

# Transcript for Ep 79- You Aren't Being Spoiled

Fri, 5/21 11:49AM 27:10

## SUMMARY KEYWORDS

feel, parents, kids, mother, feisty, day, people, happy, appreciated, mom, daughter, started, conversation, talk, dairy queen, marathon, bad, birthday, spoiled, funny

## 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 feisty co-host Brie Tucker.
- B** Brie Tucker 00:08  
Hello. Hello, everybody. How are you?
- J** JoAnn Crohn 00:11  
Fiesty was the only thing I could think of because I was just telling Brie, I'm like, I am so feisty. She's like, feisty is good.
- B** Brie Tucker 00:16  
I know people like feisty, feisty is a positive thing.
- J** JoAnn Crohn 00:20  
Well, I don't know. Sometimes I feel like I can get in some trouble with the feistiness.

**B** Brie Tucker 00:24  
Oh, well, yeah. Because you have to worry about offending people sometimes with the feistiness, but at the same time, I think feisty is what's. it's fun. I like talking to someone who's feeling passionate, cuz when I talk to someone, it's like,

**J** JoAnn Crohn 00:36  
Yeah,

**B** Brie Tucker 00:36  
I don't really care. Hmm. It's like, No, no, it's not fun to have a conversation with that.

**J** JoAnn Crohn 00:41  
No, I definitely I got feisty about today's topic. And that's how we started this episode, because it is the day after Mother's Day, for you came into spring, like Bree, I need to talk about something. And it was that I was looking at these Facebook groups yesterday for Mother's Day. And what got to me were comments about oh my gosh, I am so spoiled on Mother's Day, my husband is giving my two kids a bath for the very first time he takes such good care of me. And I was like, okay, Brie.

**B** Brie Tucker 01:16  
just laughing thinking about how this conversation started.

**J** JoAnn Crohn 01:20  
Because it's a fine line. And but the thing that got me so feisty about it was that it was just a low bar for feeling spoiled, in my opinion. And I need to add that, in my opinion, having like, my husband take care of the kids for one day of year of the year, would not like I wouldn't consider myself being spoiled on Mother's Day because of that.

**B** Brie Tucker 01:43  
Right. And we were talking about that because I was like, Well, you know, everybody has their different standards for their relationship. And again, like you've heard me say plenty times because you've known me for a long time. My ex-husband used to love to tell me, "Well I keep the bar real low. So if I do anything minimal, you're excited." I remember him

saying that to me, we just be like, speechless. I'm like what I have to say to that? I've accepted the low bar so- dang it!



JoAnn Crohn 02:10

Yeah, but like Mother's Day was such a loaded issue on some boards. And it was so funny because I was telling you all of these posts I saw from like, women who were just like, mad that their husbands like didn't take any time to do anything for them which understandably mad but things from like oh, like we just wanted to go over to the next town to get Dairy Queen because small town life Dairy Queens in the next town.



Brie Tucker 02:34

Yeah.



JoAnn Crohn 02:34

And the husband's like No, I just don't feel like it and the woman's here on the grouping like why it's my one day of year. Why can't you just go to Dairy Queen in the next town?!



Brie Tucker 02:44

I want to do is hop in the car. Go get my Blizzard, Get my Blizzard on, treat yourself!



JoAnn Crohn 02:51

And then they dumped the cup up to make -



Brie Tucker 02:53

like I know, right?



JoAnn Crohn 02:54

Oh, I love Dairy Queen. I love Dairy Queen by from that to feeling like Mother's Day was such a like work for them. comments like, I have to squeeze seven days of work into six days and then pretend to relax and feel quote unquote, appreciated. And people were just mad about it.

