

Transcripts for Ep.093 Three Ways to Handle Every Discipline...

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kids, brie, parenting, toddlers, bedtime, feel, work, mutually agreeable, adult, fight, timmy, child, happy, parents, mom, problem, letting, emotions, teens, hard

SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined here by my here again co-host Brie Tucker.
 - B** Brie Tucker 00:09
Why hello hello everybody! How are you?
 - J** JoAnn Crohn 00:12
Brie took a vacation and I am very, very happy to have her back.
 - B** Brie Tucker 00:15
Oh, I -
 - J** JoAnn Crohn 00:15
Very happy.

- B** Brie Tucker 00:16
Oh, I missed you. It's so weird when you're like working with somebody every day and then you're gone for like a week. It's almost like I was keeping myself from texting you. I'd be like, what's going on?
- J** JoAnn Crohn 00:27
Yeah. Well, I had to keep myself from texting you because I'm like, Oh, she's on vacation. I don't want to like stress her out . Thinking about work.
- B** Brie Tucker 00:33
But then you found out I was checking stuff anyway.
- J** JoAnn Crohn 00:35
Yeah, I was like,
- B** Brie Tucker 00:36
You can't it's hard to stop those habits. And honestly, like it was, it was kind of finding the normalcy while on vacation when everybody else was off doing their things because I have you know, I have two teenagers. So they did not want to spend 24/7 with mom. They just it didn't work out that way. So.
- J** JoAnn Crohn 00:51
yeah, like finding your own thing on vacation is hard. I mean, like, I'm now going on vacation for a week. And it's gonna be hard for me because I have not been not in charge of this business for seven years, seven years, I haven't been able to take a vacation or take a break.
- B** Brie Tucker 01:06
Honestly, I'm debating and changing the passwords. (laughing)
- J** JoAnn Crohn 01:08
No! Don't do that! I still I still need my fix sometimes. But I'm going to try try the hardest I

can. But I mean, I think a lot of people feel that way. Especially if they're passionate about their work, or they like start their work. And their work is their baby. Like I feel like no guilt moms kind of my baby, that it's hard to step back and you sometimes feel guilty that you want to work.

B

Brie Tucker 01:31

I can see that it's that whole double edged sword of the whole, you know, do I do career? do i do family? and it's balanced, is balanced. Balanced means that it's what fits for you and your family. It doesn't mean if it's for everybody else. So like a while I love those concepts of taking time and unplugging. I don't think everybody needs to follow that exact criteria, if that isn't what works for your family. And with that being said, like I could think back to when my kids were younger when they were, you know, before school age. So we're talking like preschool toddler or even early elementary, I unplugged every weekend, like I didn't go back to work, I didn't do anything because that was my family time. Now, my kids, there's a mix of wanting to spend time with me and a mix of them wanting to have their own time and their own freedom. And this is what I choose to do with my spare time. And that is fine. As long as I am feeling happy. And I'm not feeling obligated.

J

JoAnn Crohn 02:22

Yeah, I think that's really the key, the stress issue, like letting go of like what stresses you out about it, but like keeping the stuff that fulfills you like I'm really fulfilled with all the creating of ideas, and like, you know, like when I go away, and I'm like, away from computer away from email, I'm like, Okay, now we're gonna do this, and this, and this. And -

B

Brie Tucker 02:40

I know, she comes back with a list every time man.

J

JoAnn Crohn 02:42

It's the creative process.

B

Brie Tucker 02:44

It's a good thing, because that's not my forte, my forte is give me a list of things to do. So I can check, check, check and I'm happy.

J JoAnn Crohn 02:51
that's why we work well together, and I -

B Brie Tucker 02:53
I'm very happy. I'm already making my checklist for next week, and I'm feeling so giddy about it. You gotta go check this up, you can check that out.

J JoAnn Crohn 03:00
That's kind of what I need. Because I look at checklists. And I'm like, you can't tell me what to do checklists.

