

Transcripts for Ep097 Seven Ways to Get RESPECT In Your Home...

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SUMMARY KEYWORDS

kids, respect, solving, problem, mom, talk, parenting, teach, listen, parents, hear, react, bossy, mistakes, solution, respectful, stupid, disrespect, stretching, questions

SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined by my almost twin today Brie Tucker.
- B** Brie Tucker 00:09
Why Hello, hello, buddy. How are you? You know, noticing we do a lot of focus on the outfits, but
- J** JoAnn Crohn 00:14
I know it is a lot of focus on the outfits because that's like, where my mind goes like that is that that's actually my tool for like when I'm in a social situation, how I kind of get myself in a group or introduce myself to someone is I'll just be going by and I'll be like, Hey, I like your necklace, or like, I'll just give them a compliment about something that I see on them. Because that's my go to.
- B** Brie Tucker 00:32
That's a very good technique. Unfortunately, mine is like when it's kind of that awkward

silence I just go. Is this crazy whether or what?. And how cliché is that?!

J

JoAnn Crohn 00:43

But I think a lot of people talk about the weather. I mean, that's where every conversation goes when you don't know what to say.

B

Brie Tucker 00:48

Or when you live in a place that has extreme weather, kind of like the valley. But back to the outfit thing. It's funny, you bring it up and we both giggled about it because we are literally wearing the same top just different colors.

J

JoAnn Crohn 00:58

We are. Yeah, go Stitch Fix.

B

Brie Tucker 00:59

Yes. Go Stitch Fix, And what's funny is you're wearing a black top and green pants and I was wearing a black top in green pants. And I switched at the last minute to this outfit with black pants and my purple top. This is too much detail for you guys. But the funny thing is, I would say at least once a week we end up in the same outfit.

J

JoAnn Crohn 01:18

matching Yeah, it's weird.

B

Brie Tucker 01:20

Yeah. Yeah, it is so weird because we don't even talk to each other about it. We just show up. We're matching again.

J

JoAnn Crohn 01:26

It's how it goes. It goes. I'm doing like weird postures to when I'm talking to Bri I'm stretching my bum today. Like the the figure for stretch, my lower back hurts. And like when I went to get a massage recently, they're like, does your back hurt?



Brie Tucker 01:38

Yes, yes, it



JoAnn Crohn 01:40

Yes, it does. And the misuse, he was like, You look like you're really tight and your glute area and that can like pick strain on your lower back. And so you just have to stretch it. I'm like, oh, okay, that's it. And when I'm stretching, when I'm doing that figure four oh my gosh, it hurts like there's some stretching needs to happen right there. But it takes all the pressure off my lower back.



Brie Tucker 01:58

I hold a lot of stress and a lot of places, but my gluteus maximus is not a place I hold that stress.



JoAnn Crohn 02:03

I don't know why? I don't know why. It's weird. The body is just so weird



Brie Tucker 02:08

The Joy's.



JoAnn Crohn 02:09

But we -but we need to respect our bodies.



Brie Tucker 02:12

Oh I like that!



JoAnn Crohn 02:14

Today, so we're talking about seven ways to get respect in your home. And guys, we made this super easy because RESPECT is an acronym.



Brie Tucker 02:22

of course!

- J** JoAnn Crohn 02:22
seven letters in respect seven ways to get respect in your home. Because we hear from a lot of parents and a lot of our friends and peers actually about like kids disrespecting them and not respecting them or like saying mean things. And all they want to do is teach their kids how to respect them.
- B** Brie Tucker 02:38
Right, right. And it's funny because this is a grew from the podcast episode where we talk about backtalk. And it just kind of turned into that first discussion. When we had the backtalk episode, we talked about how you were like, well, is that really backtalk? And then it was like, Well, really, it comes down to respect. And then it also comes down to what we were taught growing up, which is you
- J** JoAnn Crohn 02:57
got to respect your elders and right back to thorty. And that's not so much the case anymore.
- B** Brie Tucker 03:02
Right. And that whole thought process of you respect me because I'm your parent and the relationship being completely ignored there.
- J** JoAnn Crohn 03:09
Yeah, that so respect is still a great thing. That's not what I mean, when I say like,
- B** Brie Tucker 03:13
yeah,
- J** JoAnn Crohn 03:14
for elders, it's more that it doesn't work anymore to tell kids that they should respect adults just like unilaterally across the board.

