

# Transcripts for Ep 086 Parenting on the Same Page with Amy M...

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## SUMMARY KEYWORDS

parenting, kids, partner, child, mcready, agree, mom, happening, big, dad, behavior, positive, conversation, feel, emotions, family, aligned, table, brie, important

## SPEAKERS

Amy McCreedy, 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 surprising co-host Brie Tucker.

**B** Brie Tucker 00:10  
Hello Hello. I was like oh we can do for surprising? Oh, wow, what was trying to do something funny and it totally got lost in my head.

**J** JoAnn Crohn 00:21  
It's what we all experience. It's that lapse of like you're like oh I can't think of what to say next. Or like I'm either gonna fill it with all the ummms and likes and buts or like just stay quiet.

**B** Brie Tucker 00:30  
actually. Sadly what's in my head is hilarious right now I have a I have the picture of Tom Hanks when he's doing that pumpkin character on Saturday Night Live and I can't remember his name. Is it Tom Pumpkin?

- J** JoAnn Crohn 00:42  
Um... Tommy Pumpkin? or something like that. Yeah.
- B** Brie Tucker 00:45  
So now, I just have a picture of his goofy silly outfit in my head.
- J** JoAnn Crohn 00:50  
Oh Tommy Pumpkin. It's probably not even the right one.
- B** Brie Tucker 00:53  
I know I know. I know. But glorious, glorious. So Father's Day is around the corner!
- J** JoAnn Crohn 00:58  
Father's Day is around the corner. and uh, for today's episode we are going to talk about parenting on the same page.
- B** Brie Tucker 01:05  
right. I see this as our gift to you to give to your partner and yourself on how to figure out how to get on same page and we pulled out some big guns on this one. We called a pretty big heavy hitter here in the parenting world.
- J** JoAnn Crohn 01:19  
Amy McCready!
- B** Brie Tucker 01:21  
Positive Parenting Solutions you don't we both have known of Amy McCready for many, many years. Because if you're in the parenting realm-
- J** JoAnn Crohn 01:29  
if you're in the parenting space, you know Amy McCready, yeah, she is a regular today's show contributor. She's the founder of Positive Parenting Solutions and the creator of the

seven step parenting success system online course. And she's also the author of two best selling parenting books "If I have to tell you one more time", and "The me, me me epidemic". And her son's, she has two adult sons now who are 24 and 22. So she has lived through it. And she has such great takeaways for parents.

B

Brie Tucker 01:58

Oh, yes, it was amazing. Like we we threw out all the questions that we get all the time from parents, like, first of all, what do you do when you guys don't agree on how to even do your parenting? Like, say one of you has, like maybe in the very beginning, you guys were closer to the same page. But as time has gone on, and the kids have gotten older, one of you may have heard of a parenting strategy or seen it work with somebody or read a book and you're like, hey, I want to try this. The other parents like Woah, Woah, Woah.

J

JoAnn Crohn 02:22

Yeah, what we see a lot here at No Guilt Mom is that one parent tends to be more authoritarian with like, my way or the highway and setting really strong rules and punishments. And the other parent tends to be a little more relationship based and wanting to improve that relationship. And so those two personalities in parenting sometimes clash, but they don't have to.

B

Brie Tucker 02:42

Right. And I think the interesting thing about that, too, is that sometimes you don't even realize 100% What's your parenting perspective is until you actually have your kids

J

JoAnn Crohn 02:51

Yeah, you don't.

B

Brie Tucker 02:52

And that's where it gets tricky, right? And then and then here's another story that happens a lot. What happens when a kid acts up or has a certain behavior with only one parent?

J

JoAnn Crohn 03:03

that! that we hear a lot, too. Yes, I've seen that too, in my parenting, like my kids have been more like, likely to kind of dissolve in a puddle of emotions around me than my

husband. And here I am, like, emotionally drained and going through everything because I've realized actually through parenting that I take on a lot of other people's emotions.

