Speaker 1 ([00:00](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=0)):

music

Dianne ([00:21](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=21.38)):

Welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant,

Abby ([00:25](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=25.79)):

and I'm Abby, the badass breastfeeder. And this week we don't have any sponsors, so we are just going to get into our shout out of the week and we're gonna do our review of the week. And then we're just going to talk straight through with no breaks on this conversation. We don't want to break up this conversation cause really we're just gonna be discussing things and, you know, telling you what we think about parenting. I'm sure you could be like, sit back and relax. It'll be fun. And so, so this week shout out of the week is actually a fun one because it is to somebody who wrote a review for us about a year ago. Um, talking about how she was becoming an IB CLC and how she loves the podcast. And then she sent me a message on Instagram and saying, uh, I wanted to share an update to one of the podcast reviews I wrote. Um, and you all read on the show last April. Um, I was a few weeks into working my way towards becoming an IB CLC that next week I started, I have new glasses and it's like, I'm like, I can't, maybe they don't work so well. Anyway, I was a few weeks into working my way towards becoming an IB CLC that next week I started as a WIC breastfeeding peer counselor, October of last year, I became a certified breastfeeding specialist and the September I passed audit and will be sitting for my IBCLC exam. Just wanted to share my progress. I appreciate the candid reminders of why my job is so important and how amazing your bodies are. So then I got another update she passed now and I BCLC Erica Dudley, CBS certified breastfeeding specialist and IB CLC. Amazing. Yes. And I think there were a whole bunch of people that just passed in like the beginning of this month, I think. Yeah, there's a whole new group of IBCLCs. So congratulations to everybody and thank you so much for dedicating your careers to breastfeeding and you can follow Erica Dudley is, um, starting her services and you can follow her on enriched lactation, enriched lactation she's on Instagram and give her a follow and congratulations again.

Dianne ([02:43](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=163.1)):

Congratulations. And there was another, um, mama that listens to us pretty religiously who just passed her IBCLC too. And I'm sure she knows who she is. Cause she texted me the other day and let me know that she passed. And I'm so excited for her because there was, um, a few that I know of anyway. I'm sure there's tons out there that the exam was on hold cause they were supposed to take it last March. Oh. So they were like, had done all this work to prep for it. And then it got put on hold because of the pandemic. So good for you guys for not losing your focus. That's awesome.

Abby ([03:16](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=196.39)):

God, well, there's nothing worse than preparing for a huge exam and then you have to delay it because all that information starts seeping into the nooks and crannies of your brain. Never to be found again. Oh my God. I would, I was pregnant with Jack. I was like really pregnant. And I was, I had just finished all of my clinical work to become an LCSW. And I was going to, I told my supervisor, I was like, you know what? I can't even handle this right now. I'm going to take, I'll take the LCSW. I'll take the exam after I had my baby. Cause I thought it would be easier after I had him anyway. I didn't even go back to work. But um, now I'm like, I don't think I could ever, like, I could never sit that exam again now because it's, so it was years of piling all that stuff up in your head and then it's just goes anyway. I know that's really, really hard to have an exam delayed like that.

Dianne ([04:13](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=253.11)):

I know. So good for you guys. That's awesome. Yeah.

Abby ([04:16](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=256.53)):

Congratulations to all of you. And um, I also want to let you know, um, that we don't have sponsors this week, but go to badassbreastfeedingpodcast.com and check out, um, all the resources there, um, including the sponsors because they make this podcast happen. And if you can give them any of your business, that would be wonderful. So go to the sponsor page and see if there's anything that you need. Um, see if it's there and, um, also at badass breastfeeding podcast, um, you can scroll down and find the place to enter your email address and we'll send the podcast episode to you every Monday after it's published and also on badassbreastfeedingpodcast.com, you can find our resources page of a bunch of breastfeeding resources. Um, all of our other episodes, like almost 200 at this point and, um, scheduling your very own online consultation with Dianne. And also Dianne has our reviews.