- B** Brie Tucker 03:14  
Right. And I was saying how the groups that I'm in, a lot of people were very happy with whatever little things were happening for Mother's Day. And I don't mean little things because I am not trying to negate it at all. Like honestly, if I go back on my best Mother's Day, it was the Mother's Day that my ex husband turned off the baby monitor and I got to sleep for an extra hour.
- J** JoAnn Crohn 03:35  
Yeah.
- B** Brie Tucker 03:35  
And he took care of the baby for that extra hour. I felt so appreciated for that because that was such a huge thing. But the more you and I talked about this, too, it does have a lot to do with love language. But that's that's a secondary thing. But again, in the groups I was in, I felt like it was a different and I feel like it has a lot to do with your perspective.
- J** JoAnn Crohn 03:55  
Yeah,
- B** Brie Tucker 03:55  
about your relationship, roles within a family. All those kinds of things make a difference.
- J** JoAnn Crohn 04:01  
And I feel it's a loaded holiday as it is because you either expect the world on Mother's Day or you just don't want to deal with it at all.
- B** Brie Tucker 04:08  
Well. And the other thing about Mother's Day is that it's also not entirely a holiday that you get to relax and be loved and appreciate it because a lot of us have a mother that we have to then
- J** JoAnn Crohn 04:19

yeah.

**B** Brie Tucker 04:19  
so celebrate and appreciate. So it's a delicate balance it is.

**J** JoAnn Crohn 04:23  
another post I saw which like I related to it was there like all of these people sent me texts that say Happy Mother's Day and now I need to go and reply to all these texts. I'm like, I feel you on that one!

**B** Brie Tucker 04:37  
I did. I was there to like I had to go like take some time and on top of it. I got a little annoyed because they started at like seven in the morning and I was trying to sleep. I'm like listen, all y'all on the east coast. Chill out. I'm on pacific time frame here. You hit me up way too early. But yeah, and then I had to go like I walked my dog in the morning like I do. And then I went and sat on my front porch and took an hour to answer all the text messages and text messages people that I won't you, you know, I did a couple of groups because I was like this. This knocks off 10 people.

**J** JoAnn Crohn 05:12  
Yeah.

**B** Brie Tucker 05:12  
So, but yeah, it was a lot.

**J** JoAnn Crohn 05:15  
I always feel like I'm the most insensitive person because I do not send the Happy Mother's Day text, nor do I reply to them at all. And like, I slightly feel bad about that. And slightly like, I don't envy your hour of replying to texts. like that, It's not what I want to do.

**B** Brie Tucker 05:31  
It wasn't at the top of my list either. But there were times where I just I don't know, I think

we all pick and choose our battles, don't we?

**J** JoAnn Crohn 05:38  
Yeah,

**B** Brie Tucker 05:38  
we need to do.

**J** JoAnn Crohn 05:39  
It's just so interesting. It's funny because my kids gave me a mother's day. And they're like, today's the day mom where you get to decide where we want to eat? Well, okay, you get two days a year. I'm like my birthday, too? They're like, yep, your birthday, too. I'm like, and so every other day of the year, all 363? they're like, that's our decision. Yeah Right! But it's, it's such a loaded holiday. And also, like, we really wanted to talk about this feeling about what counts as spoiling and how you can maybe get to a point where it's not just Mother's Day that this happens for you, right? It's this way of like relationships are complicated. They're so complicated, and there's no easy fix, but just taking like small little steps to getting more of what you want from your family. That's what we're going to cover in today's episode.

**B** Brie Tucker 06:31  
Whoop Whoop!

**J** JoAnn Crohn 06:32  
let's get started. Hey, if you're feeling overwhelmed with everything that you have to do at home and you want your family to take on more responsibility, we have a plan for you. Come and get the Happy Parent Checklist you can get it at [noguilmom.com/hpc](https://noguilmom.com/hpc). And if you love listening to no guilt mom and how we chat about all things parenting, then you need you need to go check out the PG-ish podcast with our friend Erin Holland.

**B** Brie Tucker 07:03  
Yes, Erin is on a mission to transform your parenting experience from overwhelm and frustration to growth and success with bite size, wisdom and truth bombs. Amazing!



JoAnn Crohn 07:13

I love Erin and twice a week she curates clips from today psychologists, authors, parents and teachers to provide you with guidance to grow as an individual and as a parent. As you raise happy, healthy, successful kids were so totally on the same wavelength and survive it all with a little more well being. She's perfect for our busy moms lifestyle and most episodes are under 30 minutes. So check her out everywhere you listen to no girl mom, now on the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids and we're going to have fun doing it. We're going to help you delegate and step back. Each episode we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the No Guilt Mom podcast. Okay, so let's talk about this how we as moms can get a little more spoiled all throughout the year and don't have to rely on just one day



Brie Tucker 08:26

yes! I will say this and you're right like your before the break you were talking about how your kids are like mom you get to pick her we eat two days a year!