B Brie Tucker 03:08
It's hard. It's hard.

J JoAnn Crohn 03:10
Well, we are talking about balance kind of today. But it's really balanced in the home and balance on how to handle discipline, because this is something that causes parents a lot of stress, wondering like, Oh, my gosh, how do I handle this certain thing that's happening in my home? And there are so many different strategies and like parenting advice out there that it's confusing,

B Brie Tucker 03:33
right? And I mean, we're talking about discipline, like there's so many different factors of this is it. I mean, this applies to when your kids are fighting. This applies to when somebody broke a house rule. This applies to maybe also like someone coming in with bad grades, like there's so many different things that fall into this pot. And we've been able to break it down to about like three different kind of subsections want you to do is hear all three of them. see which one you feel like you fall into, and then challenge you to think about which one do you want to be?

J JoAnn Crohn 04:05
Yes, yes. And we'll tell you like which one has been shown to have the best outcome. It's actually two of them, and one that's been shown to cause a lot of more fights in your

home. So get ready for that. We hope you enjoy this episode. This episode is brought to you by our happy parent checklist. If you feel like you were doing everything at home, and you're overwhelmed and you want your family to help out more, go and grab this checklist. We put out a five step plan for you to delegate more to your family. And you can get it at www.noguiltmom.com/hpc for happy parent checklist and now on the show. You want mom life to be easier. That's our goal. too, our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Okay, so there are three plans always, like whenever I look at a discipline situation in my house, I always go back to these three plans.

B

Brie Tucker 05:37

And I didn't make up these three plans. I feel like we named them we put them with some popular music so that they're more easier to remember. Yes, yes. Coming back to like our times of parenting education. Like there's a there's a very traditional quadrant graphic that that we use a lot that talks about, like the four different quadrants of parenting, but really, when you bring them in there, they kind of fall into these three categories a little bit easier.

J

JoAnn Crohn 06:03

They do and these are categories you can kind of use when you see fit. But I think the best thing to do is to start breaking them down for you right now. Because every every single situation you come across whether your kids left toys out in the living room, whether they are not going to bed on time, whether they have gone into the bathroom, taking the caps off all the toothpaste tubes and spread it all around the room. That's painful. That's painful shout out to Tiffany in our balance coaching membership who has experienced that pain.

B

Brie Tucker 06:35

Mine wasn't -mine was. That reminds me of the time that Robert found a whole bottle of sunblock in his room during nap time. And it was sunblock everywhere. Oh my god, and then he ate some of it. Yeah, that was interesting cues for a while.

J

JoAnn Crohn 06:48

my daughter had a similar thing that was just chapstick. And she came to us and she's

like, I painted my door. And we go and we look at this. It's like door covered with like this red like translucent like material. We're like, what is that? She's like- It's chapstick.

B Brie Tucker 07:02
We're like, oh, thank you so much.

J JoAnn Crohn 07:08
She was so proud of it. Like how do you burst that bubble? You can't.

B Brie Tucker 07:11
Oh, mine wasn't proud. Mine was like, yeah, there's What? What? What? I don't see the problem here.

J JoAnn Crohn 07:18
Yeah,

B Brie Tucker 07:19
he didn't create anything. He just was like, I don't see the problem here. No, no, it was just back to the days of younger parenting.

J JoAnn Crohn 07:27
But yeah, but usually when your kids surprise you like that, or maybe they're a little a little naughty. A lot of people's first reactions is

B Brie Tucker 07:35
Oh, my gosh,

J JoAnn Crohn 07:36
what did you do? I can't believe this. And that may not be the best way to go.

B

Brie Tucker 07:40

No, no. And we're not saying that having a reaction is wrong by any means. No, you like, reactions? Yeah, that was that was me plenty of times. But but we're just seeing that rolling with that state of emotions probably isn't the best. And if you're not sure why I'm saying that, think about a time that your kid has been really upset that you said notice something. And they rolled with that emotion. So like the whole Hey, Mom, Mom, I want that cookie.