B Brie Tucker 03:22
Right. It's about that respect being a two way street.

J JoAnn Crohn 03:25
Yes. And that's, that's a hard thing, sometimes for us to wrap our heads around. Because here we are, as the adults as the parents, we've had more life experience. We know more, we've been through it all. And so we feel like we deserve that respect, because we've done all of this already. And they should just respect our opinions and not question them.

B Brie Tucker 03:47
Right. And I think that's where it really comes down to.

J JoAnn Crohn 03:49
That's where it comes down to!

B Brie Tucker 03:50
To blindly follow me and listen. But wait, I don't want you to do that with everything else in life.

J JoAnn Crohn 03:55
Yeah,

B Brie Tucker 03:55
don't blindly follow your friends off a bridge.

J JoAnn Crohn 03:58
And that's where like the disconnect comes in. Because we are telling kids to chart their own path. And to make sure people treat them kindly and to stay with people who treat them kindly. Whereas if at home, it's not like a two way respectful environment, which I mean, if it is this way in your house, there is no shame here at all. We are all growing as people, but kids see that disconnect, and they're like, wait a minute, how do I show respect, when my opinion isn't taken into consideration.

- B** Brie Tucker 04:28
right. And so today, we are showing you what you can do and what you can expect from your kids as well. As a result of that. It's super excited and super excited for this episode.
- J** JoAnn Crohn 04:38
This will actually bring you a closer relationship with your kids as well. So it has an added benefit and it gets you It gets you actually more of what you want. Because when you do it in this way, there's less fighting with your kids. There's less nagging at them to do things, and there's just less like disharmony in general and we're going to show you how so Get ready for this episode. Hey, if you're stressed out right now about the thought of having your kids go back to school and starting this whole homework routine again, when, you know many of us have not had practice with the homework routine for over a year, then you have got to join us in our free event live. It's called Homework Simplified. It happens all next week. And you can go sign up for it at www.noguiltmom.com/homework
- B** Brie Tucker 05:32
So if you love the no guilt mom podcast like I know that you do, then you have to check out our very talented friend, Cara Harvey, who was the host of Purpose Driven Mom podcast.
- J** JoAnn Crohn 05:43
So Cara is a productivity coach for moms and mompreneurs. And she helps overwhelm moms develop systems and routines so that they can manage their time and take action on their goals.
- B** Brie Tucker 05:55
As a mom of three and a former school teacher, she knows exactly how important it is to have these routines and systems in her home and wants to help you get there too.
- J** JoAnn Crohn 06:03
So check out the link to Cara's show in our show notes. And now on with the nugget mom podcast. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline,

making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Okay, so let's get into this seven ways to get respect in your home. And if you want to take notes, you can no you don't need to. You don't need to actually, if you go to my Instagram, it's just @noguiltmom, we've created a slide like a little thing to help you remember each of these parts. So you can find it there on the Instagram as well. So you don't have to take notes

B

Brie Tucker 07:08

Well you know, Brie's a visual person. Yeah, anytime you do visual stuff. I greatly appreciate it. Because the only way I can remember anything.

J

JoAnn Crohn 07:14

Yeah. So you just got to look, it's blue. It says how to teach your kids respect. It's right there. So you don't have to take notes. You can just listen and soak it all in.

B

Brie Tucker 07:22

Yeah,

J

JoAnn Crohn 07:23

it's like the best thing you can get to learning through osmosis. You remember like when you wanted to fall asleep on your biology textbook and you're like I'm learning through osmosis.

B

Brie Tucker 07:33

I had a pin about that. I Had Garfield sleeping on a bunch of school books.