JoAnn Crohn 08:34

and I was like hahahaha!



Brie Tucker 08:36

I know right? like my kids know there is two days a year that's exactly what it is like you don't fight with me on Mother's Day. And you do not get to fight with me on my birthday.



JoAnn Crohn 08:46

That's true. There's no fighting involved they have to accept everything.



Brie Tucker 08:49

You accept everything I say, that is. And you know what? I could be happy with no other gifts. Like I don't want them to make me things I want them to just love it.



JoAnn Crohn 09:02

Well, it's so interesting though that you bring that up because it's like just not having to

fight is such a gift in itself.

**B** Brie Tucker 09:09  
right

**J** JoAnn Crohn 09:09  
but it's not like something we can expect realistically all throughout the year.

**B** Brie Tucker 09:15  
No, which is why I just asked for one simple Yeah, drive me to Dairy Queen. Dang it. That's all I wanted. today.

**J** JoAnn Crohn 09:22  
Yeah, yeah, no, I think you bring up a great point because fighting makes us just feel exhausted and you know, just not having to deal with that back and forth. Is a gift in itself!

**B** Brie Tucker 09:33  
Ex-zactly!

**J** JoAnn Crohn 09:33  
but at the same time, it does not mean that kids are disrespectful fighting with us It just means that you know fighting takes more energy.

**B** Brie Tucker 09:40  
right. and there is a difference on a few things for those you guys that got real littles like I did not have this as a rule and my kids were really little because two and a three year old don't get it. They have no idea. I think I started enacting this like routinely every year and I want to say it probably took three years of doing this every birthday and Mother's Day before it finally clicked. With my kids. And also with that being said, we honor this for Father's Day, and we honor it for the kids birthdays -within reason on their birthday. It's not a "Yes Day" movie, guys. We're not it's not anything you say happens. But my kids do know that they get rule of the roost for the most part on their birthday. Like it's a day to celebrate that person. Yeah. So again, took a few years, we do it a lot. My kids are now in



junior high. We started when they were elementary school, probably about second or third grade, and they were able to get the concept then so I have trained my kids well. yeah, we do the same thing for my kids birthdays, and for my husband's birthday, and for Father's Day as well, like anything you said is goes. But it's also kind of funny because like in terms of food, none of us really like making a decision. Oh no!



JoAnn Crohn 10:44

It's kind of like, it's easy. It's really easy to make someone else happy when you just give them the carte blanche to be like, okay, that's what you want goes, there you go is to ask them. It's a communication thing.



Brie Tucker 10:58

Yes.



JoAnn Crohn 10:59

Yes. So let's talk about these first tips to make sure that you are getting not spoiling spoilage. It doesn't sound right, that sounds like food. getting spoiled, you are getting the appreciation you deserve getting the appreciation you deserve. Now, a lot of times, we don't even know how we like to feel appreciated, because we are thinking so much of other people.



Brie Tucker 11:22

true. And like the other thing, too is like, Okay, how many people out there in podcastland have heard of like the five love languages? Hopefully, hopefully few of them on there, right. And I had heard of it many, many times. But I hadn't really stopped to actually think about really what my love language was until probably a couple years ago. Maybe?



JoAnn Crohn 11:42

Yeah.



Brie Tucker 11:43

And I'm 41 now good. Gosh, it must have been a very difficult person to be in a relationship with when I was younger. So yeah, like it. But once you realize, right?

J JoAnn Crohn 11:51  
yeah, once you realize what makes you happy?

B Brie Tucker 11:53  
Yeah, once you realize what makes you happy, and what makes you feel appreciated, you can go so much further. So it doesn't necessarily have to be the love language. But that's a really obvious easy answer. And there's a quiz. So I mean, hey, it can't make it much easier than that.

J JoAnn Crohn 12:05  
And it's a lot of trial and error. So this point really is allow yourself to relish in those good times when you feel loved and appreciated. And notice like what it is that's making you feel loved and appreciated.

B Brie Tucker 12:15  
Right.