J

JoAnn Crohn 08:08

Yeah. And you say I love you. And no.

B

Brie Tucker 08:14

One thing wrong with that, like, all day long or continuing on No, no, no, you're not

J

JoAnn Crohn 08:20

gonna have a positive feedback for now. Because a lot of times emotions, like we have emotions as parents, you're not robots. We're not robot parents. Like, I wish we could just program something in all of our brains to make us like logically think through every single situation. But you know what? We are not strictly logical creature. Oh, no, we're with emotion. So when you see something that is going on in your home, know that you're going to have those emotions. That's okay. I have them. I feel like I have a lot of practice from teaching being able to be like, okay, and I take a deep breath before I react to something as like big and bold unless it's something where my kids are actually endangering themselves. And then I'm like,

B

Brie Tucker 09:03

I you know what, I think that is true. I think that when it comes to being able to have a tapered response, having a career or a hobby or something where you have to practice that self control, and that, breathe and then move forward really does help you in parenting. It really really does.

J

JoAnn Crohn 09:22

It does it has happy and purging. So these are three things that you can think of any time a situation comes up, and the first one, I want it that way and you could think of it by this

song, let Brie and I demonstrate: (singing together) I want it that way! Tell me why!



Brie Tucker 09:38

Ain't nothing but a heartache.



JoAnn Crohn 09:42

Tell me why!



Brie Tucker 09:43

Ain't nothing, I don't know the next line...(laughing)



JoAnn Crohn 09:46

And if you're still with us...(laughing) Brie and JoAnn coming to an arena near you. Hey, Backstreet Boys, if you want us to tour like Yeah,



Brie Tucker 09:54

yeah, we're happy to be back up.



JoAnn Crohn 09:56

But I put it that way. It goes back to the typical parenting scenario where there is a problem. Say your kid is not doing their homework and you as the adult then think of this solution and impose it on the child. So it's like, oh, say like Little Timmy. I always think of Timmy when I'm thinking, I don't know when I know who's named Timmy,



Brie Tucker 10:16

but only to me I could think of is from South Park. Timmy fell down the well. Oh my gosh. Oh my gosh,



JoAnn Crohn 10:22

old school. Anyways, Little Timmy not doing his homework. And so the adult comes in and be like, to me, you're gonna come every day after school, sit down at the kitchen table

and do your homework. And what's Timmy's response?

B Brie Tucker 10:33
No!

J JoAnn Crohn 10:34
No

B Brie Tucker 10:36
You're always telling me what to do!

J JoAnn Crohn 10:38
Yeah, because the adult use-

B Brie Tucker 10:39
Like how it was a little bit evil there? (growling)

J JoAnn Crohn 10:42
Timmy comes back from- You always tell me what to do- to the cemetery.

B Brie Tucker 10:48
Timmy rising from the dead.

J JoAnn Crohn 10:51
Okay, we're back. But the adult right there use the "I want it that way" scenario. And this is something that I think a lot of us who are raised in the 80s, we experienced this from our parents.

B Brie Tucker 11:03
And I think an interesting part about this too. Is that yes, like, not only is this pretty much

how we were raised, like, you know, my house, my rules my way or the highway. And I'm not saying that our parents were not well, meaning they were. And many of us that are still practicing this might not even realize we're doing it because we think when we tell our children, you know, I want it this way. We're gonna do it my way. We're thinking, Well, I know best.

J JoAnn Crohn 11:29
Yeah,

B Brie Tucker 11:30
mother knows best father knows best. So I'm going to tell you, this is how we're going to do it. Because this is what's going to work best. And if that's what your thought process, while it's coming from a place where you're trying to help your child and posing your well and telling your child you know better than them, which. And that is a slippery, slippery slope, I get that people, but you're essentially telling your child that like they don't. Their, their opinion means...(spitting sound).