**B** Brie Tucker 03:24  
it's hard being an empath.

**J** JoAnn Crohn 03:25  
It's hard as well. And then like, you're just drained and you've been through all the emotions of this other person. And then when I see my husband with the kids, they're all like, we're gonna go for ice cream, and that's what I see, anyways. I doubt it's like that. But -

**B** Brie Tucker 03:38  
I like it to like when they fall skateboarding, and it's like, "oh, my leg's broke! I need I need a milkshake. I need hugs and cuddles!" and then it happens with their dad and they're like, and dad's like, "come on, wipe it off." And they're like, "Okay." What the heck?! Right? Seriously?

**J** JoAnn Crohn 03:41  
It's real life

**B** Brie Tucker 04:00  
right? Or this other fun when that happens a lot when you have the behavior is really a big deal. one parent and the other one is like, Who cares?

**J** JoAnn Crohn 04:08  
Yeah, like we don't need to focus on that like fidgeting I find is really big deal to one parent and not another parent. And you're just like I'll just ignore the fidgeting and they'll be fine the other parents like stuff it stays still.

**B** Brie Tucker 04:19  
yeah grades can be another one with that. So we we hit all of these in today's episode.

Got you guys some solid answers and solid techniques and theories to work with so we are so excited for this week guys

J

JoAnn Crohn 04:30

hope you enjoy our conversation with Amy McCready. If you're feeling really overwhelmed with everything that you have to do at home, and you know you should be delegating but you're not quite sure where to start. Come get our Happy Parent Checklist. It's absolutely free. And you can get it at [noguilmom.com/hpc](https://noguilmom.com/hpc), and now on with the show. You want mom live 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 Amy to the no guilt mom podcast, like Brie and I were talking before, we are so excited to have you here because we've been following your work for many years. And so respect you and how your viewpoint on parenting and how you've helped parents. So welcome, welcome.

A

Amy McCready 05:50

Well, thank you so much for having me. Yes. And listening to your podcast, I can tell we are like, totally have the same mindset. So it's always such a joy to talk with people who kind of do things the same way. So thank you so much for having me.

J

JoAnn Crohn 06:02

this is gonna be a really good conversation. I'm looking forward to it. Yeah. For those of our listeners who don't know who you are, can you tell us a little bit about your story and what you do?

A

Amy McCready 06:09

Sure. So I'm the founder of Positive Parenting Solutions. We do online parenting training for parents of toddlers, to teens all over the world. I've been doing this online for about 13 years now. But before that, I started out in a completely different career, but ended up in parenting education, just because I was really struggling with my own kids when they were little. And so I just started studying and, you know, taking positive discipline classes and, and those types of things. And I just, it became my love and my passion. And I just wanted to teach it to other parents. So I've been doing that ever since. I couldn't imagine going back to my corporate job now. But I just love serving parents.



JoAnn Crohn 06:48

Awesome. I love that story. Because I feel like that's a lot how parenting educators really get into it. Like we, we either have like issues with our kids that we start researching, or like a lot of teachers get into it, where they realize that they can have a bigger impact outside the classroom by kind of teaching parents how to raise kids and raise kids in a really positive way.



Amy McCready 07:10

Yeah, absolutely.



Brie Tucker 07:11

That's exactly what I was gonna say to you. Like, I fell into parenting education. And like you said, it's just such a such a passion, it's so rewarding. It sounds, it almost sounds a little selfish, but I feel like it's a very cup-filling job.



JoAnn Crohn 07:24

It is.



Brie Tucker 07:24

it's a very compelling career, because you always get to see the impact of what your actions are doing, helping others. Because our big goal is to just help parents be the parents, they want to be right? and have and have the family they want to have.



Amy McCready 07:41

Yeah, and I think too, I think parenting is so much more difficult now. Even you know, my kids are grown and flown. They're in their early 20s. But even just in that short amount of time, I feel like it's a lot more difficult for parents. So I'm just so glad that parents now have so many more resources than I did when I was starting out, that's for sure.



JoAnn Crohn 07:57

What do you think kind of contributes to the difficulty now versus like, a few, like 1020 years ago, and parenting?

A

Amy McCreedy 08:04

I think so much of it is just the pace of life. Right? Like we're all pulled in so many directions. I think technology makes it more difficult social media, for parents comparing themselves to everybody else. And then you know, kids, and they're all of their issues with technology and social media that complicates things. It's just, life is just faster paced, and we just, we all want to do the best that we can do. And so we tend to be hard on ourselves. You know, sometimes it's as we're talking about today, you know, partners not agreeing and, you know, the frustration and challenges that that create. So there's just so as you know, so many difficult things about being a parent to like, in hindsight now, I think, Oh, I wish I could do that, again, knowing everything that I know now, but we don't, we don't get that opportunity until we have grandchildren.