J

JoAnn Crohn 07:38

Yeah, I wish it would I wish it would. So this is the second the second best thing to that. So we have named everything with the letters of respect - RESPECT.

B

Brie Tucker 07:51

(singing) RESPECT, find out what you mean to me!

J JoAnn Crohn 07:57
first one for "R" it's react appropriately. So when kids like give you that disrespect when they talk back when they like say no, I'm not gonna do that or no, you don't know what you're talking about, or Meh! You're the worst mom ever!

B Brie Tucker 08:11
Oh, yeah. I've never heard that one before. I have to keep myself from saying that out loud. That goes through my head sometimes like, oh, we're doing this again. Oh, okay, great. This episode, though, you know, it's been on repeat a little bit.

J JoAnn Crohn 08:24
So the first step is to react appropriately. And what we mean by that is you are going to want to say all those things,

B Brie Tucker 08:30
but don't!

J JoAnn Crohn 08:31
don't do it.

B Brie Tucker 08:32
It won't help.

J JoAnn Crohn 08:32
It won't. It will just exacerbate the conflict and it will not work. We know from experience.

B Brie Tucker 08:39
Yeah, yes. When you slip up and something comes out. You're just like, I never seen that. When your kid does that, too? They'll say something., and you realize that they didn't mean to in their eyes get huge. Oh. Oh no.

J JoAnn Crohn 08:52
Yeah.

B Brie Tucker 08:53
I mean, I think the same thing happens for us as parents, and we had an episode a few weeks back to where we talked about how teenagers, we need to realize that they are almost kind of like toddlers as well, but with better vocabulary.

J JoAnn Crohn 09:07
Yeah,

B Brie Tucker 09:07
like when they're saying things to us and out of anger. And this disrespectful communication. They normally don't mean it.

J JoAnn Crohn 09:16
Yeah, it's usually out of frustration more than actual meaning. I mean, we as parents do this as well, just this weekend, I was out shopping and I was totally frustrated and having to go store to store to store and both of my kids were with me.

B Brie Tucker 09:28
In 115 degrees.

J JoAnn Crohn 09:29
Yeah, it was, well, it was in the mall, so that was a

B Brie Tucker 09:32
Oh well, a little better.

J JoAnn Crohn 09:33
My daughter's like, well, I'm frustrated because you told me we can go to target for school

supplies. And now we're not gonna have time. And all I wanted to do is my husband was checking out of a store downstairs and I just wanted to go look at the little kiddies and the puppies next door. That's all I want to do.

B

Brie Tucker 09:48

I want my 2 minutes of kittens, puppies.

J

JoAnn Crohn 09:50

and when she said this completely reasonable thing to me. She said it very like she's like, I'm frustrated because of this. Like it was great. It was wonderful. Yeah, guess what I said? I'm like, well, let's just do everything. thing that you want to do and not do anything I want to do.

B

Brie Tucker 10:05

did you get big guys back from her?

J

JoAnn Crohn 10:06

Um, yeah, I thought it was it was not my best parenting moment whatsoever. But you know, that would be an example of not reacting appropriately. And you might do this from time to time a lot. Yeah. And it's okay, if you do. What happened with me is I did have to cool down, I realized something I said something horrible. And I needed to shut my mouth for a little bit. And I did go and apologize to her after but it happened.

B

Brie Tucker 10:32

I'm giggling because like she is guys. She is like gut wrenched about retelling the story. She's like, oh, there's plenty of times where this stuff has happened. Like, yeah, we all have just like, we give our kids the benefit of the doubt that they're hungry, they're tired, they're angry, there's only something else happened that made them react that way, we deserve that kind of kindness to Yes, but if you make it a habit, to not react immediately, when something negative happens, and you make it a habit to be like, I'm just gonna take a little bit, I'm not gonna react about this for like, another 10 minutes.