J JoAnn Crohn 11:58
Yeah, it doesn't account for kids feelings or their preferences. And so this is the one that's comes with a lot of pushback from your kids. This is where you will find instances of backtalk. Or disrespect is because kids don't feel like they're being listened to you. They don't feel like they're being heard. And so they're automatically pushing back against whatever you want them to do, even though and we're going to talk about this, and how you can get this to happen, even though they might agree to something very similar to what you want them to do. This method is making them fight you like hard core!

B Brie Tucker 12:35
Exactly. And you've actually got a great example of this, too. That happens to so many of us.

J JoAnn Crohn 12:39
Oh yeah. So say like you are watching your favorite TV show, and the suspense has been building, and it's just about to get to the really good part. Like you're gonna you're coming to the climax, and you're like, everything's gonna be revealed, when all of a sudden, you're told to turn off the TV now and go to bed. Like how would you feel Brie?

B Brie Tucker 12:56
Oh, heck, no!

J JoAnn Crohn 12:58
no,

B Brie Tucker 12:58
No leave me alone. I've got five- Shut up. I can't hear what they're saying. Like all those things would be going through my head. And that's as an adult. Yeah. That is somebody that does have a fully developed brain and emotional regulation.

J JoAnn Crohn 13:12
Yeah. And kids, their emotional regulation is not fully developed yet. So that's, that may be an all out meltdown. Or it's definitely going to be a fight with a lot of whining and explaining and push back.

B Brie Tucker 13:25
that example right there, that emotional investment in that scenario doesn't necessarily have to be TV. No, that would also apply to video games, that would apply to reading a really good book, that would apply to playing a game with your sibling, building Legos by yourself, like, whatever. It's something that you're really emotionally invested in. You are 100% rolling with it. You are good to go on this roll. And then all of a sudden somebody walks in and just says stop right now. Or else.

J JoAnn Crohn 13:52
Yeah, it's put imposing your will if I want it that way. So you may be asking though, right now, so if this is not the most optimal way to get like bedtime to happen, what do you do? Well, you could use the second one, which is come together.

B Brie Tucker 14:11
Okay, ready?(singing together) Come together, right now. Over me. (imitating the guitar). I like the Aerosmith version. I am a Beatles girl too. But Aerosmith was one I heard first.



JoAnn Crohn 14:26

Well, this the come together strategy is the problem solving method that we teach in common happy parenting, which is if you have not checked out this no go mom parenting course you should go check out Well, we'll put a link in the show notes. But come together is all about figuring out your kids feelings about the situation, letting them know your feelings about the situation and what you would like to see happen and then coming to a mutually agreeable solution. Now one of the huge push backs I know for many parents who are used to using I Want It That Way is that they They hear this solution. And they're like, Oh my gosh, my kid is going to walk all over me. And I'm not going to have any control in my house. Oh, yeah, yeah. And that's not true. Because mutually agreeable means that you both agreed to the way forward. Because if we're used to operating, and I want it that way, it's gonna feel really weird asking our kids how they feel about a situation



Brie Tucker 15:20

well and the other thing you have to remember is that the come together method that does take planning. So what I mean by that is that you cannot enact it in the moment and start it right there. So again, if it's bedtime, and your kid is watching TV, you can't work or doing whatever that activity is, you can't walk up to them right then and be like, Hey, isn't bedtime 8:30? No you need to have a discussion about this before you get to that point. And the big thing is that you have the discussion when nobody is upset.



JoAnn Crohn 15:51

Oh, yeah. So if that time is a recurring problem, having this bedtime discussion, like in the car, or maybe before school, and you could start it out with like, Hey, I noticed that bedtime is been going past 830. Lately, what's going on? And you'll be surprised what your kids say. Now, they might come out and be like, Oh, yeah, I don't want to go to bedtime at 8:30.



Brie Tucker 16:15

Yeah. Or they might give you the whole- I hate this one... I don't know.



JoAnn Crohn 16:18

I don't know. I don't know what's going on and have no to expect that. That's a pretty typical kid response.