B

Brie Tucker 08:50

But I think that's it, I think you really hit a big pain point there. It's like the whole we are we are so connected now as a society, especially with social media. And, you know, think about like even the family pictures we had back in the 80s. Like I don't know about y'all my failure, or on our Olan Mills shots. You didn't buy the ones where somebody was rolling their eyes or staring down their sister or brother poking each other. You bought the one we looked all beautiful and happy and, and ready to go. And that's what we put out on social media. And that's what we compare ourselves to as parents like, oh, that parent has got it down. Look how happy they are. Look at their kid who is valedictorian. And it's like, you don't get to see everything that happens behind those curtains, but you definitely get to see the positive.

J

JoAnn Crohn 09:33

Yeah, well, I also think social media feeds a bit of a fear loop too, because how the social media algorithms are, like if you react to one thing that says like, Oh my gosh, if you let your kids like, go get Starbucks by themselves, they're gonna be kidnapped. Guess what social media is gonna give you like 10 more of those articles and just like, yeah, eat all the fear you have about parenting as well.

A

Amy McCreedy 09:53

It's a lot of pressure.

J

JoAnn Crohn 09:54

It's hard. So like one thing, a question that we get asked again and again, here at No Guilt Mom is about parenting with a parenting partner. And what happens when parenting partners just aren't on the same page? Like, what advice do you give to families who like, both, like parents are just like on a different parenting mindset?

A

Amy McCready 10:18

Yes. And it's so difficult and most often, it's one extreme or the other. Right? One parent is very permissive. And the other one was very strict, and how do we get on the same page? And obviously, there are, you know, there's a range in terms of how much disagreement there can be. But I think one of the first things I always tell parents is that we have to recognize that disagreements over parenting are often more than just about parenting, right? Just like disagreements about sex, or about finances or whatever, there's always something else going on. So really working first to connect with your partner, just in general, not even about the parenting stuff is so important. So really doing kind of a self assessment, like does my partner know that he or she is my number one priority? Are we united as a team, not just in parenting, but in all things. And so often, when we're busy raising kids, especially with moms, we tend to put the kids stuff as the priority. And then our partner gets the leftover, right. And so that often breeds a lot of resentment, and then that will come out in the parenting. So again, it's addressing those communication power struggles in general. And now there's so many great resources for working on your communication, I was telling you guys earlier, a couple of resources that we recommend are Aaron and Jocelyn Freeman, they go by meet the Freeman's, they're awesome, in terms of just communication in general, also Marriage 365. I don't know if you know that

J

JoAnn Crohn 11:46

Oh no I don't.

A

Amy McCready 11:47

yeah, really good resources for working on your communication. So that's, I think that's always the first place to start. But then obviously, we have to get aligned on our parenting. And unfortunately, there's, you know, some real specific things that parents can do there to start to move together.

J

JoAnn Crohn 12:03

How do you start having that conversation with your partner? Because I feel like parenting is such a personal thing. And it can go on such a personal attack so fast,



because if you've never taken a parenting class before, you tend to really go back to how you were raised. And so it becomes part of your identity, right? It's part of how you think that parents should treat kids, like how do you even begin to have that conversation?

B

Brie Tucker 12:26

Yeah, because it feels like somebody is attacking your personal identity. You're and you're like, Hey, I was brought up. I'm a good person, I was brought up well, with this type of parenting.

J

JoAnn Crohn 12:35

Yeah,

A

Amy McCready 12:36

Absolutely. And I think that's, it's sort of seeking first to understand, right? Why does your partner feel this way about x topic, whatever it is, or parenting in general? If they tend to be very strict and punishment based, and those types of things, there's a reason in their childhood for that, right? And so, understanding where that mindset comes from, again, that helps us align with them, we will never change that, again, we're not going to change somebody else, right? All we can do is sort of change our responses and, and try to work together as a team. But for parents who are on totally different wavelengths, I always recommend that they start by really identifying the areas in which they do agree, because I guarantee you there are three or five areas in which they do agree and sit down and write those down on paper. There's something about just seeing that on paper, you're like, Oh, yeah, like we are not as far apart as we think we are. So that's the first place to start. Because then we can build on that's a strength, right? We agree in these areas, whether it's, you know, technology, or whatever the things are that we agree on, we can build on that, rather than focusing on all of the areas in which we don't agree.

