

Transcripts for Ep.094 When Your Parenting Journey Isn't Wh...

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SPEAKERS

Brie Tucker, JoAnn Crohn, Einat Nathan



JoAnn Crohn 00:00

Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn joined here by my spunky co-host Brie Tucker.



Brie Tucker 00:08

Well hello hello everybuddy. How are you?



JoAnn Crohn 00:10

We have a fabulous guest for you today. Her name is a Einat Nathan and she is a parenting expert counselor and author. Her first book published in 2018 was a best seller of the Year in Israel. And it made her national celebrity and in the book resonated because mothers read it cried and smiled and discovered a way to look at their children as independent people not solely as an extension of who they are as a calling card. And the book is called My Everything. It's been translated into several languages, including English, which we read, and it's been phenomenal. Einat helps parents with a fresh approach to parenting is a parent of five teenagers, and lives in Tel Aviv, Israel. We hope you enjoy our conversation with Einat. If you want to give your kids help making and being a better friend, guys, my book's out Me and My Friendships is now available on Amazon. It

is a book for kids ages six through nine and through it, I lead them through activities, they take fun quizzes, and they learn all the things I wish I would have known when I was their age about friendships. So you can get it right now on Amazon or wherever books are sold. And we have put a link for you 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. We're so happy to have you here.

E Einat Nathan 02:09
So excited. Thank you for inviting me.

J JoAnn Crohn 02:12
And we are on totally different time schedules right now we're here morning in the US and you're what 7pm right now in Israel?

E Einat Nathan 02:20
Yeah, I can tell you from the future. It's going to be a wonderful day.

J JoAnn Crohn 02:23
It's gonna-

B Brie Tucker 02:24
I love that an amazing perspective. We are traveling, we are dealing with a time traveler, right now!

J JoAnn Crohn 02:30
Yes.

E Einat Nathan 02:30
Wonderful, wonderful day. Trust me.



JoAnn Crohn 02:33

Yay. Well, that's something to look forward to today, then. For our listeners who don't know about you. Can you tell us a little bit about you and what you do?



Einat Nathan 02:42

Oh, wow. So I'll start by saying that I'm married to Yuval. And I'm a mother of - which is Eyal 21, Yoav 19, Rona 16, Lihi 13, and Shira 8, I have five children. And I have been a parenting expert for the last 19 years. And I have written two books in Hebrew. And the first one is the one that we're talking about.



JoAnn Crohn 03:14

Yeah. Which was amazing book.



Einat Nathan 03:16

Thank you. Thank you know, I have a secret to share. There is this thing when when a book comes out, especially when it's a huge success. And it was a huge success here in Israel, that you'll always wonder if it can cross the ocean, if it can reach people's hearts, you know, and make the same network effect or the same magic that it has made here. And I'm still in the part of not knowing. So everyone that gives me a positive feedback is like, such a ray of light in my universe. It's like, Oh my god, it's working.



Brie Tucker 04:04

It translates- literally! No, we loved loved the books. So we're in translation here. It's my Everything. What what's the How do you pronounce How do you say the title and your original?



Einat Nathan 04:14

I love that you asked. Okay, the title in Israel is called, that's going to be a weird word that I won't ask you to pronounce it (pronounced in Hebrew) which is an emotional expression that is only in Hebrew that is said between two loved ones. And it means my light, my soul, my life, my everything. Like it has these huge context of my life. And we had to choose only one because you can't imagine a cover of a book with all these. So we went for my everything. Yeah.



Brie Tucker 04:53

Oh, wow. I love that.



JoAnn Crohn 04:54

So while I was reading the book, I was really curious about the differences in parenting between Israel and the US. Like, for example, here in the US, we have a lot of guilt associated with motherhood, like we feel like we should be a certain way, our kids should be really well behaved. And it's this constant figuring out, are we doing enough as parents, that's something that we hear a lot.



Brie Tucker 05:20

It always been judged. We feel like everybody is looking at us going- if our kid has a tantrum in the store, they're going, ugh! that lady, she can't parent!



JoAnn Crohn 05:30

Yeah. Is it like that in Israel? Or is it different?



Einat Nathan 05:34

I think that in a way, it's universal. I think that we're living in an age, which is, I don't have a light word for it. It's horrible for parents really.