B Brie Tucker 16:25
Yeah, just because I hate it doesn't mean it's not normal.

J JoAnn Crohn 16:27
Yeah.

B Brie Tucker 16:28
It still drives Brie nuts.

J JoAnn Crohn 16:29
It is a normal kid response. So if you do get that response, the I don't know, you could then break it into smaller parts. So be like, What ? Don't you know about the 8:30 bedtime? Is it that you don't know that 8:30 is your bedtime? Is it that like you want to stay up later than 8:30? Is it you have like, what is it just break it down from there. And this is a process that we teach in Calm & Happy Parenting, the five questioning strategies of how to drill down and really find out your kids reasonings for their behavior.

B Brie Tucker 17:00
right. And sometimes it's as simple as it I had this actually happened in my house recently, well, recently, meaning in the last two years. So like, we moved into this new house, I wanted it decorated a certain way, it looks so gorgeous. It's very non cluttered. In my opinion, it might we were having a really hard time with my kids going to bed once we moved in. And I'm just like, why are we having such a hard time with bedtime? drilling down, guess what I found out? We didn't have a clock.

J JoAnn Crohn 17:25
Oh!

B Brie Tucker 17:26
in the living room.

J JoAnn Crohn 17:27

They didn't know.

B

Brie Tucker 17:27

No! Exactly! So like none of us knew. And what happened was every night it would be like me pulling out my phone going, Oh, crap, guys. bedtimes in five minutes. And then they would be all grumpy. And I'm like, What's your problem?

J

JoAnn Crohn 17:38

So they didn't even know it was coming up.

B

Brie Tucker 17:40

Right Then. So then I got a clock. Yeah. But it was one of those pretty kind of Roman clocks. So it had like the the time and like Roman numbers instead of regular numbers. And my kids were like, I don't remember what IV means. I'm just saying that sometimes. It's a simple solution once you can get to that point. But what I kept hearing was, I don't know. And we were all just mad. Yeah. But once you drill down, it was like, oh, there's no clock. Here's the clock. Oh, you can't read that clock. Let's get a clock you can read.

J

JoAnn Crohn 18:10

Yeah, you find out so so much like what you think is the problem usually isn't the problem. Like I felt like I came out like kind of a similar? Well, a situation where my kids were leaving out like pizza boxes after having friends come over. And like they were just left out on the counter. And I'd come down and you know, God, like my first instinct was like, Oh, my gosh, my kids don't respect me. They just leave their trash out for me to put away. Like that was the first thought that went through my head.

B

Brie Tucker 18:39

And I think almost all of us as parents would have that thought process. Yeah. And we'd be like, lazy kids don't even respect me or my time.

J

JoAnn Crohn 18:46

Yeah.

- B** Brie Tucker 18:46
Or our house. What is wrong with that?
- J** JoAnn Crohn 18:49
Yeah. And when we have those assumptions, of course, we get mad. Yeah, of course.
- B** Brie Tucker 18:53
And what happens when you make an assumption? Brie's favorite thing?
- J** JoAnn Crohn 18:56
Brie's favorite thing.
- B** Brie Tucker 18:56
It makes an ASS out of U and ME.
- J** JoAnn Crohn 19:00
So instead of making that assumption, I just went to my daughter, and I'm like, Hey, I noticed the pizza boxes around the counter what's what's up? And through drilling down and asking like getting deeper and deeper. I found out that because she thought, since I was the adult, and there were multiple kids over, that it was my job to clean up.
- B** Brie Tucker 19:24
Now, you know what? I also have to say that in this conversation, yeah, when you've told me about it, I am legit impressed with your amount of composure, because hearing that my answer would have been like, Say what?
- J** JoAnn Crohn 19:36
And, you know, it takes a lot of like, I have to tell myself stuff in my brain when like, I'm hearing these responses for my kids, because first I know that they're just like she was telling me the truth is right. You're doing it to be snotty. She was telling me what she how she thought it worked and what her view of things were. And so I had to picture her and she's 12 I had to picture her as like a little toddler. telling me this and when I get mad at a

little toddler? No, I wouldn't. And you know what else? Oh, to like

B Brie Tucker 20:05
it again with that whole like in your heart you want to say Say what? Yeah, but you know, you come back with that response in your kids like, Well, I'm not gonna tell you truth next time.