Dianne ([05:12](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=312.99)):

I do it is from Roni zero six one one. She says that this is a necessity. We are a necessity for all moms. I absolutely love this podcast. I only wish I had found it sooner. My girl is 14 months now and still breastfeeding strong. Throughout the whole beginning of my motherhood journey, I was constantly doubting myself. I had mastitis at three weeks. I had mastitis three weeks, multiple clogged milk ducts for at least the first six weeks. I desperately wanted to breastfeed. So I stuck with it, feeding her through excruciating pain, thinking it was normal because I was told breastfeeding hurts. I was so close to giving up, but felt like I would be a failure if I did, along with all that, my daughter would only sleep on top of me. And I also like a failure by letting her, when she slept with me, That was the only way I got any sleep as well. But with that, I felt like I was cheating as a mom, like good moms, get their baby asleep by themselves in their own rooms. So I guess I must be giving in too easy. It took a long time for me to realize that me doing what felt natural was being a good mom. And now looking back, it just makes me so angry that I was made to feel that way at all. My daughter is happy and healthy, so whatever I've done to make that possible means I'm doing it Right. Thank you so much for doing this podcast. And I hope you keep it going. And I love that. She, I mean, I'm, I'm sad that it, like, it was hard for her in the beginning, but I'm so glad that she realized that she has all that power, you know? So I

Abby ([06:42](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=402.17)):

Mean, that's how it is, right. It's hard. It just is and struggle and all of that.

Dianne ([06:48](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=408.17)):

And when I read this review, I was like, this is perfect for today because we're going to talk a lot about parenting. And I think this is a perfect segue into that because she's like, look at it. I got all this bad advice. People are telling me this, that and the other thing. And I just figured out that once I did what I felt was right. That's when we were successful and that's important.

Abby ([07:10](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=430.25)):

Yeah, totally, totally.

Dianne ([07:12](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=432.89)):

Like we could just like end the podcast there. I feel like there we go. I guess for us, that's our lesson for the day folks do what feels right to you. Yeah. But we are going to talk about bad parenting advice, right. That we're talking about today.

Abby ([07:30](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=450.23)):

Yeah. Right. Parenting advice that we just like that we think sucks. Um, but you know, like, like you just said is like everything, so many different things work differently for different people. Um, and everyone has a different, everyone was raised differently. Everyone has trauma from their childhood, everyone that's just life, you know, , we think of trauma as like you were in an airplane accident or like, you know, you're assaulted. Like that's not, trauma is just, trauma is something that we all go through. Yeah. Um, and so I think it's so interesting. Cause when I started my, when I started my, the blog like eight, nine years ago, eight years ago, um, no, it'll be nine years in March I think. Yeah. Cause Jack will be 10. That's ridiculous. But anyway, when I first started it, I was mostly talking about parenting. It was like called badass breastfeeder because it sounded cool. But I didn't really talk about breastfeeding and just talked about attachment parenting. Cause I was like finding my way, you know, I was like all these things that I was learning about and, and you know, reading about and that doctors were telling me and that people were telling me, they all just seemed didn't fit. It didn't feel right. It didn't seem like what I wanted to do. Right. And then I started reading about attachment parenting, which is, you know, it's like about, you know, breastfeeding baby wearing and co-sleeping all that stuff. And that started to feel, I started to feel like, okay, I think I've found what feels right to me. Um, but then, and then, so then I was like, this is the way, my way or the highway attachment parenting or no parenting, or you're a bad parent, you know? And I don't believe that anymore. There's certainly things that I think should never be done, um, that just actually caused trauma, you know, and things like that. Um, but I also think that some times people just do things differently and I'm on a real rant here and saying nothing. I just think people do things differently. So like, as we talk about bad parenting advice today, things that make us mad realize that like maybe it works for you, you know? Cause I'm going to say a couple of the couple of mine are just things that I don't like, but I know are really popular and people do them. And like, I'm not saying that you're bad if you do them, I'm just saying they don't sit right with me. You know? And this is something that you can take. Cause probably listening to people, listening to this podcast have younger kids. Right. Right there because of breastfeeding and all that. Maybe they don't, maybe they have older kids, but maybe not. And so just take this as like, you know, what feels good to you? What sounds, what sounds most people don't read ahead in parenting? Cause the too much, every moment is a crisis and you can't like be like, Hmm, I wonder what we're going to do. And then, you know, in the years, you know, seven to nine, no one does that. Right. But like, you know, if you hear something today and then at some point in the next couple of years you come across it, you can be like, Oh yeah, I remember them talking about that. Yeah. It doesn't sit with me either. So sit well with me either. And like you can Google this stuff. I mean, like one of the things, all of the things I'm going to say, you can literally Google and find like articles about it. Oh. And I have some favorite of favorite, um, parenting websites that I can share. Like yeah. Like the, you know, the, um, like aha parenting is one that I like, um, because she has, um, like different behaviors. You can search up anything, you can search up the behavior or you can search up the age group and just kind of find out what's going on in that age group. Oh, that's cool. And what are some like yeah. What are some ways that you can handle it? Um, and then of course, Tracy Cassels has her evolutionary parenting, um, blog website that has everything. You can look up, all kinds of things on that too, in that way, age group or behavior or whatever.