Brie Tucker 05:49

But is there's so much that we have access to that makes us feel less than.



Einat Nathan 05:54

horrible, horrible. And all the mirrors reflecting around us, if it's social media, or if it's other moms, or if it's just this cultural idea of, quote, unquote, what is a good parent, or how our children are supposed to reflect our greatness or to serve our ego or to be there as our calling card, our business card, our social media profile, and it's exhausting. Isn't it?



JoAnn Crohn 06:32

Totally exhausting.

E Einat Nathan 06:34
By the way, I'm the mom in the supermarket that if I see this child and this mom with a tantrum, I just go thumbs up. You go girl. Yeah.

B Brie Tucker 06:46
yeah,

J JoAnn Crohn 06:47
yes.

E Einat Nathan 06:48
Yeah,

B Brie Tucker 06:49
we need more cheerleaders.

E Einat Nathan 06:50
Good job. Good job. I'm here with you. It's like, so so I think that in Israel, we have this. Do you know the word chutzpah?

J JoAnn Crohn 07:02
I've heard it, but I could not tell you the definition.

E Einat Nathan 07:05
I think it's we we give more legitimacy to to being sassy, okay, or to speak out.

J JoAnn Crohn 07:16
I like this.

E Einat Nathan 07:17

If you think about it, I'm trying to think as we speak, because we're raising children that at the age of 18, would join the army. There is this piece of, you know, something that we carry with us that we want our children to have, like their self, to speak out. Not to let any one tell them to do something that they are not comfortable with. And speaking about the army over here, the social field, how popular your kid is, is such a huge thing.

J JoAnn Crohn 08:08
Really?

E Einat Nathan 08:09
Yeah, because, again, it's it's me psychoanalyzing it, but again, it means they will go at the far end to fight with people, they will need to be a part of a unit, they will need their friends to, to watch their back. So I think that Israeli parents are much more focused on how popular or how, how many friends their kids have, then, as opposed to American parents on success.

J JoAnn Crohn 08:51
That is so interesting. So what I'm hearing you saying is because of this guaranteed entrance into the army, is it 18?

E Einat Nathan 08:59
Yeah, 18 or 19. It depends whenever they finish high school. But this is it.

J JoAnn Crohn 09:04
so that social skills are really Paramount and how popular they are as well as speaking your mind. And the speaking here. Buying part in particular is really interesting to me, because here in America, we have like gender norms here where boys are encouraged to speak their mind. And while for girls, it is getting better it is but they're more likely to have the label as bossy rather than seeing that as a really positive trait.

E Einat Nathan 09:33
Yeah, yeah. Haven't we suffered from this?

- B** Brie Tucker 09:37
Right? Yes, yes, very much.
- E** Einat Nathan 09:39
And I think it's changing. I think it's positive.
- J** JoAnn Crohn 09:42
I think it is changing.
- B** Brie Tucker 09:44
Still a lot of room for us to grow. But yeah, we are very excited to see the movement that's been happening, more of speaking your mind being an independent thinker, and but also at the same time being compassionate for others.
- E** Einat Nathan 09:56
I always tell parents that they should encourage their boys to cry.
- J** JoAnn Crohn 10:02
Yeah,
- B** Brie Tucker 10:03
yes.
- E** Einat Nathan 10:04
please, like cry as many years as you can, and their girls to speak up. Because our job is mainly, you know, to balance the imbalances of culture or society or values even.
- J** JoAnn Crohn 10:26
I love that girls need to speak up and boys need to show their emotions. I have an eight year old to an eight year old boy and emotions are huge in our house. And I think we'd all have a better world if more more guys were in touch with that their emotions and how to

communicate.

B Brie Tucker 10:42

I do have I do have one question about about your story. So you talked about how you've been a parenting expert for 19 years. And both of us being in the parenting field, I kind of fell into it my degrees in psychology, and I've been working in the parenting field ever since I graduated college. But that was not what I intended to so and then JoAnn, like you started in

J JoAnn Crohn 11:04

entertainment and then a teacher? And then yeah.

B Brie Tucker 11:06

and then it's just so I'm curious. What was your path? How did you I mean, I think it's very rare for those of us who say, at a young age or in high school, or even in college, I think I want to be a parenting expert. Yeah. So how did you end up doing this?