J

JoAnn Crohn 13:51

I like that. I like that advice. Because automatically like, it's like, we're on the same page. We're a team. This is how we could work together.

B

Brie Tucker 13:59

I love that because I kind of see that as like, we it's something that we hear a lot too in the parenting world in the mom world of like, hey, parenting is hard. You're going through a lot

of tough stuff on a day by day like, especially if you're dealing with like big milestones like potty training, whatnot. It's focusing on the positive. Yeah. So again, it's about like, when you're looking for the good moments of your day with your kids. This is also like looking for the good moments you have with your spouse, these are the good things that we have together that we can- that originally brought us together that we can continue to grow on.



JoAnn Crohn 14:28

Yeah.



Amy McCready 14:29

Absolutely. And on the parenting front, I think once you have that list of like, okay, these are the things that we do agree on as it relates to parenting. Then kind of pick two or three, like non negotiables. These are the things that we just are so important in our family, we are aligned on this. And then make those two or three non negotiables sort of like the most important rules or boundaries or whatever that is. And again, be clear about them with your kids, communicate them, talk about them and family. meetings that that way your kids see you as aligned. But if we try to, you know, have 50 rules, first off, we're not going to agree, but just pick those things that are the most important to our family that we can come to agreement on. And really focus on those. At least to start.



JoAnn Crohn 15:18

What are some like examples of like a non negotiable? Like, I realize it's different for every family? But what's like something that's pretty, pretty common that you see?



Amy McCready 15:27

Well, I think it's easiest to start with areas that are easy to define. So for example, technology, right? We can have very specific rules about what our technology is, what our tech curfews are, what what activity is okay and not okay, in our family. That is something that's very kind of black and white, we can define it. We know when it's working, we know when it's don't when it's not, and then we can follow through with appropriate consequences, or whatever it happens to be. Areas that are a little bit more nebulous, I think, tend to be problematic. Like backtalk, or attitude, right? Don't you think? Like, that's a little harder to define. And especially if parents are on different ends of the spectrum in terms of their parenting, like what one thinks is okay, the other one is like, that's completely unacceptable. So just sticking with issues that are easy to define curfew, for

example, if you have older kids, you know, whatever those things are, just pick a few of them. And so you know, whether the rules are being followed or not. And again, you come across as that united front we are, we stand together in this area.

**J** JoAnn Crohn 16:38

The United Front is so important, like my kids, they always get in trouble with us. They used to because they don't do this anymore. But they would ask one of us a question, and then try to ask the other one of us the question. And I could always like since when they do this now, and I'm like, What is your dad say? And they're like, he said, No, I'm like that. It's no, like-

**B** Brie Tucker 16:57

At least you picked up on that, right? Like, I can't, my best story of that. And I just have to share it. Because I was pretty proud of my kid for coming up with us. I think it was for at the time, he wanted to go swimming. And I did not want to take them swimming in the pool that day, because we had a pool in our backyard. I was just tired. So I totally did the thing that a lot of us do, where I just push it off to the other parent. And I'm like, you know what, I don't want to do it. But if your dad says yes, then okay. So then my son was very smart and sneaky. He goes down the hallway talks to dad goes, "Hey, Dad!" and his dad goes, "yes?" And he runs back, "Dad said yes!" And I'm like, wait a minute! Do you even know what you said yes to? And my husband at the time, was like, no, what did I say yes to. But he came back, he was like you just said he had to say yes, you didn't say what to.