Dianne ([11:29](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=689.28)):

She's got awesome Stuff on her site.

Abby ([11:31](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=691.38)):

Yeah, totally. So, okay. So what do you want to, what do you want to start with your thing You don't like? We made lists, right? Or, I mean I did. I, yeah,

Dianne ([11:41](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=701.69)):

We did. I, there is like, yeah, it mine, God. I was like trying to go through, first of all, I want to say that when we do the breastfeeding podcast, we talk about breastfeeding. We are constantly talking about how babies are different. Right? babies are different, Babies are different. We can't treat them the same because babies are all different. They're not cookie cutters. It's like, we talk about that all the time. Right. And that continues on. So just like how you were saying, like there's some things, there's some parenting advice that floats around out there and that might be really great if it fits for your family. But if it doesn't, that doesn't mean you're doing things wrong. Like it just means that that doesn't fit for your family. That isn't a good fit for your family. And one of the things that used to drive me crazy would be when people try to tell me how to feed my kids and your kids should have this, this kind of food, your kids eating too much of this. Well, Oh, he's hyper he's, you know, he's got, he's hyper, he's eating too much of this. You should cut back on this food. Did you cut back on this food? Try not to give him this food. And I used to hear that all the time. And my kid is very sensory and would only eat very certain foods. And I'm like, you know what? If I cut these foods out of his diet because of a so-called like issue that it's giving him, he will eat Nothing. Well, make him eat the other foods. You have to make him eat the other foods. You have to make him eat this meat.

Abby ([13:08](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=788.01)):

Right. Which works for some kids who are, who are able to eat lots of different kinds of foods. But, but if you have a kid who doesn't eat very many foods, then taking that food away just causes another issue. Right. It's not good.

Dianne ([13:19](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=799.44)):

Yeah. All of a sudden go, Oh, Oh, you take away my bagel. Well then I'll great. Sure. I'll have a yogurt this morning. No, that's not going to happen.

Abby ([13:29](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=809.82)):

~~No, that's so true Kids are so different and you can't and that, and also this whole what to eat, what not to eat is so privileged~~

Dianne ([13:35](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=815.82)):

Oh my God, do you know how much guilt I carried about that? About what my kids eat so much guilt because I would read stuff on Facebook or whatever. Say, Oh my gosh, my kids, Oh, I would never give them that. You gave your kid a Pop-Tart. I would never give my kid a pop tart. Oh my gosh, you can't have these processed foods in your home. Oh my gosh, you can't do this. You can't have this food. You can't do that. You can't, you gave your kid that food. That's terrible. You know how processed That food is, you know, what's in that food. And it's like, Oh my gosh. I felt every day, everything that I gave to my kids, I struggled over. Would this be approved food? Is this on the list? Is this,

Abby ([14:15](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=855.06)):

You know, I've gone through that too with all of that. Oh, you know, there's so much food information out there right now. But the thing is is that if you can make these choices, then you are really fricking lucky. Cause there's a lot, a lot of people in this country that eat what they can afford.

Dianne ([14:27](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=867.69)):

Yeah, exactly.