E Einat Nathan 11:20

It wasn't my thing. Yeah. It's an amazing question. So I was an overachiever. I was the perfect firstborn girl, that we can talk about the prices, you know, next time, but, uh, when I admitted to the university, I went for a medicine, psychology and law. Oh, wow. And I got accepted to three of them. And I went to law school, because it was the nearest university to where I lived. And when I finished the whole process, because I was growing up when LA Law was on?

B Brie Tucker 12:05

Oh, yeah,

J JoAnn Crohn 12:05

yeah.

E Einat Nathan 12:06

And I was like, I'm so going to save the world, to help people. And when I finished and I

started working, I understood that it's about being in a fight with someone more than saving people. And I call my best friend who was a psychologist. And I told him, Danny, I made a mistake. Should I go and study because it's a long journey, you know, and he told me know what you've always dreamt on being a mom. Just go and learn that. wherever it takes you, you'll be a good mom. So I went to learn that before I became a mom, but my biggest dream was becoming a mom. And for me, it was just taking a break from the mistake that I've made. And just turning down the volume of I don't need to please anyone anymore. By the way, my brother went to Uber, my brother went to medical school, he never finished, he like finished six years. And I went to law school. And I think that my grandmother up until her last day always asked us How is in the office and him How is in the hospital? And we just said, amazing, great. We never told her that we quit.

B

Brie Tucker 13:32

I think that that's true. Like, I know that with my grandparents, they constantly we're like, what do you do here? Like our Oh, I don't know how to put it.

E

Einat Nathan 13:40

Yeah, our achievements.

B

Brie Tucker 13:42

And sometimes our achievements aren't as noticeable, or not not as noticeable. But they're just defined in a different way. Right? For our generation.

E

Einat Nathan 13:50

Yeah, they have a different book. They have a different book. Yeah.

B

Brie Tucker 13:53

And it was a iteration before it.

J

JoAnn Crohn 13:55

Yeah. They do! Oh, it's funny, because you know, you'll get questions about like, being a parenting expert, and older generations are still like, what do you do? Like,



Brie Tucker 14:04

oh, that's a fun hobby.



JoAnn Crohn 14:06

That's,



Einat Nathan 14:07

yeah. And why do Parents need that? Don't they know what to do?



JoAnn Crohn 14:12

I know. Right?



Brie Tucker 14:14

Nobody told me how to parent and I was able to to keep you in line by locking in the closet. No, I'm joking.



Einat Nathan 14:22

But this is the energy coming from the generation of you know, it is that we had.



JoAnn Crohn 14:29

And I think it's kind of hard to for like the current parenting generation to then go and seek out parenting help and advice because they're being told by the older generation that they don't need it when-



Brie Tucker 14:42

or you get the passive aggressiveness. I don't know if you all get this, but like, on my end,



Einat Nathan 14:46

of course, we do.

- B** Brie Tucker 14:48
Oh, yeah. My I would always hear like, well, I don't know how I raised so and so because I didn't have all those fancy classes like you do. And I'm like, Wow, thank you. Thank you for the passive aggressiveness. Appreciate it.
- E** Einat Nathan 15:00
Yeah, it's usually from my husband's mother. I can talk about her. But like the way, it was a different time,
- J** JoAnn Crohn 15:19
it was
- E** Einat Nathan 15:20
they were different parents.
- J** JoAnn Crohn 15:21
Exactly.
- B** Brie Tucker 15:22
And their societal expectations were different, right?
- E** Einat Nathan 15:25
totally different. It was much easier to be a parent for our parents than it is for us. And it's much harder. And I see young parents every day. It's getting harder. It's getting harder. Because now there is this new generation that was taught, you know, to think about themselves, and was kind of spoiled in a way that parenting is so hard for them. And it's, it's heartbreaking for me, because I always look at it in an anthropologist way. Is that, is that a word in English? Okay. It makes me curious. It makes me want to dive into their fantasy and their expectations. And it's always so far out. So the shattering of the fantasy is, is much more difficult than, you know, we just had a hard time, you know, we were tired.
- J** JoAnn Crohn 16:35

So what are some things that you want, like new parents to know now?

E Einat Nathan 16:42
Do you have five hours?