J

JoAnn Crohn 11:08

And you could even say that to your kids be like, I am mad right? Now I really need to cool

down before we talk about this,

- B** Brie Tucker 11:12
right! It's a positive thing. It really, really is. And you're going to find that by dis -modeling, I start to say display, but by modeling that to your kids, they're going to be more likely to start doing that too. And then guess what? If they are cooling off before they're talking, you're going to get a lot less of that. You're just stupid.
- J** JoAnn Crohn 11:30
Yeah.
- B** Brie Tucker 11:31
Like responses from your kids.
- J** JoAnn Crohn 11:33
So that's "R" react appropriately. "E" is
- B** Brie Tucker 11:36
explore the reason for the disrespect.
- J** JoAnn Crohn 11:39
Yeah, so this one is a totally different way of thinking about disrespect. Because we were raised that we should always respect our elders, and kind of the implicit message there was our opinions really didn't matter. Like,
- B** Brie Tucker 11:52
right,
- J** JoAnn Crohn 11:53
how we felt really didn't matter.

B Brie Tucker 11:54
Yeah, because of the kids. And we were dumb. And we just had to listen.

J JoAnn Crohn 11:57
Yeah. And that's how we were raised. And so you know, you really raise your kids the way you were raised unless you take a specific parenting course or, or listen to a podcast or something where you get the knowledge to kind of change that. So this is different. So instead of, you know, you react appropriately, but then explore why they reacted that way.

B Brie Tucker 12:20
Right. So this has a lot to do with like asking questions, you ask questions.

J JoAnn Crohn 12:24
And one of our favorite questions that we teach in Calm and Happy Parenting, which is our course for parents, is I noticed that you talk to me in a really like, kind of irritated tone, what's up? And just starting with that, now, it may not work right away, because your kids need time to cool down as well.

B Brie Tucker 12:43
Right. So trying to get them to drill down when they're super angry might not render the best results. Yeah, you might get some very superficial, harsh things that they're saying just to get you to leave them alone.

J JoAnn Crohn 12:55
Yeah, like to that question I can imagine because being like, because I'm mad, because you're stupid. Because Yeah, yeah, we're just gonna continue. So that cool. downtime is really, really important. But once everyone's cool down, you can be like, Hey, I noticed this happen. What's up?

B Brie Tucker 13:10
Yeah, I can hear that you're upset. Can you tell me why? What exactly is causing you to feel like this? Yo, how do you want us to proceed? like asking those kinds of things, it

doesn't mean that you are taking a step back and letting go of your parenting role, or I don't want to I don't want to say like authority, because



JoAnn Crohn 13:29

I think there is though a lot of fear, though, that your authority is somehow diminished when you take this approach. It's not!



Brie Tucker 13:35

And we want to make sure that you know that Yeah, we want to make sure you know you're not. What you're what you're doing at this point is you're researching, you're trying to get all the details so that you can get an effective answer. And how many of you do that in so many other facets of your life? Right?



JoAnn Crohn 13:48

Yeah, yeah. I mean, like, if an air conditioner breaks, you don't just be like, okay, air conditioner,



Brie Tucker 13:53

I'm going to call the plumber.



JoAnn Crohn 13:54

Yeah,



Brie Tucker 13:55

No! You do your research!



JoAnn Crohn 13:57

Someone who knows, like air conditioners, and you have them go up, and they diagnose the problem. So really, what you're doing is you're diagnosing the problem. Yeah. Because a lot of the things that we think are upsetting your kids, they're not the real reasons, right? And it's very surprising when you start digging into that and finding out the real reasons.