Abby ([14:28](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=868.621)):

Cannot afford to be switching out to everything is organic or gluten-free and you know, asshole free food. Like that's like what? I mean, like it's, you know, it's so expensive to be following these guidelines that it's, so it's such a privilege to be able to be like, okay, well he can't have this, this, this, or this. And just buy that food. I mean like, that's not how a lot of people are living and telling them that they can't be feeding their kids that is like, that's ridiculous. Well then how about we stop having like, you know, billionaires and people living on the street, right? Like this doesn't apply. This is ridiculous. You don't stop. That's such a privilege. It's such a privileged way of thinking,

Dianne ([15:12](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=912.28)):

But it was such a, um, such a shame. I feel like such a shame moment for me. Like whenever I would see anything that made me feel like I was feeding my kids wrong. And I mean, and we know what we see that all the time, like with the mommy Wars and stuff like that. And it's like, it carries on like after your, after your kid is, you know, through that first year where you feel like you're really in the mommy Wars, like it still continues on, it feels like, you know, as they get a little older, Oh your child isn't in 18 activities. Oh, I remember being at like a Christmas party or something once. And my kids were not like, they weren't really like sports kids. They, they did like, they did karate. They did a few things. My one son played baseball. They did little league, you know, but it wasn't like, okay. I had my kid in all these sports, they played all these high school sports. They played all these, you know, my daughter couldn't be bothered with any of that stuff. She did a little bit here and there, but never really found anything that she liked enough to commit to. And I remember being at like this holiday party once and this, somebody, you know, somebody somebody's wife said to me, Oh, so what sports are your kids in right now? Because her kid was a big football player. Like her kid was like the star quarterback for his school. So she like actually said, so what's what sports are your kids playing?

Abby ([16:27](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=987.041)):

Just Assuming that they were in a bunch of sports.

Dianne ([16:29](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=989.681)):

Yeah. And I was like, yeah. And I never forgot that, that it made me feel like, okay, there's something wrong with my kids because they're not like the typical kid who wants to be in every single extracurricular activity there is

Abby ([16:44](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1004.38)):

The sports thing in this country is out of control, man. Oh my God. It is out of control having kids just like they're in school all day. And then they're in four hours of activities after school and eight hours on the weekends and driving all over the place. And like parents on the sidelines, screaming at their kids, coaches screaming, everyone's screaming, Oh my God, chill out. There was, I mean, this can't be good for anybody.

Dianne ([17:08](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1028.5)):

No. And when we, or my son was in, um, my kids did play, you know, like I said, they played little league and, but it my one son, Brandon, Like he was really good at it. He was really good, but he stopped playing because he kept getting hit with pitches, like constantly, but like every pitch. Right. I know like everybody gets hit with a pitch when you're eight and you have an eight year old throwing a ball at people like you're going to get hit. Everybody got hit with a pitch, but he was just like, all right, I'm tired of getting hit no way. But there was a kid on their team whose father was so over the top that he would, he like the kid, the poor kid would cry on the field. Dads gonna yell at me when I get home,

Abby ([17:50](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1070.85)):

that's so disgusting!

Dianne ([17:52](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1072.231)):

It was just really, really hard to watch. And he, the father would like scream at the umpire. Like it was just really hard to watch. Like these are like eight and nine year old kids. What are we teaching them here right now?

Abby ([18:04](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1084.92)):

Right. And fear. That's all shame and fear. That's what they're learning.

Dianne ([18:10](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1090.88)):

Yeah, exactly. So that is my big, first one is the food that went into the sports shaming. So that's perfect. Yeah.

Abby ([18:19](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1099.92)):

