her book Duct Tape Parenting and she has many other books too.



Brie Tucker 31:30

I will have links all of this in the show notes so check it out. Check it out. And hey, if you like our podcast people we have another pitch for this and while yes please rate and review I mean we have been like I have to admit like there has been a lot of new listeners popping on here lately. Cuz I do as the Podcast Producer do keep pretty good tabs on our on our stats. There's a thank you to all of our new listeners out there and podcastland and we love you all so much. And if you like this podcast, tell a friend, rate and review because that's what helps us pop up more in people's feeds and we can start spreading more of the no guilt mom word.



JoAnn Crohn 32:05

Yes, helping you feel less alone and knowing that your happiness is important as a parent because the best mom has a happy mom to take care of you. And we'll talk to you later.



Brie Tucker 32:16

Thanks so much for stopping by.