- B** Brie Tucker 14:16
right. Exactly. A lot of times it has probably nothing to do with what's going on at that moment.
- J** JoAnn Crohn 14:21
No and you'll be surprised like, you'll be totally surprised. And this is how your relationships going to improve because what you thought needed fixing isn't what needs fixing. It's this other thing over here.
- B** Brie Tucker 14:32
Exactly, exactly. So after you've explored the reason for the disrespect and what is S?
- J** JoAnn Crohn 14:37
S is to stay calm and give them a chance to respond. And listen.
- B** Brie Tucker 14:42
I think that listen like in our notes by the way for this episode, I wrote listen in all caps. Yes, I know. That's not always my strong suit.
- J** JoAnn Crohn 14:50
It's hard!
- B** Brie Tucker 14:50
I like to get to the solution. I don't like to waste time, like okay, let's move. I know what's wrong. Let's just move forward. Sometimes all they need is just a little bit listening.
- J** JoAnn Crohn 15:00
Yeah, sometimes with emotions a lot, I shouldn't say sometimes with emotions, like pretty much all emotions, they need to get everything out. They need to feel like they're completely understood. Before any, any change can take place or any problem can be solved.

B Brie Tucker 15:18
Right. And I know that when I'm dealing with what I would term disrespect for my kids, so like, maybe I said, we're going to be doing this and one of my kids said, well, that's just stupid. You always come up with stupid plans and make us do stupid stuff. That can be really upset.

J JoAnn Crohn 15:33
I would be like, ready to go Come down over here for a bit.

B Brie Tucker 15:35
Right? Yeah, I think that my my natural reaction to that as a human being when someone is attacking my character.

J JoAnn Crohn 15:44
Uh huh.

B Brie Tucker 15:45
is to come back at them. Maybe I get them rhetorical questions. Oh, yeah. Well, well, you're you're What? What makes me so stupid? You're stupid all the time. And then you just start to unload on everything.

J JoAnn Crohn 15:55
Yeah.

B Brie Tucker 15:55
And I think back to like those times that we have those like, because we've all done it once or twice where we've had that argument normally with a partner, like a romantic partner, where we bring up things from like, four years ago. And remember that time and you did that. And they were always doing what you want. And you always see what I want to do is stupid. parenting, to listen someday. Yeah, kids, like your kid can't even get a word in edgewise.



JoAnn Crohn 16:18

Do you ever want to do the whole thing? Like, oh, yeah, I was so stupid that I took you to the mall? was so stupid that I bought you this? was like, I want to do that all the time.



Brie Tucker 16:25

Right? But that doesn't help. Right? All that does is that's just bringing back that same attack that they just gave to you. And after they attack your character, do you want to listen? Heck no!



JoAnn Crohn 16:34

No. And if you're finding that, like when they're telling you things about how they feel or what they're thinking, if you're having a hard time keeping it under control, like, it just means that you're not cooled down yet. And you deserve that time to cool down. So right ask them to stop and say like, you know what, this is really hard for me still, I'm really angry about the situation. I need to cool down, I need to take a few minutes to myself.



Brie Tucker 16:58

And again, this comes back to you by staying calm, giving them a chance to respond, answer those questions that you gave when you're exploring the reason and actually listening to those answers. You're teaching them. Wow, people will listen to me when I put together my thoughts. And when I say what I'm thinking, and when I say what's bothering me, which is so much more effective than yelling or hitting or screaming.



JoAnn Crohn 17:21

Yeah, it's so much more effective. Yes, it is. And it's funny, because like learning this questioning strategies when I went through learning it, and I can now see when other adults do the same thing to me, and I can stop them. And I can be like, hold on, I need to get everything out first.



Brie Tucker 17:36

That's really good. And you know, that's so much better than yelling at somebody.



JoAnn Crohn 17:39

Yeah, or like stomping off or like saying something behind someone's back are like, you know, and it's good for you to It's really good. I mean, being listened to you is one of the best things in relationships ever. Because feeling heard is like so important.

B

Brie Tucker 17:56

Right. And I think in a lot of cases, too, sometimes when we're able to unload it all. And somebody gets started on that thought process of why is this happening? Why am I feeling this way? Why am I so angry at the situation? You can work through it,

J

JoAnn Crohn 18:10

you work through it. And then you're like,

B

Brie Tucker 18:11

oh, and then you're probably okay. Yeah, I see why you wanted us to do that. Okay, that makes sense.

J

JoAnn Crohn 18:15

Yeah, yeah, that's a powerful, powerful point, you might not even need to go to problem solving, they may figure it out on their own.