The sports one is good. Cause I hate that. I have a big, I have a big thing about that. Cause my kids are homeschooled. So they don't like, aren't really a part of any of that. But I say, of course I see it. It's everywhere. And I'm like, that is just so disgusting. I'm glad they're not a part of that. So I have a few, I have like a list of, I have a list I'm going to run. Cause we're like, of course we've been talking for 18 minutes, but I'll run through a few that I feel like kind of go together. So the first one that I hate is the slogan. It's a slogan. Now it's a kid's slogan in the kid's world. Sharing is caring. I can't stand that. And I have a reason too, based on child development, you know, kids, aren't little kids. Aren't old enough to really understand what sharing means. So you see this a lot. And I see this, we see this a lot, like with toddlers and stuff, you'll go to the park and Jack would be like, you know, one of them, one of my kids would walk up to some kid who was playing with their toys and just look, you know, he'd just be standing there looking. And the parent would reach over and be like, you need to share, he wants to play with it. He wants to play with one of your toys. Sharing is caring. You need to share. And I'm like, no, no. I'm like, it's okay. They're just watching. Like you don't, first of all, it's like, parents are constantly intervening in this. Right. We can't like let the kids work anything out. Um, and like my kids were literally like just standing there watching, but you start ripping toys out of your kids' hands and telling them that sharing is caring. And of course that means that if they don't share, they don't care. Right. And they, they're not capable of understanding that honestly, as they grow up, they're going to become less likely to share because they're not really gonna understand what that means. You know, kids learn by watching us. So if they see you, you know, as like a sharing and caring person, you know, they'll be more likely to do this. And I see it with my kids. Like I don't, I mean, of course anecdotal evidence has nothing to do with like reality really. But I mean, I don't like, I just, they're not capable of understanding really what sharing is and forcing them to do it will at some point backfire. Yeah. Because they won't learn really what it means and what it feels like to share. They don't get the, they don't, they're not going to, if you just like, kind of just, just let them, they're like their toy is theirs, first of all, how about somebody comes up to you with your groceries and is like, sharing is caring. And starts pulling your groceries out on the streets. You'd be like, ah, excuse me. You'd like run into your house and you'd never share food. Right. But like, it just doesn't, it, it really backfires. And then another thing that like that I don't like, and again, if you're saying sharing is caring in your house, I don't mean to shame you. I just don't like it. Um, also, um, the thing that goes around, along with that is making kids say, sorry, making and forcing kids to say, sorry, makes it so that they never really understand why you would say, sorry, except that it was an obligation. When I, when like, you know, when kids are learning how to be people, which is what we're doing our whole lives really, you know, I feel like it's a better option is to sit if they're old enough, if they're little, they don't, they don't know. You can't sit there. You also have to take in that. This is why I love the aha parenting website is because you have to take into account like what, how old your child is and what they're even capable of understanding. If you talk to you, you talk to a two year old about throwing and you, you know, you say, don't throw, You know, you say, sorry. And they don't know what you're talking about. You know? And they have these big, you know, you know, they're still, they're still learning. They're still little like a two-year-old is still like a baby in my mind. Right. Right. They are, they're not developmentally capable of understanding. And you know, this big lecture about how you're supposed to say, sorry. But, um, you have to tell, you have to be taking into account, like the age of the child, what the behavior is like, you know, and now like my kids are older and we can sit down and when something happens, we can sit down and talk about like, okay, well, you know, you did this, you know, how do you think that made the other person feel? You know, what are some things you think you can do to like, make this right. You know, and we'll talk about that. And sometimes they're like, you know, they're not ready or whatever. That's the other thing too, is like, sometimes they're not ready in the moment. It's okay to talk about it like tomorrow. Um, but like, you know, then, and then that's when, you know, I might say like, you know, you, one of your options could be to go and say, sorry. And that's how you like, offer it as like a way you're teaching them the different options of making things, right. With somebody after they heard some of these feelings are hurt somebody or whatever this whole making kids think, do kids like these things that they're not even capable of understanding and all like that,

Dianne ([23:14](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1394.88)):

You're totally right. Because if your child like smacks another child and you say, Oh, go say, you're sorry. Like nobody's really doing the work to find out, like, why did this even happen? And does your child even understand the concept of what just happened there? You know, because it really is. It's complicated. You know, kids don't have, especially when they're little, little like that, they don't have the emotional capacity to work that through. That's what we're supposed to be doing for them, and helping them do.

Abby ([23:48](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1428.44)):

Right. And if they're not ready, if they don't want to say sorry, or they don't, you know, you gotta respect that. You gotta just let it be the way it is. Cause they're learning and forcing them to go and say, sorry about something that maybe they don't feel sorry about right now. Right. Maybe they're mad. Maybe we need to check in with them. Like, what did that person say to you that makes you, you know, hit them like that. Um, you know, and maybe they don't feel sorry for somebody who maybe said something, then you don't even know if they said, you know, you don't know the whole story. You don't, whatever, you don't know what their what's going on inside with them. But like, they will eventually learn what sorry means, and then say it because they want to, because they actually feel sorry. You know, they do learn these things.