J JoAnn Crohn 12:16  
Like what is yours?

B Brie Tucker 12:17  
Oh, mine are acts acts of service or kindness. Like if someone just like, offers to do something that I normally do like, Oh, I don't know, like, Hey, why don't you relax, and I'll go walk the dog. Here, Mom, take the remote. You get to pick what movie we're gonna watch tonight. Or Hey, Mom, you pick the family game night game, like things like that are really sweet and thoughtful to me. And that means so much more than me then a diamond ring or gifts. a la, whatever. I just-

J JoAnn Crohn 12:48  
Yeah, yeah, I could totally see that.

B Brie Tucker 12:52

Yeah,

- J** JoAnn Crohn 12:52  
I'm an acts of service person, too. I do like that. And I'm like, a little bit mixed with appreciation. Because I have to say, like, when I get like the letters from my kids from school on, like, Mother's Day, when Yeah, thank you all teachers out there who make kids write that like three paragraphs of Mother's Day essays. Because that's amazing. But when I get those, I'm like, Oh, wonderful.
- B** Brie Tucker 13:16  
That's where you hear the things that they don't normally think to tell you.
- J** JoAnn Crohn 13:19  
Yeah.
- B** Brie Tucker 13:20  
Oh, my gosh, you really do notice that I do XYZ all the time. I thought I was just being taken for granted. Oh my god. Yes. Yeah, that was your huge. And also, if you're anything like me, like you have those moments where you feel so loved and appreciated, and you're like, Oh, I'm never gonna forget this. And then flash forward a month later, and the kids have been fighting about whatever and the dog just puked on the carpet. And you can't think of a single Gosh, darn moment where you ever felt appreciated.
- J** JoAnn Crohn 13:46  
Yeah,
- B** Brie Tucker 13:47  
you forget about those moments,
- J** JoAnn Crohn 13:48  
you forget about them.

**B** Brie Tucker 13:49  
So write them down, like maybe have a journal we talked about, like the flecks of gold journal before and one of our recent episodes with Rachel Nielsen. And then also like, maybe, maybe put it out on your phone, mark it on your calendar or something. So you can kind of come back to those moments. Remember how you feel. Remember what was done so that you can really start to keep tabs and notice what makes you feel loved and appreciated.

**J** JoAnn Crohn 14:11  
Yeah, I like that being reminded of those times, because that goes totally out of our heads. And also, just like you're almost like a little scientist taking note of what makes you feel loved and appreciated. So then you can go on to the next step. You can start communicating that.

**B** Brie Tucker 14:25  
Yes. Because that's the hard part. A lot of times like it's scary, because you're talking about being vulnerable.

**J** JoAnn Crohn 14:31  
Yeah,

**B** Brie Tucker 14:32  
telling somebody what makes you happy. And knowing that you can't control what they're going to say or do back.

**J** JoAnn Crohn 14:39  
Yeah, it is a scary situation to be in like putting yourself out there because a lot of times like whenever I want to talk about what I need, I feel like someone's gonna come back at me with like, oh, that doesn't really matter. Or Oh, like the biggest fear of mine is Oh, you're so selfish.

**B** Brie Tucker 14:56  
Oh my gosh, right? And even though you've never heard that said, you you still have that

fear.



JoAnn Crohn 15:01

You have that feeling that Oh, yeah. Oh, you're so selfish. Oh, like you're making a big deal out of nothing. And I think a lot of moms have that.



Brie Tucker 15:09

Yeah.



JoAnn Crohn 15:09

I mean, if we haven't been listened to you in the past, or we, if we feel like we haven't been listened to in the past, we fill in the blanks with like, all of these assumptions about why people do the things they do.



Brie Tucker 15:20

Yeah.



JoAnn Crohn 15:20

And then it just makes us feel even worse. It's like the football team I talked about in the upper limit.



Brie Tucker 15:26

Yes!



JoAnn Crohn 15:27

the bad football team who tells you all these bad things about yourself and the little benchwarmers the good guys never get a chance to play,



Brie Tucker 15:32

right? It's all these voices about all the possible bad things that could happen and it's just it's rough, but but even when you're having the conversation if you're. Okay, so once

you're able to get over the vulnerability of it,

**J** JoAnn Crohn 15:42  
yes.

**B** Brie Tucker 15:42  
And you're having the conversation. The best piece of advice I can give regarding this conversation, and I am by no means an expert, but I do know this for a fact. Do not play the blame game.