J JoAnn Crohn 16:44
One thing? I know there's a lot,

E Einat Nathan 16:48
I think that the most important thing is to know that first of all, you are the best option for your child, you are born, the best parent for your child, the best that could be. And just by welcoming their presence, with your happiness, and accepting them for who they are. And creating this safe space of terms and conditions for them, to be authentic, to be playful, to rest, and to have a joyful experience in connecting with you just by investing in their relationship, this is the job. You know, nature will take care of everything else. Our kids want to succeed. Our kids want to belong, they want to feel significant. They want to be good in our eyes. Our job is not to reprimand them or to correct them. Our job is to accept them for who they are. I think Banksy said the sentence I loved it. We are willing to do everything for our children really everything except to accept them for who they are.

J JoAnn Crohn 18:34
That's a powerful statement. And I can I can see that. Like what I'm hearing you say is that first our own happiness is very important. And that we don't need to feel the need to control all of our kids behavior, rather than to see who they are, accept them for who they are, and just improve our relationship with them.

E Einat Nathan 18:54
That's it. Seriously. That's it.

J JoAnn Crohn 18:58
And it's hard. Sometimes as a parent,



Einat Nathan 19:00

it's very hard. Yeah.



JoAnn Crohn 19:02

especially when you deal with all those societal pressures of like being supermom. And like today, with social media with the new generation of parents, they're seeing these perfectly placed pictures of beautifully dressed children and happy families all the time. And so that a lot of people I think feel like when they hit the hard parts that it's not supposed to be that way.



Einat Nathan 19:24

Yeah.



JoAnn Crohn 19:24

They Judge themselves based on that.



Einat Nathan 19:26

You know, I'll tell you a short story. I had a long journey becoming a mom I always dreamed of being a mom and I've been pregnant 13 times and I have five children. And before we gave birth to our firstborn, we went through two pregnancies. The first one, we had to stop it because there was a defect in our baby girl. And the second I got I got pregnant on the second time with twins and I had a stillbirth at the end of the pregnancy at week 39. And, you know, - which is our firstborn was such a gift. And you can imagine the expectations that were put on this poor child. And anyone that knows me for short time or for a long time, really, if there's something clearly you can say about me that is that I'm all about communication. I love talking to people and listening to people I get new one says, This is who I am, this is the most important thing, you know, in my life. And sure enough, at the age of two and a half, a young girl is diagnosed with autism, like my firstborn, in the most important thing for me, is lacking is, you know, struggling. And it was such a gift. And I'm not talking about not just about children with special needs, because every child has special needs. But the lesson that it taught me that I have to let go of him, you know, representing me, in order for me to be the mom that he needs, I had to let go of that pain point. And we all carry that. But he was such a good training camp. And I practiced it with all of my other four children. And you know, when I say our children, that our children are not our business card, they are eventually, you know, they are eventually. But if we don't take this luggage with us, educating if we don't carry that fantasy, because

that fantasy creates so much noise, you know, if I'm dealing with a day to day interaction with any one of my children, and I'm carrying the voice of how it was supposed to be, what kind of Mother I was supposed to be? what kind of child he was supposed to be? like, How am I supposed to be evacuated from the playground if I'm carrying all that noise? And what would people say about me, and you know, what's wrong with this picture? and etc, etc. So just by letting this go and focusing on what we're supposed to do, it makes the job so much easier.

J JoAnn Crohn 22:50

That is powerful advice. Because Yeah, when we carry around what our perceptions of what we think our kids should be, in addition to the very, very full time job of parenting, it becomes too much for us.

B Brie Tucker 23:03

Well, and I think it's also important to note that it's always a learning process, right? Like, we were just talking this morning, I ran into a parenting issue last night where I had to like text my friends and be like, Okay, guys, this happened. And I'm second guessing myself on whether or not I did this. Right?

E Einat Nathan 23:18

Yeah.

B Brie Tucker 23:19

And I think that's a big thing that people have to understand that even those of us that do this professionally, we still question ourselves. We still have moments where we're like, I think -

E Einat Nathan 23:29

every day.

B Brie Tucker 23:29

I'm doing the right thing. And that's all it is about parents, there's never a guarantee that whatever choice you make, is going to be the exact right one So letting go of all that

expectations and judging-

E Einat Nathan 23:40
there's no exact right one.

B Brie Tucker 23:42
right? Yeah, all you can do is follow your gut in your heart and try to learn as many tools as you can, right? To help give your your child those skills that you want to see them have as an adult.