Dianne ([24:29](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1469.41)):

Absolutely. Absolutely. They do. What else on your list?

Abby ([24:34](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1474.75)):

Um, making kids show affection. Oh, that's downright dirty and don't do it. That's a big one. Yeah. This is the one. This is kind of something that like, this isn't really like a do what is right for your family kind of thing. No, no. Do not make kids show affection. This is, you know, go give uncle Bobby a hug. I'm sure. Uncle Bobby is a great guy, but like kids need to learn that their body is their own and that they don't need to do what you're telling them to do with their bodies. No matter how they feel inside, it makes them ignore warning signs inside their bodies. And it makes them feel like their body. They, they lose any kind of sense of bodily autonomy.

Dianne ([25:18](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1518.34)):

And it's making them do something. They might not be comfortable doing exactly. You don't want them growing up, doing stuff they're uncomfortable doing

Abby ([25:25](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1525.21)):

That makes people ignore the warning signs inside their body, which are designed to be there to protect us. And then you go, I mean, I did this, I do this all the time. I was brought up like just doing what I was told to do. And like how many, like how much of my inside messages do I ignore constantly? You know, you're just constantly doing, getting yourself into situations that you're not comfortable with. You know what I'm saying? Don't say anything so i don't offend anybody, go give uncle Bobby a hug because you just spoke to your Hogan. If you don't do it, he's going to be offended. And you're going to look bad in front of the rest of the family. No. Do you want to give a hug? Okay. Do you want to give grandma a hug? You can just wave. It's not ok.

Dianne ([26:25](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1585.571)):

I was googling "bad parenting advice" would it be what you think is bad advice or is it legit going to be just bad advice? You know? But it was like lists of things that people have heard that they say, this is a really bad advice that I received when I had kids. Um, and like on every single list is to, is the forced affection that is like on every list that, and like, you know, don't hold your baby too much. How people still say that? Oh God don't hold your baby too much. You know what else was on there? That I totally forgot about that I used to hear when my kids were little little- bite your kid. If they bite you,

Abby ([27:00](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1620.03)):

Oh my God. Why.

Dianne ([27:02](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1622.01)):

give your kid a taste of their own medicine. If you bite, you bite him back, he'll stop doing it. If he yells at you, yell at him back, he'll stop doing it. If he hits you, you hit him back. He'll stop doing it. That's how they learn. That's what we heard all the time. And it's not like I like raised my kids in the dark ages or anything. But you know that, I remember hearing that like bite your kid.

Abby ([27:27](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1647.14)):

Yeah. People say all kinds of stupid stuff. I hear it all the time.

Dianne ([27:31](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1651.19)):

Oh, like, Oh my God. Well, my kids were never biter. So that never, you know, I never got into that. But like, wow.

Abby ([27:38](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1658.661)):

Yeah. Another thing I don't like is timeout. I think timeout is shitty. And it's again with child development, kids do not just learn anything by sitting in a corner by themselves. They learn from us. They learn to regulate their emotions by us regulating our emotions and sitting with them and processing what went on. If they ask if they're like my like Exley, when he gets mad, he'll be like, leave me alone. And he runs in the other room. Okay. Like I need to leave him alone and he'll come out when he's ready. But I, I don't go like, Oh, you just hit Jack. You need to go to your room and think about what you did, you know? Or take a time out. You know? Like timeout as a punishment is like, not, that's not, that's not helping your kids process What happened. Their feelings, emotional regulation. Like it's just loneliness and shame.

Dianne ([28:39](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1719.08)):

Sometimes they don't even know what they did wrong.

Abby ([28:41](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1721)):

No, I know. Right. Well you don't and that, how are you supposed to know if somebody is not talking to you about it? Because kids do all kinds of things and they don't really know. They just don't know. They've just got here. They don't know all the rules of being here. You know, they're hitting. Cause they don't know what else to do with their bodies. A brain takes over, you know, they get upset if you're like, if your kids two, three, four years old, they're, you know, they get upset. They have tantrums, these giant body movements. They're not trying to hit, you know, their bodies and their arms and their legs are literally moving out of control. And so, you know, then being like, you hit, you go sit in the corner by yourself. Like there that doesn't solve anything. They're just confused.