**J** JoAnn Crohn 15:53  
Yeah, that's a hard one.

**B** Brie Tucker 15:54  
Yeah, cuz if you come into the conversation with "you always make me feel like you don't love me" or "nobody in the family appreciates me."

**J** JoAnn Crohn 16:01  
Oh, yeah,

**B** Brie Tucker 16:02  
just and I'm saying it not in a voice to mock obtain and a voice like we're I'm fighting back not crying, because that's how it comes out. Whenever that-

**J** JoAnn Crohn 16:09  
Oh, yeah!

**B** Brie Tucker 16:10  
happened to me.



JoAnn Crohn 16:11

I just had it like yesterday for no reason. And I felt all the things inside. Like, I'm such a horrible mom. And because I'm such a horrible Mom, this is why they're treating me this way. And like all these voices that go in your head that aren't true. They're not true. First of all, it's so then when they come out and we start playing the blame game, it just it does nothing for the relationship and doesn't get us what we want, either.



Brie Tucker 16:33

Right.



JoAnn Crohn 16:33

I have to constantly quiet though. Don't be like, -Okay, why am I feeling this? I'm probably tired, or I'm hungry. or something else. I need to go figure things out before I bring this out in the open.



Brie Tucker 16:44

Yes. hangry. hangry takes me down all the time.



JoAnn Crohn 16:47

Yeah,



Brie Tucker 16:47

but like if you're able to come to it from the other standpoint, like if someone was to walk up to you and say, you know, JoAnn, I really love when you tell me that I did a great job on writing the podcast outline, it makes me feel so appreciated. And like you really respect my opinion on things.



JoAnn Crohn 17:03

I feel like I want to tell you, you're doing a good job on the podcast, you did a really good job today Brie.



Brie Tucker 17:09

Right? And then and then I would be like, Can we do that some more? Because I love how we have that kind of communication? And chances are, you're gonna be like, Yeah!



JoAnn Crohn 17:17

because I feel like to me, that would be such a gift. Because like, You're telling me exactly how to make you happy. I want to make sure everybody's happy. And yeah, I think it's a it's a gift, telling people how to make you happy.



Brie Tucker 17:29

Well, and I think in a lot of our relationships, people are that that's what you do, right? You want to make your loved ones happy in some way, shape, or form. Doesn't mean that that your whole existence is to make them happy. But if you love somebody, you probably want to see them happy.



JoAnn Crohn 17:42

Yeah.



Brie Tucker 17:42

So if they come to you and tell you how to make them happy, you're gonna listen more, and you're gonna be like, oh, okay, great. Okay, I will do that more



JoAnn Crohn 17:50

exactly.



Brie Tucker 17:50

Thanks for being so point blank in black and white with me, right?



JoAnn Crohn 17:54

Yeah, definitely. So I think you could do this in the terms of like, the parenting labor in the house, like with the bath example, like, Oh, my gosh, that meant so much to me when you just took the kids and you gave them a bath.



**B** Brie Tucker 18:05  
Yeah.

**J** JoAnn Crohn 18:06  
And you could even go further and be like, Can we like, think about you giving them a bath like maybe like once a week or twice a week or like workout, something where we can share that? And just take the conversation from there and get get that moment of happiness more.

**B** Brie Tucker 18:19  
The worst thing that's going to happen at the worst thing. Is that the person you're talking to is going to go Hmm, no. right?

**J** JoAnn Crohn 18:26  
Yeah.

**B** Brie Tucker 18:27  
I'll say that's the worst thing that could happen. You're no further back than you were when you started the conversation. So then you're like, Okay, maybe you're like, Okay, maybe you're not. I mean, I don't know. It just depends. But you're no worse off than you were. So you can just continue to bring the conversation up and bring it up again. And again.