B

Brie Tucker 18:21

which actually, you just gave him the teaser, like what is P in RESPECT?

J

JoAnn Crohn 18:24

P is problem solve together! Because you are going to listen to everything that they have to say you're going to get all of your things out to in that, and so that you can problem solve together. And that's where you guys just think of solutions to whatever's bothering you.

B

Brie Tucker 18:42

Right. And I actually, this is a really simple when you're problem solving together, this is probably the million dollar question that you would ask. Okay, how can we solve this

together? Yes, that's right, that is letting your kid know, they're not in charge. I'm not going to dictate what we're doing, we're going to come up with a solution that we're both going to agree to. And I know it sounds crazy, you guys, I know that that those few words sound crazy, but they really do make a huge impact.

J JoAnn Crohn 19:08

And you can't do this for every problem either for RESPECT. like you can't like if they refuse to get in the car, something problem solving at that particular point in time is probably not going to work. Or like in instances of safety. Like if they're doing something completely dangerous. Don't expect you to problem solve there. No

B Brie Tucker 19:27

Hi, honey, I know you would like to run out in the street and there's a big 18 Wheeler coming, but how are we gonna problem solve this together. We're not let you do that I promise.

J JoAnn Crohn 19:37

No, no, no. Problem Solving is something for if something happens again and again. So for example, if you and your kids are constantly getting in the same fight and they are talking to you in a disrespectful way, when everyone's calm, that's when to go into problem solving be like okay, like when you're so upset, how can we solve this problem or what can You do or what can I do? So that we keep our emotions in check?

B Brie Tucker 20:04

Right, right. And so like if you're able to follow those steps before about, like staying calm, drilling down and asking the questions, and giving your kid a chance to talk and to say their feelings and actually listening to what they're saying, and using reflective listening, where you're repeating back key things that they're saying, if you come to that question of, Okay, how can we solve this together? If that's a brand new approach, you're gonna find that for a lot of kids that completely disarmed them.

J JoAnn Crohn 20:30

Yeah.

B Brie Tucker 20:31
And they're like, whoa,

J JoAnn Crohn 20:32
whoa,

B Brie Tucker 20:33
Uh, I don't know. Okay, yeah. Great. What do you want the results to be? And maybe the answer you're gonna hear from your kid is, so like, let's say a fight that you're having where there is disrespect is that you ask them to, like, maybe they have weekly chores in the house, or you ask them to clean their room. And that's stupid. It's my space. I don't want to have to clean my room. I don't want to have to do my chores. Okay, you come down. right? And then you drill. Okay, so why don't you want to do the chores? Why don't you want to clean the room? And it's more than just why like,

J JoAnn Crohn 21:03
yes, there's some questioning strategies that you can go into? But yeah, once you find out the reason behind it, then you could problem solve and see how both of you could be happy in this process.

B Brie Tucker 21:14
And they're able to speak back to you and tell you why. And you might hear the reasoning being like, because right now I have a stomach ache. And I feel like I need to throw up.

J JoAnn Crohn 21:21
Oh, I didn't realize that. Okay, here's the bathroom.

B Brie Tucker 21:25
Let's have a conversation about that, you know, or maybe it's something like because I feel like you're always telling me to do stuff. And this is my space. And that, okay, let's talk about this. How can we get to a solution? How can we work together on this? And maybe their answer is like, I shouldn't have to ever clean my room, I shouldn't ever have to do my chores. And that's when you get to say back to them. Again, this is a conversation.