J JoAnn Crohn 20:15
Yeah. So when she told me that well, then that was a really easy situation to fix, right? Because all I said I'm like, it's actually not my job, I want you in the future to pick up after your guests and pick like, if you guys eat together, I want you to be in charge of clean up. And at first she's like, I didn't know.

B Brie Tucker 20:35
And you're like, Okay,

J JoAnn Crohn 20:38
okay, okay, well, now like I've said it, and this is what I expect. And that's how we ended it. And she's cleaned up pretty much after that. And if she hasn't cleaned up, she's like, Oh, yeah, I'm sorry, I forgot. And I'm like, Okay, well just go do it. And she does.

B Brie Tucker 20:51
So even if you were to continue that conversation, where she was to come back and say she didn't feel like that was a fair expectation. It was still a conversation that you were able to answer her questions and move forward. Yes, if you get mad, and I'm not saying that there's anything wrong with getting mad, like we already said, the beginning of this episode, we are human

J JoAnn Crohn 21:09
We're human.

B Brie Tucker 21:10
you know- if you prick me, do I not bleed? I mean yes. we are human. We have these

reactions. We cannot not have them. But what we can do as adults is self-regulate.



JoAnn Crohn 21:22

Yes. And that's very hard sometimes



Brie Tucker 21:24

Breathe. I really liked that idea that what you just said about, like, visualizing your child as a toddler. No, I would have infinitely more patience.



JoAnn Crohn 21:33

I heard that suggestion from someone who is raising teens, like when my kids were like six and seven that they're like, they're just overgrown toddlers, and really they are!



Brie Tucker 21:42

they're toddlers with better vocabulary. It's really- (laughing)



JoAnn Crohn 21:44

it's so frustrating.



Brie Tucker 21:46

I don't mean to insult any teens right now. But seriously, guys. Oh!



JoAnn Crohn 21:49

I mean, that's kind of the state of the brain development right now in teenagers that I can't take anything to heart what my daughter tells me like when she when she gives me offhand comments, or when she's like really upset. The things that stir me inside that I really want to react to you. I'm like, okay, I could not take this to heart right now. I needed to just let it sit and then we'll come back to this later.



Brie Tucker 22:09

Just find you're texting friends. We text each other back and forth when our kids do stuff.



JoAnn Crohn 22:13

Like, You'll never believe this!



Brie Tucker 22:14

You won't believe what they said! that. And I just send back a "Yep!"



JoAnn Crohn 22:16

Yep,



Brie Tucker 22:19

100% I feel ya.



JoAnn Crohn 22:20

yes. But it's parenting's hard.



Brie Tucker 22:22

I go back to this.



JoAnn Crohn 22:23

We need a sticker like that. Parenting is hard.



Brie Tucker 22:25

Parenting is hard. And teens are toddlers with better vocab like, Don't say that to your teen.



JoAnn Crohn 22:31

Don't say that.



Brie Tucker 22:32

But it's a really, really excellent point. And I feel like that is a really great technique. I'm

going to try to use now.



JoAnn Crohn 22:38

Yeah, their toddlers. Just picture picture your daughter. Yeah, little chubby cheeks. I look.



Brie Tucker 22:43

Oh my gosh, their cute little faces and their hair in a little tiny pigtails that barely come out of the rubber bands because they don't have much hair.



JoAnn Crohn 22:50

Yeah, they're toddlers and you just breathe. You're like, Okay, so that's come together. So we talked about I want it that way and come together. But you have you have one more option that I think many parents are afraid to embrace. And that (singing together) Let it go! let it go. And yes, we can't be Idina.