J JoAnn Crohn 23:54
Yeah,

E Einat Nathan 23:55
yeah. And I think you also need to be aware, you know, our children are the best psychotherapy treatment that we could have.

J JoAnn Crohn 24:02
They are! They're our mirrors.

E Einat Nathan 24:05
So it's such a journey, you know, for things we carry from our childhood, from our auto pilots, just thinking, Oh my God, why did I say this right now? Why is my mother sentences coming out of my mouth right now?

B Brie Tucker 24:24
Oh, I know.

J JoAnn Crohn 24:25
Yeah, I get that.

- E** Einat Nathan 24:27
You know, and diving into that, and just being able to say, Okay, this needs to be separated. This is me and my childhood experiences. I'm reacting to this right now. Because, for me, not being heard or not being seen as a child was such a horrible experience that I'm putting it all on, you know, a five year old. That is, it's just busy and the fact that I've called him 1000 times for dinner and he didn't answer is not personal. It's not against me.
- B** Brie Tucker 25:09
Right? That's a big thing. It's not personal.
- J** JoAnn Crohn 25:11
It's totally not personal. Well, Einat What do you have going on right now that you're really excited about?
- E** Einat Nathan 25:17
My second book here.Yeah. So my second book here, it was out a month ago, it's already in the Top Best Selling list. It's about teenagers. And I'm in love with teenagers, because we don't talk about them enough. And now they're so misunderstood. So I gave them a good voice. And I think that just this book coming out in English, it's going to come out this year in 11 more languages. Just the excitement in my prayers. I think there's a hole in the sky. Just from my prayers.
- J** JoAnn Crohn 25:23
Oh,
- E** Einat Nathan 25:26
just to wishing that it would reach the hands of parents. This is it.
- J** JoAnn Crohn 26:09
That is exciting. I'm excited for it to get translated. So we could read it.

- B** Brie Tucker 26:14
Yes! we would love to have you back when that happens. Yes, I would love for it to happen. Yeah, your book is amazing. I highly, highly suggest it to our audience. You definitely have to check out My Everything.
- E** Einat Nathan 26:26
Thank you.
- J** JoAnn Crohn 26:26
Wonderful. Definitely. And thank you so much for joining us.
- B** Brie Tucker 26:29
Yeah, thanks for taking time this evening.
- E** Einat Nathan 26:31
It went too fast, too fast. It went by too fast. Thank you for your lovely voice and your smiles and your open hearts. It was such a warm experience for me. And I'm here I go. I'm proud. Thank you.
- J** JoAnn Crohn 26:53
It's been a joy talking to you.
- E** Einat Nathan 26:55
Thank you.
- J** JoAnn Crohn 26:58
So talk to you with Einat, First of all, she is such a joy like for everything. She was just wonderful and gracious and just delightful.
- B** Brie Tucker 27:07
She was so easy to talk to. She was one of those people that honestly a conversation

could have gone on with her forever.

- J** JoAnn Crohn 27:13
She's one of those people I run out of happy synonyms to like describe like how wonderful her conversation was.
- B** Brie Tucker 27:18
I know I know. And honestly, like I loved her book, my everything like first of all for someone like Brie. That is, I love books, but I'll admit like I take forever to get through them. I because I just get distracted a lot. And then I get down on myself and I can't get through things. I love that her book had so many short chapters, it was so easy to get through them. And I felt like even after that first chapter, which was only a few pages. I knew her so deeply because she starts at the beginning of her parenting story and talks about her rainbow babies, her miscarriages and then the birth of her first child and all the things that happened to there. Like it was really really just
- J** JoAnn Crohn 27:55
and the amount of trauma that she had to go through to become a parent to stillbirth of twins. and it was a hard road.
- B** Brie Tucker 28:03
but she's found so many so many amazing aspects.
- J** JoAnn Crohn 28:06
she has she's found she's found a lot of takeaways and now she helps other parents navigate parenthood as well.
- B** Brie Tucker 28:11
Yeah, so she's so follows our no guilt mom mindset! I loved it! I love Love, love it.
- J** JoAnn Crohn 28:15
Go Go find My Everything. It is an amazing book that will uplift you. And until next time, best moms and happy mom take care of you.



Brie Tucker 28:25

Thanks so much for stopping by.