Dianne ([29:19](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1759.25)):

And they don't have the words To really explain it. And if you think about it, like how many times, or maybe my family is the only one that this happens to, but how many times do you have an argument with your partner where your partner says, okay, what did I do wrong? You know, like they don't, sometimes they don't know what you're upset about. And I mean, I know that happens to us where I'll be upset about something and Tom will be like, all right, what did I do? Kind of thing. You know? Cause he just, it could have been the thing that he did, you know, 20 minutes ago or was the thing he just did. Like what, what is it that I'm mad at? And he's, he's not really sure what that is

Abby ([30:01](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1801.72)):

Adults can't even Figure this stuff out.

Dianne ([30:03](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1803.64)):

So you have to have a conversation about it, right? Like you have to have a conversation and it's just like, with your kids, you have to have a conversation. And with us, he knows that if he tries to talk to me about it right away, I shut him down and I need that time. Yeah. So it's like, you have to just know how to read your kid, but you know, you, you learn that by being with them, you know, you learn that by being with them and listening to your own instinct with what's going on with your child. When, if you just kind of go, Oh, well my neighbor said that timeout is really good for this kind of thing. So I'm just going to put my kid in time out and nothing happens. And you're wondering like, okay, why is this not solving the problem? Your child doesn't even know what he did wrong. They don't even know. They don't know.

Abby ([30:47](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1847.67)):

Right. And I'm talking about like, I'm literally talking about timeout as a punishment. Like if people, if people have this buzzword in their house where they're like timeout and everybody like chills out or just, it stops what they're doing and sits down or whatever. Yeah. That's not the same thing.

Dianne ([31:01](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1861.68)):

It's like, you got like in the corner by yourself for five minutes and

Abby ([31:06](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1866.66)):

Staring at the wall. There's usually like a little stool there and you have to stare at the wall or whatever,

Dianne ([31:12](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1872.33)):

The timeout chair. Right.

Abby ([31:14](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1874.28)):

A timeout chair. And you have to go sit in there. I mean like, no, that's not. I, yeah. I see. Like other kinds of timeouts are more like with the cry it out, which is another thing I don't like, Oh no, you know, but like cry it out is, is like methodical and planned out, right? Like, like if you're about to lose your shit and you put your baby in the crib and you leave the room, that's not cry it out. That's like a safety measure. Exactly. But like sometimes time out is like, okay, everybody needs to stop what they're doing. And like, you know, we need to regroup or we need to restart or whatever. That's not what I'm, that's not what I'm talking about. I'm talking about the stool in the corner.

Dianne ([31:49](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1909.59)):

Yeah. Yeah. And the kids know, okay, if I do something wrong, that's my punishment. But then they think everything they're going to do is wrong

Abby ([31:57](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1917.75)):

It's just automatic. It's like, Oh, mom's mad. I'll just go sit in the corner. I don't know what I'm doing. You know? Like nobody's really talking to them about what's going on. And it just becomes like, just this you know, just this kind of routine that you go through where nobody's really learning anything.

Dianne ([32:12](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1932.78)):

No, they're just doing it.

Abby ([32:15](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=1935.66)):

I also dislike, I know this is like a big one. So I don't know. I might be like offending some people with this, but hear me out. I don't like good boy and good job. It comes from like dog training, right? Like good boy. Oh, you put that. Oh, you put the block on the thing. Good boy. I mean, they're not dogs. And like, it's like a, of like a behavior you can go, like you can read a lot of blogs about good boy. Maybe they can explain it better than I can. Good job or good boy. It's like a good girl, whatever. Um, it's more, it's this like constant judgment of each behavior that they're doing. And so you're placing this value good or bad on every behavior and really kind of removing any sense of like who the child is as a person, you know? Like, like you're, you're just placing value on the behavior and not them as people. Right, right, right. And it just becomes, if you're doing it all the time, it's just like, Oh, they learn. They're learning like how to behave just from like these cues of good boy or bad boy or good job. And I don't know, I'll put a link to an article in the show notes and you can read more about it. I mean, I do it to my dog. Yeah. I know me too. And I know good job is like a thing it's like, are you hearing every day? You hear all the time.