Brie Tucker 23:10

yeah, we're not gonna keep going on that one- sorry.



JoAnn Crohn 23:13

You can let it go. And this is the scariest. Like I get it. There's a lot of fear and letting things go. But oh my gosh, the fewer fights it creates makes it worth it. And if you get in a fight, like with your kids, anytime you get in a fight with your kids, you already lost like it's done. Right? If you're arguing back and forth, it's done. They won. You lost. It's the hardest thing to like, really, except when we fight with our kids, but our the way that we can teach is by refusing to fight in the first place. And that's a technique that I use, like if my daughter comes at me like guns flaring. I know emotions are too high and I'm like, we can't talk about this right now.



Brie Tucker 23:55

Oh you got a good thing. you go. Okay.



JoAnn Crohn 23:57

Okay, I did the okay and they know the okay means I am pissed.

B Brie Tucker 24:05
We all have our thing. Brie does this thing where her lips disappear. I got that from my mom. So thanks mom. It was her technique. Everyone in our family knows that when the lips disappear. Just stop talking.

J JoAnn Crohn 24:16
anytime they say something that upsets me, I'm like, Okay. Everything goes quiet. They're like, Mom, I'm I can't talk right now. I need to I need to wait a little bit.

B Brie Tucker 24:25
But that's okay. Because you know what? That is a great life skill. How many of us have had other adults in our lives that you wish they had that "Okay, I can't talk right now."

J JoAnn Crohn 24:35
Oh, yeah.

B Brie Tucker 24:36
Instead they just kind of say things that they can't take back that are harsh, that are sometimes completely untrue. But once it's out there, it's out there.

J JoAnn Crohn 24:46
Yeah.

B Brie Tucker 24:47
And that's the big thing about words like once they're out there, you can't bring them back. So that also leads into that whole, letting it go because once you're in that argument with your kids, chances are good that either your child or you are going to end up saying something mean that later you're going to have to be like, I'm really sorry, I said that. And I'm not saying that that's not a good thing. I mean, it's always good to apologize and to be able to say that you're sorry for things that have happened. But

J JoAnn Crohn 25:10
that's always an option. Like we all lose our cool. And all you need to do is just repair the relationship after you lost your cool. That's it.

B Brie Tucker 25:17
And I guess that's my point, when you continuously are getting in arguments and continuously having the same fight over and over and over again, saying I'm sorry, is like I kind of look at it as like a wave crashing on a rock. It cuts away at that rock. And the rock is like your relationship with your kid. And the more you continue to have this fight, you can say your sorry and stop the water crashing against it for a little while. But it's going to come back again. It's going to keep chipping away. And eventually it's going to be hard to have anything left.

J JoAnn Crohn 25:45
Yeah. So whenever I try to make the decision between am I letting this go? Or am I going into problem solving mode? I always think about, okay, are natural consequences going to solve this for my kid? And does this affect the rest of the family? Or does this only affect them? So an example is cleaning their rooms and getting them to clean their rooms?

B Brie Tucker 26:06
Yes, that's a huge one for both of us that we have both

J JoAnn Crohn 26:09
Yes.

B Brie Tucker 26:09
moved over to this method. And I gotta tell you, it's freeing.

J JoAnn Crohn 26:12
And that's the let it go. Because when I let go policing, especially my son lately, cleaning his room, what happened? Well, natural consequences took over. And he had a really hard time finding clothes and things when he was getting ready in the morning. And he'd come to me and he's like, I can't find this. And I look at and be like, oh, oh, I'm sorry, it

must. Is it in your room. He's like, I can't find it in my room. I'm like, oh, and he knew he knew what he needed to do. Because we had talked about it in it wasn't really a nagging way, though. We talked about it. I just said, You know what, I don't like organizing, either. I don't like cleaning either. But I find that like, when I can't find stuff. That's usually the problem, the problem I need to clean or organize, and letting that go preserve the relationship that we had. And then one day, he was just like, I want to clean my room. And it's been pretty clean.