**J** JoAnn Crohn 18:43  
Yeah,

**B** Brie Tucker 18:44  
that's like our third thing. Our third point of this is that, realize that nothing is perfect.

**J** JoAnn Crohn 18:49  
Nothing is perfect.

**B** Brie Tucker 18:50  
And everything's a process, right?

**J** JoAnn Crohn 18:52  
Yep. It's like, we can't expect to try something new and immediately have changed things. I think this is something that's put out there in the media, and even like, on social media, people post these things of their kids doing these wonderful things, like wonderful things. And I do it too. Like I just posted something about my daughter in competition. And like someone commented, like, all these comments come in, and it's dance competition. They're like, Oh, my gosh, she must be so happy doing what she loves. Like she looks great up there. And my thought was, well, she looks happy because that's part of the dance. Like they have to have their facials going so that she's happy.

**B** Brie Tucker 19:32  
Yeah, you have to smile and be enjoying it because nobody wants to see someone hissed off dancing on stage.

**J** JoAnn Crohn 19:37  
Yeah, you have to smile but I think we so get into this like faulty mindset, where we see something in one second of time, and immediately think that Oh, like she's born to dance and do this.

**B** Brie Tucker 19:49  
and that it's perfect.

**J** JoAnn Crohn 19:50  
and that is perfect. And you don't get this whole backstory of the tears and the frustration and the problems like that we've gone through with it. You only see this one instant in time. And I think that's what we see in a lot of parenting too. We see this one incident a time. And we don't know about the messiness.

**B** Brie Tucker 20:06  
right. Because as much as we would all love to talk about something, have everyone walk

away green like, yep, that was a great idea. We're going to do that. And we all hit the ground running. And we all do it. And there's never a hiccup no one ever gets. No one ever is tired one day, nobody ever, ever goes, Oh, I have a better idea. Let's try it this way instead. That's not reality. We're human! We all make mistakes, we sometimes forget, we sometimes think we've got a better idea. And we run with it without talking the other person, not realizing that we're completely missing the thing that they had wanted out of it.



JoAnn Crohn 20:41

I think it just leads us to disappointment when we have that like feeling that somebody



Brie Tucker 20:46

could achieve a perfection



JoAnn Crohn 20:47

right away. Like it's something that I feel well, I was I did marathons in my 20s. And before I did marathons, guys, I wasn't a runner at all. I decided one day, I'm like, Well, I need to lose 20 pounds. And like I had this, this thought in my head. Oh, yeah. If I like ran a marathon, I'm sure I would be like, thinner. That was my thought process. It was ridiculous. It was ridiculous. I will say that right now. But what I learned through it is first of all that, yeah, I was slow. But I was still slow. At the end of the marathon. However, there was improvement. And that improvement didn't come from anything innately skilled in my running. It just came from showing up every day. And like, just trying again and trying again. And my running coach put it perfectly. And she's like, you know what, and running. You have good days, and you have great days. And that's what always got me out there anytime that like I was feeling tired or anything. I'm like, this is a good day. Yeah. And then anytime I felt like I was Rocky, and I'm like, Okay, this is a great day, but it's really showing you that there's like, some days are gonna be good, and some days are gonna be great, but not attaching that bad thing to it. And it helps propel me forward.



Brie Tucker 21:56

You're right. Because if you have that fear of the bad day, I'm just not going to try them because it's going to be a bad day. I would that's me I would 100% have that mindset. I'm just going to fail anyway. So I'm not even going to try so they don't have to worry about failing.



JoAnn Crohn 22:09

yep. But if you start it be like okay, well this happened. Okay, today is a good day. I'm breathing. I'm walking. It's a good day.



Brie Tucker 22:15

Yeah, it's good. It's it's a start. So remember that remember that nothing is perfect. It's always a process. So even also, let's even get bigger on this one. Even in parenting. Both Joanne and I have a plethora of experience with kids and education and parenting and all of that. Yet our parenting experiences are not perfect. Like, I feel like we're pretty honest with you guys, our kids, we have our ups and our downs for sure. Now granted, I'll admit, there's less downs than ups. I would say that overall, there's a lot more ups in my parenting journey with my kids, but like, sometimes their struggle right now I'm having some struggles.



JoAnn Crohn 22:55

I think it's all about how you look at it though. Because I mean with struggles right now, you know that this is part of the process.



Brie Tucker 23:02

Yes,



JoAnn Crohn 23:02

this is a strike.