- J** JoAnn Crohn 21:46
It's a conversation, they don't get everything that they want and coming to a mutual agreement.
- B** Brie Tucker 21:51
That's a solution. That's not going to work for the two of us. So let's come up with and then you tell them why that's not going to work for you. And moving forward.
- J** JoAnn Crohn 21:57
Yep. Problem Solving, we get a lot of pushback from parents when we talk to them about problem solving. Because that fear is real, that fear about having to let your kids do everything that they want to do in this process. That's very common. And we're here to say it's not the case with problem solving.
- B** Brie Tucker 22:11
Yeah, no problem solving is about your child working through coming up with a solution. It's not a one sided solution where they get what they want.
- J** JoAnn Crohn 22:19
So that brings us to "E" of respect, which is....
- B** Brie Tucker 22:22
examine your mistakes.
- J** JoAnn Crohn 22:24
So just like I said, at the mall, this weekend, I made a mistake. And it is so so powerful when we make mistakes as parents, and I'll tell you why. I'll be like what you win. Because it gives you the opportunity to model how to apologize. And it's the best way to teach kids how to apologize is when you have to apologize yourself.
- B** Brie Tucker 22:46
Yeah. And who has had their kids either apologize to you as their parent or to a sibling or

somebody else. And this is the apology: Sorry! Right? Like you get that. I'm sorry, you, they're being forced to do it. This gives you the ability to be like, I'm genuinely sorry.

J JoAnn Crohn 23:02
I'm sorry.

B Brie Tucker 23:03
And telling them why.

J JoAnn Crohn 23:04
I am so sorry. I did this. This is like what I was thinking when I did this. And I mean, my whole apology was like I was really frustrated. And I was tired and achy. And I didn't want to be there anymore. And I should have just, you know, taken a second to calm down or told you I was frustrated instead of saying what I did.

B Brie Tucker 23:24
Yeah,

J JoAnn Crohn 23:24
I'm sorry.

B Brie Tucker 23:25
And also like, and I do appreciate the way that you were able to talk to me. like letting them know, there's so many things, but I think that a huge factor of this is that we're all human.

J JoAnn Crohn 23:35
We're all human.

B Brie Tucker 23:35
We all make mistakes. Yes. owning up to mistakes is a huge, huge plus in people, because

you can't learn if you don't make mistakes.



JoAnn Crohn 23:44

Yeah, exactly.



Brie Tucker 23:45

So teaching our children that mistakes aren't things to be ashamed of, and aren't things to hide from and aren't things to. They don't make you a bad person.



JoAnn Crohn 23:53

Yeah, you can always shame Yeah, repair those mistakes and show them how and yeah,



Brie Tucker 23:59

if nothing's burnt down.



JoAnn Crohn 24:00

It's all good. We can still work anybody would ever down. It's okay.



Brie Tucker 24:03

I was gonna say



JoAnn Crohn 24:04

Workable.



Brie Tucker 24:05

There's more materials to build from. Yeah.



JoAnn Crohn 24:07

So for "C" we have choose respectful language and behavior. And this is hard because I know growing up, I constantly heard adults refer to kids as whiny and bossy and rude. And

like all of these names they attach to kids. And so now, like when we grew up, we are just repeating that same process. But it's really hard to come back from name calling.

B

Brie Tucker 24:34

And think about how that made you feel or how it makes you feel when someone calls you a name. It doesn't make you feel good about yourself. It doesn't make you believe that you can do better. It makes you feel a lot of times that self fulfilling prophecy. Oh well, fine if I'm bossy that I'm bossy and yeah, I don't have to do things nicely because no one's ever gonna see me as a nice person.

J

JoAnn Crohn 24:53

Yeah, so like if your kids go to someone's house and maybe they talk to you a little disrespectfully and you come back and you're like, You're so rude. Why do you have to be like this, it's probably not going to get you to the solution that you want it to get you to.

B

Brie Tucker 25:08

Right. And if you don't want your children using that language, then you don't use it with them either. That's a big thing about this whole choosing respectful language and choosing respectful behavior.

J

JoAnn Crohn 25:17

And this is the hard truth thing, because we don't want to bring the shame. But we also don't want to be like, everything will be great and wonderful if we don't address this one thing, that as adults, we're known to do.

B

Brie Tucker 25:28

right, right, because we all lose our cool. But again, like we just said, we can all make mistakes. We all learn from them. And we choose to do better next time.