**J** JoAnn Crohn 17:44

that brings up an interesting point, though, because like certain issues mean more to one parent than they do to another parent. So like something that just came up the other day, in one of our parenting groups is that their kids were fidgeting at the table. And they were like, the kid was constantly getting up and down. And mom wanted to let it go. And dad was like, No, this is unacceptable. So what do you do when like,

**B** Brie Tucker 18:08  
in the moment,

**J** JoAnn Crohn 18:08  
it's in the moment and they disagree so strongly?

A

Amy McCready 18:12

Yes. And that's so uncomfortable for everybody. And the interesting thing is, you know, kids pick up on that, right? And so the dinner table is a classic example, it's a trigger for one parent. And so they push the buttons, push the buttons, push the buttons, and big power head for the kid, the parents get upset. So in the moment, I'm a big believer and having a signal between the parents. And I like for it to be a nonverbal, like whatever, you know, you can put your hand over your heart and you can, you know, timeout, like whatever you want the nonverbal to be. But it's signaling to your partner, you know what, we're clearly not on the same page on this, let's table this discussion and discuss it offline, like we get through this meal, do what we need to do. But then we make a note to have a real conversation about this. So but trying to deal with it in the moment, again, is only going to show your kids that this is a big trigger issue. And you're not going to resolve it in the moment because we're escalated at that point. So when an issue is, you know, really important to one parent and not so important to the other. Again, it comes back to that seek to understand -why is this such a trigger for him at the table, or whatever it is? And then once we kind of understand that, okay, let's get into problem solving mode. You know, we have to get to a situation where we can create a solution for this, let's work together on that, rather than sort of, you know, continuing to be head butting each other on who's right and is it a big deal or it's not a big deal. If it's a big deal to one person? It's a big deal.

B

Brie Tucker 19:45

Yeah, right. Right. Right. Because you wouldn't want somebody to negate your -what you feel is important, either.

A

Amy McCready 19:50

Exactly.

B

Brie Tucker 19:51

So it's like bringing that back to the table.

J

JoAnn Crohn 19:54

Bring it back.

A Amy McCready 19:54  
Exactly.

J JoAnn Crohn 19:55  
Now that you said the signal right, I do have a signal with my husband.

B Brie Tucker 19:58  
What's your signal?

J JoAnn Crohn 19:58  
I grab his leg under the table. Like right by his knee. Yeah, like where disagree got something, I'll grab it and he'll just he'll table the conversation. And sometimes he'll like, look at me. And like, if he's just staring, I'll be like, Okay. I shut my mouth. And we talk about it later,

B Brie Tucker 20:15  
I can see his eyes getting bigger as he stares down across the table.

J JoAnn Crohn 20:20  
Yeah,

A Amy McCready 20:21  
I don't know how you guys feel about this. But I also think it's okay to say in front of your kids. You know what? Dad and I have different viewpoints on this. We're going to talk about it together. So we can come up with the best solution for our family.

B Brie Tucker 20:35  
I think that's an excellent, yeah, you have to show your your kids that conflict happens. People can work through it.

A Amy McCready 20:42

Yeah.

**B** Brie Tucker 20:42  
And then that also just shows again, like the dedication that you guys have, or the importance in your family to talk through and come up with a solution. Like we don't fight. We don't scream, we don't yell. We talk about it.

**A** Amy McCready 20:52  
Yep.

**B** Brie Tucker 20:52  
And we respect each other.

**A** Amy McCready 20:54  
We solve problems. That's what we do as a family. Yeah, I agree.

**B** Brie Tucker 20:57  
Right? Yes, I 100% emphatically agree with that.

**J** JoAnn Crohn 21:00  
I usually tell my kids after the fact when we've disagreed on something or we've done something that like we regret, like just, you know, top of mine, I'm sure Brie's heard me tell the story a lot. The pointe shoes, like my daughter got pointe shoes. And you have to like sew on elastics, and ribbons, and every

**B** Brie Tucker 21:15  
for ballet.

**J** JoAnn Crohn 21:16  
for ballet. And my daughter had, like, my husband was taking care of it. And I went in and I brought it in. And I'm like, no, that's not the right way. I'll just do it tomorrow. And he was

upset about that. And we talked about it. And I told my daughter The next day, I'm like, you know, what, here is what I did that I, you know, I shouldn't I'm not going to do this in the future, because it did this, this and this. And she's like, okay, she's 12.

B

Brie Tucker 21:39

But I mean, it's really, really good. Yeah, I don't want her to have the thought process that you have to agree with your spouse on everything. And if you don't agree with your spouse on everything, then it's broken. And it's not a good relationship. Like there's so many things that we teach our kids through our parenting

J

JoAnn Crohn 21:54

there are yeah,

B

Brie Tucker 21:55

about expectations.