Brie Tucker 23:03

I know we're gonna get better. I know. I know right now, like, per se, like we're in the woods. But I can see the light.



JoAnn Crohn 23:10

Yeah,



Brie Tucker 23:10

we're almost to the path or almost on our way out. And you know, we might trip we might stumble take a few more minutes to get out of the woods, but we're gonna get there. I know we are.

**J** JoAnn Crohn 23:20  
Yeah,

**B** Brie Tucker 23:20  
so keeping that mindset that you're just gonna keep working at it. And it's just going to continue to have those great days

**J** JoAnn Crohn 23:27  
it is and you know, there's plenty of stuff like, we don't share on social media, because they're very specific and personal to our families. So don't think like we're here giving parenting advice. And like, we don't have any the bad stuff. We can't share the bad stuff because, like our kids have privacy and their people too.

**B** Brie Tucker 23:44  
Right.

**J** JoAnn Crohn 23:45  
So it's like,

**B** Brie Tucker 23:46  
and as they get older, yeah. As they get older, they care more man, they care more Suddenly.

**J** JoAnn Crohn 23:51  
I think my daughter would be okay with me sharing this because it was funny because it was with my parents because my parents visited over the weekend. And we were all having dinner and like, she was just like, she was arguing with me about being right about something. Okay. And it's a very me trait. Like I will argue about being right, like so far.

And seeing that in my daughter. I tell her so tired that she told my mom that I said this. She's like, Mimi, yeah, you know what my mom says to me, she's like, I'm gonna go cry in the corner and then I'm gonna go call your grandparents and tell them how sorry I was.

B

Brie Tucker 24:25

What did your mom say?

J

JoAnn Crohn 24:27

like both my dad and my mom are giving each other like side eyes when my daughter was giving this to me because it was me to a tee. But I mean, there are times I just want to go on a corner and I want to cry. But you realize that okay, this is what I went through as a teenager to is being given back to me now. It sucks and I need to apologize to my parents.

B

Brie Tucker 24:50

Oh, I apologize to my parents all the time. My favorite thing to say to my daughter though, and I say it so much that even my parents like say it to like "Audrey. There's only room for one of us" because my daughter is a mini-me and I'll be like, Nope, I had these character traits first you back off. (laughter) And it's funny because it's a joke. So my daughter be like, Oh, I do them better. So you better back off. Oh, good lord, it's so hard when you got a mini-you and then yes, I tell my parents at least once a week that I am so so sorry. Yeah, everything and they're always like, it's funny how time heals all wounds because like my parents be like, Oh, you weren't that bad.

J

JoAnn Crohn 25:28

You're like, ummmm. like maybe.

B

Brie Tucker 25:35

maybe.....me so. Alright. Right. So that is our bit our tidbit of information for you guys for today for our Mother's Day realization.

J

JoAnn Crohn 25:43

Our Mother's Day. Yes, make Mother's Day, not just one day of the year was such really, really high expectations. But take those those little pieces and put them throughout by first allowing yourself to feel the good times and acknowledging when you feel loved and

appreciated.

B

Brie Tucker 25:57

Yes. And then talking to your partner about those times and talking to your family about what you would like to see us all doing more.

J

JoAnn Crohn 26:05

And then realize that nothing is perfect. And everything is a process as much as we would like to like, give you something I'll just flip the switch. It doesn't work that way and everything is complicated.

B

Brie Tucker 26:15

Yes, but you'll get there you will get there. You'll have good days and you will have great day

J

JoAnn Crohn 26:19

have good days and have great days and also, also the other little thing I saw on the window and downtown Gilbert. You can't make everyone happy. You are not a taco. So...

B

Brie Tucker 26:30

hallelujah to that! Truth bomb delivered! Only tacos can make everyone happy.

J

JoAnn Crohn 26:37

only tacos. Yes,

B

Brie Tucker 26:39

maybe maybe a side of a margarita.

J

JoAnn Crohn 26:41

Oh yeah, that would be great.



Brie Tucker 26:43

Yeah, great.



JoAnn Crohn 26:45

So remember the best mom is a happy mom take care of you will talk to you later.



Brie Tucker 26:49

Thanks for much for stopping by