J

JoAnn Crohn 25:35

And if you have been calling your kids these things, and like, I know that you probably don't mean anything by them, and that you were raised this way too. And you probably may not even be thinking about using them. It's totally okay to go apologize to your kids like right now be like, you know what, I'm so sorry. I've been calling you bossy. And I know

that you're not bossy. And I really want to try to stop using that word. So I am going to try to stop calling you bossy, and I'm going to work on it. But can you do me a favor? And can you tell me when I use it? And to make sure that I apologize when I do?



Brie Tucker 26:10

Yeah, I feel like that's a huge thing when it comes to building that relationship with your kids is giving them the ability to let you know in a respectful way that you're doing something in a negative towards them.



JoAnn Crohn 26:21

But can you tell I have that knee jerk reaction on bossy? Oh my gosh,



Brie Tucker 26:25

So now we're back to the last letter RESPEC what is "T"?



JoAnn Crohn 26:30

Teach. Don't punish.



Brie Tucker 26:31

Yes.



JoAnn Crohn 26:32

So this is really like teaching kids how to keep cool when they're like really mad and want to say something, teaching you how to express their feelings about something versus saying like, I can't believe you talk to me that way. You are grounded for a week.



26:47

go to your room!



26:47

Go to your room!

B Brie Tucker 26:48
That doesn't really give them the skills on how to not be disrespectful. All that does is teach them to get angry.

J JoAnn Crohn 26:56
Yeah,


B Brie Tucker 26:57
feel


J JoAnn Crohn 26:57
get angry,


B Brie Tucker 26:58
feel angry, because maybe there was a legit reason, you know, sometimes it makes them feel shame about their feelings. So so we see this all the time using kind and firm discipline is going to help you teach your child. discipline means to teach or to train not to punish.


J JoAnn Crohn 27:13
Yes. And I think that discipline really gets a bad rap. I don't know how it got that bad rap or where people thought it meant grounding and doing things the right way and how the right way got acquainted with whatever adults say is the right way. But no, and it doesn't mean that at all. You can be really kind and firm but still have a great relationship with your kids. And if some of these concepts especially the problem solving one and the asking questions, one that we talked about today, if you're like okay, this sounds great in theory, but like how do I do this? Like we have a course for you. It's called Calm and Happy Parenting. It is not available right now. But you can go sign up for the waitlist at www.noguiltmom.com/calm-happy-parenting. And we'll have a link for the show notes in case I screw that up right there.

B Brie Tucker 28:04
Yeah, that's a long one. I would be like- whhaaa?


 JoAnn Crohn 28:09
yeah,


 Brie Tucker 28:09
we'll have a link there guys.


 JoAnn Crohn 28:12
We'll have a link in the show notes.

 28:13
But so just to recap real quickly, Here are seven ways to get respect in your home, you're going to go through the RESPECT first one is R react appropriately.


 JoAnn Crohn 28:23
The second is explore the reason for disrespect.

 Brie Tucker 28:26
Then you have s Stay calm. Give them a chance to respond. And listen!

 JoAnn Crohn 28:31
P is problem solve together.

 Brie Tucker 28:33
E is examine your mistakes.

 JoAnn Crohn 28:35
C is to choose respectful language and behavior.

 Brie Tucker 28:38
And T is to teach don't punish.



JoAnn Crohn 28:40

So we hope that you got some excellent excellent strategies that you're going to use let us know to send us an email Hello@noguiltmom.com or like, tag us on Instagram at @noguiltmom, we love hearing from you. We would love to hear more from you. So if you're one of those people listening right now being like, oh, everyone will tag them and email them and they won't respond to it because they'll have so it's not true guys. It's not true. You mean so much to us. So just hearing from you would mean loads and I can pretty much guarantee you that either Brie and I will personally respond to it.



Brie Tucker 29:18

right. we do strive to answer every single comment every single email that comes through. So thank you guys all so much.



JoAnn Crohn 29:25

So remember the best mom's a happy mom take care of you and we'll talk to you later.



Brie Tucker 29:29

Thanks for stopping by