A

Amy McCready 21:57

And I love what you did to like, you took personal responsibility for it. And that's what we want our kids to do, right? Like, we all mess up with our communication with our kids, with our partners, whatever. But taking that responsibility is such awesome modeling.

J

JoAnn Crohn 22:08

And it does not feel good in the moment to take personal responsibility.

B

Brie Tucker 22:11

Was that what was the song you were singing the other day from Sesame Street?

J

JoAnn Crohn 22:15

Oh, the Everyone makes mistakes Song? Oh, yeah. Yeah, that one. But it's hard. It's ego damaging, especially like as a parent, because we that brings us to kind of another parenting issue, how many adults feel that they have to be this authority figure and this strong role model, and not show that vulnerability to their kids, that they don't know what's going on?

**B** Brie Tucker 22:35  
And I don't think that's helpful at all.

**J** JoAnn Crohn 22:37  
Yeah.

**B** Brie Tucker 22:37  
Because I think that again, sets your child up for these unrealistic expectations of their emotions. Like if I can't hold it all together, then I'm not as good as, as my mom or my dad.

**A** Amy McCready 22:47  
Absolutely. Yeah. And I think that's really there's been such an arc. And I turn I think, in terms of parenting, you know, I think now people hopefully understand that that is a good thing to do, right? Like being vulnerable, showing our emotions, because we all have big emotions. And the ability to model how we manage through those with our kids is so empowering for them. So yeah, it's, it's I think that's a hard one for all of us. But it's so healthy for kids, when they when they see that and most importantly, they see how we work through those big emotions in positive and productive ways.

**J** JoAnn Crohn 23:20  
Definitely. So like, what about when your kid behaves one way around one parent? And then another way around another?

**B** Brie Tucker 23:28  
We all have this.

**J** JoAnn Crohn 23:29  
Yeah. Like the behavior appears among one parent more than the other, like, how do you go about addressing it?



A

Amy McCready 23:35

Yes. And obviously, we have to do that in a way that's not like finger pointing or making the other person feel bad or you know, us feel superior. But I love do you guys know Alyson Schafer? She's a Positive Parenting educator out of Canada. But one of her sayings is my favorite that I quote all the time. And she says that misbehavior is a co-created experience. Right? So whenever there is any misbehavior with a child, it is a co created experience, like the parent has some role in that. So when a behavior is happening with one parent more than another, again, it's not about finger pointing, it's always about problem solving. But let's sit down and figure out why that's happening. Why is it happening more with me than it is with you getting back to the basics of behavior? So, you know, am I meeting that child's need for attention and belonging and emotional connection on a daily basis, if that's fallen off the radar a bit? Well, then I'm having probably more attention seeking behaviors and you know, a lot of those types of behaviors with me then with my partner, or if I'm doing too much ordering and correcting and directing and bossing and not giving the child enough opportunities for them to feel significant and to contribute and to feel like they have some age appropriate control and power over their world. Well, then I'm going to get more of those power behaviors back but I think it's sort of looking holistically. Okay, and why is the behavior happening? How might we be contributing to it? And more importantly, what can we do to solve that problem? Again, it's not about who's right or wrong or who's at fault. It's just about what action steps do we need to take to kind of reverse the situation or solve the problem.

J

JoAnn Crohn 25:18

going back to working as a team and focusing on problem solving, taking some personal responsibility.

B

Brie Tucker 25:24

the things that happen in a family don't happen in a vacuum. Like, whatever interactions I have with my children is going to directly affect the interactions that they have with their dad, and so on and so forth. So I think that's really interesting, too, because I think sometimes when, let's say the misbehaviors aren't happening me with me, but they're happening with their dad, I might need to also look at it and go, is there anything that I'm doing that setting their data up for failure? Maybe I'm saying something, maybe I'm just again, like, maybe I'm not helping out enough when that parent is tired, and they're at the end of their patience. So again, like it can go both ways, but it nothing happens in a vacuum and family, right? Like everything that that occurs it affects all of us in some way, shape, or form.

A Amy McCready 26:05  
Absolutely. And I think, too, I'm sure you guys hear this a lot. We'll hear that, you know, the child is preferring mom and always wants mom to do what I want mom to get.