B Brie Tucker 27:07
Yeah, I mean,

J JoAnn Crohn 27:08
like a day!

B Brie Tucker 27:08
and no one's saying that you can't set some rules. Like in my household, it's very similar to that, like, I have two teens, I believe very strongly in your space is your space, you get to kind of have it the way you want it to be. Within reason people. Okay, so in my household, the rule is, I have to be able to have a clear path from your door to your bed, either for emergencies like there was a fire and you got to get out of the room, or so that I can come in because my kids still like me to come in and tell them goodnight. So I have to be able to do that without tripping, falling and breaking my neck. Other than that, your room is up to you. Now does it drive me bonkers? Oh, heck yeah!

J JoAnn Crohn 27:44
Oh yeah, we have to go and close the doors.

B Brie Tucker 27:46
Yes, yes, I closed the doors so that I don't have to see it. And they know, that's why their door is closed. And it's whatever. But they know that that's the rule. And if and if they can't keep that part of the bargain going because they agreed to this, we had a conversation. I'm like, every time I see your room it gives me a lot of anxiety, that edited out we agree that this was a path. And once I explained to them why they needed that path for safety reasons, they were okay with it. And that's how we roll right now. And it's working for us right now. It's been working for us for a year and a half. Is it going to change over time?

Probably.

J JoAnn Crohn 28:16
Yeah.

B Brie Tucker 28:17
But right now it's working.

J JoAnn Crohn 28:19
some other things that you might want to consider letting go of the policing of homework problems. And if you're seeing that your kids aren't putting their quote unquote best effort onto homework, let that go. Let it go. It is only going to create a fight and you know what the teacher if they feel like it's not your kids best effort, they are going to bring it up with your child so that you don't have to get into that argument.

B Brie Tucker 28:40
And trust me, it'll mean more from the teacher than from you 90% of the time.

J JoAnn Crohn 28:45
another thing is like their interactions with their friends. So if you're over at someone's house, and you feel like your child, maybe being too bossy, but the other friend looks fine. I wouldn't insert yourself in that interaction, I would let the kids figure it out themselves because your child is going to experience pushback from their friend because of the bossiness or any behavior that they're exhibiting and that is going to mean more to them like in the long run learning that lesson and knowing how to interact with friends, then you kind of telling them that

B Brie Tucker 29:19
Exactly, exactly.

J JoAnn Crohn 29:20
So those are some great things to let go of if you are stressing out about a lot of those things right now. Let it go.

- B** Brie Tucker 29:27
Let it go. So So what are the three different ways of parenting? Tell us like Which one do you think that you related to best? and which one do you think you would like to strive for? or or more than one? So our first one was-
- J** JoAnn Crohn 29:40
the I wanted that way which you know what is pretty, PRETTY like seen a lot in parenting.
- B** Brie Tucker 29:47
Yeah, yeah, that's where like you're you're inserting your plan because this is what you think is going to be best for everybody.
- J** JoAnn Crohn 29:52
And you may get a lot of pushback right now because of that.
- B** Brie Tucker 29:55
Then you have come together.
- J** JoAnn Crohn 29:55
come together which is like engaging everybody, making sure that everyone's needs are met or at least everyone's needs are considered.
- B** Brie Tucker 30:04
Yeah and heard.
- J** JoAnn Crohn 30:05
And and are heard and are coming to a mutually agreeable solution,
- B** Brie Tucker 30:08

right. And then our last one, let it go. Let it go



JoAnn Crohn 30:12

Let it go.



Brie Tucker 30:13

We realize that this one is scary, we realize it but you know, again, try it maybe with something small. Something that that you're willing to try small. And I guarantee once you see it have some positive, it's going to be a lot easier to do going forward.



JoAnn Crohn 30:28

Yeah. So So until next time, remember the best mom is a happy mom, take care of you. I'll talk to you later.



Brie Tucker 30:36

Thanks so much for stopping by.