Dianne ([33:42](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2022.43)):

Right. Everybody wants to be praised and be recognized for something that they did. And kids definitely need that positive reinforcement. But if it's coming at them for every little thing, as far as like, Oh, good job. Oh, good job.

Abby ([33:56](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2036.5)):

Yeah. Good job. And it's like training. It's like training a dog. Right. You're training them what to do and what not to do. Right. When really parenting is about connection. Right. We're talking, we're just, we're. We're like, Oh, Oh, I love your drawing. Tell me more about it. Right. Like here I did, I do a drawing. Oh, good job.

Dianne ([34:11](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2051.86)):

Good job.

Abby ([34:15](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2055.13)):

I know like, just try connecting more with the kid and like, you know, opening up a conversation and making them feel like they're good people all the time. Not whether, whether they are doing what you want them to do or not. Yeah. People do things all the way through their lives that like are undesirable or hurtful or whatever. We're humans. This is what we do. But kids need to, you need to be valued and show that they're valued in the worthy outside of their behaviors. And you know, this is how you create connection. Right. That's my list. Even though every time I had this sitting up on the counter and every time Josh walked by and he was like adding more things to it,

Dianne ([35:02](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2102.83)):

It's really, it's hard, you know, because I know that, you know, when I had my kids, I was just like winging it. And it was like getting bad advice and yeah. Like, and I definitely did the timeout thing, not knowing. Cause it's like, okay, you just try the different things. But now that I know better, I'm like, okay, that probably wasn't the best thing in the world for me to do. You know? Like, but now I know that, you know, and I do have connections with my kids and I do have conversations with them about things. And, but you just like, we're just trying to figure it out. You know, we're just trying figure it out.

Abby ([35:39](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2139.78)):

We are. Yeah. I mean, it's not, yeah. That's not, the people do all kinds of things. And then we later find out like, Oh, maybe that wasn't. Yeah. But I mean, you know, you can't go, you can't go back in time and change it now. And like, all you can do is just like, you know, think about what you might do next time based on the information that you have now.

Dianne ([35:57](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2157.38)):

And sometimes like being the kid, my kid's age, like I can't even say to them like, well, that might not have been my best moment as a parent. So

Abby ([36:06](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2166.73)):

Yeah. And that's also too, like I just, my kids too. I go, I say, sorry to my kids all the time. Yeah. I'm sorry I yelled at you or I'm sorry. I said that, I'm sorry. I did that. And you know what they do when they do things, do they come to me and they say, they're sorry, I've never made them say, sorry. We say sorry to each other because they probably do it because I do it.

Dianne ([36:26](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2186.18)):

Right. They're mirroring you.

Abby ([36:26](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2186.841)):

I'm sorry I yelled at you. I know it's scary. And I know it hurts her feelings and I'm sorry, I'll try to do better next time. Like it's, that's all you gotta do. Yeah. Yeah. So Dianne wants us to start a parenting podcast, would anyody listen to that are all you are, you're all throwing shit at your phones right now. I know. You're probably all like, "shut up assholes!!"

Dianne ([36:48](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2208.95)):

Yeah. Like give us some feedback because we are like, we are considering this.

Abby ([36:52](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2212.79)):

And things to talk about,

Dianne ([36:53](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2213.75)):

yeah, we are considering doing this and you know, putting it out there and we'd love to hear what you, what your thoughts are

Abby ([37:02](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2222.78)):

Way more substantial. Like not just like a list of us ranting. We can like actually like take topics. Some like real like information about it.

Speaker 3 ([37:10](https://www.temi.com/editor/t/Wy-WOe_5SfnqhAndNoagz2qzANROxiD8Vc5CjuGyf744gcAuSHl-Raepd5RdHu_-H8g3UO42M6aari7IWQEmkdhwGTQ?loadFrom=DocumentDeeplink&ts=2230.16)):

Yeah. So if it's something you think you would listen to, then let us know. But we, like, we both actually have like education behind it. It's not like we're ranting just to rant Yeah. Yeah. So give us your thoughts. We'd love to hear about it. Yes. Thanks for listening. [inaudible].