J JoAnn Crohn 26:14  
Yeah,

A Amy McCready 26:14  
get lunch.

J JoAnn Crohn 26:15  
Yeah.

A Amy McCready 26:16  
You know, just preferring one over the other. And that makes the other partner feel really frustrated. So it's again, it's certainly thinking, Okay, why is that happening? Do we keep feeding into that when the child you know, demands that mom do it? If we keep jumping through those hoops, we're reinforcing that behavior, and it's going to continue to happen. So it's really, so much of this, don't you think, is just taking the step back and really sort of analyzing it big picture, no blame, no finger pointing, but just, you know, what is happening to cause the child to act this way? How are we contributing? What do we need to change in the environment? Or the routines and our responses? And then just get into a problem solving mode together for what's in the best interest of the child. If we really focus on okay, what will be most helpful to this child, then it gets it out of kind of who's at fault, and I'm doing something or you're doing it just gets out of all of that messiness.

J JoAnn Crohn 27:06  
Yet best interest of the child.

B Brie Tucker 27:08  
Well, I think taking out the blame game, that's a big thing right there. Like when you take out the blame, it's so much easier to have these conversations and yeah, look at things in

a positive way.

**A** Amy McCready 27:16  
Absolutely.

**B** Brie Tucker 27:17  
Well, Amy, what do you have coming up that you're really excited about?

**A** Amy McCready 27:22  
Well, personally, like getting back to going to restaurants and kind of living my life post vaccine. I'm like super excited about that!

**J** JoAnn Crohn 27:30  
Yeah.

**A** Amy McCready 27:31  
But on the professional side, just continuing to create new classes and sessions for the members of our Seven Step Parenting Success System. That's sort of like what brings me the most joy is just creating training content. So you know, I have a list of 85 things that I'll never get to but just sort of, you know, ticking off that list is what I'm looking forward to doing. How about you guys?

**B** Brie Tucker 27:53  
That's like, that's, that's us, too, as well. Yeah. We have a list that that's on our wall and a giant post it called random ideas to get to!

**J** JoAnn Crohn 28:03  
It's our parking lot.

**A** Amy McCready 28:04  
I love that!



JoAnn Crohn 28:05

Yeah, it's fun. Well, thank you so much for joining us. This has been an amazing conversation. And we've so enjoyed the chance to get to chat with you.



Amy McCready 28:13

Thank you both so much for having me. Thank you for the amazing work that you're doing in the world to support families. All of us are grateful to you for everything that you're doing.



JoAnn Crohn 28:20

You are so grateful for you too. We'll talk to you soon.



Amy McCready 28:23

Sounds great. Thank you.



JoAnn Crohn 28:26

So Amy McCready, not only did she have such great advice, she's just such a delightful person.



Brie Tucker 28:31

Oh, I know. It's always great when there is somebody else that like you align with on every level. It's like philosophy for parenting, for relationships, for communication. It was just Ah,



JoAnn Crohn 28:45

she was amazing. she was amazing. So hey, if you liked this episode, can you do us a favor Can you take just a few minutes and go rate and review the No Guilt Mom podcast, it helps other moms and parents find this podcast and it would really mean so much to us. So hopefully we deserve your five stars. And we can't wait to see your review.



Brie Tucker 29:07

Yeah, yeah. And if you leave us a review, email us at [Hello@noguiltmom.com](mailto:Hello@noguiltmom.com) with your name and address and we're gonna have a cute little stickers as a thank you for taking

time out of your busy schedule.

- J** JoAnn Crohn 29:19  
Appreciate like, think about us, like you know those memes of like dollar bills? and you're like going like (sounds).
- B** Brie Tucker 29:25  
That's us with stickers.
- J** JoAnn Crohn 29:26  
That's us with stickers. Yes. I love a good sticker!
- B** Brie Tucker 29:31  
Who doesn't? like my kids, like when they went to the doctor's office, I stole two stickers! One for me and one for them.
- J** JoAnn Crohn 29:37  
You gotta you gotta love a good sticker. So until next time, remember the best mom's a happy mom take care of you. We'll talk to you later.
- B** Brie Tucker 29:44  
And thanks for stopping by.