

Ep 71- Transcripts for 5 Steps to End the Backtalk

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SUMMARY KEYWORDS

kids, child, reflective listening, laundry, joann, disrespectful, talking, pajamas, questions, feel, disrespect, tone, daughter, eat, walk, mom, stupid, wearing, dog, clothes

SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom podcast. I'm your host JoAnn Crohn, joined here by my fantastically wonderful, you-got-this co-host Brie Tucker.
- B** Brie Tucker 00:08
Oh, hello. Hello. How are you?
- J** JoAnn Crohn 00:11
We're wearing that "I got this" t-shirts because like we do got this!
- B** Brie Tucker 00:15
We do got this! I you know, and it's funny the story behind the T shirts.
- J** JoAnn Crohn 00:18
Yeah,

B Brie Tucker 00:18
I found that my Target.

J JoAnn Crohn 00:19
Yeah.

B Brie Tucker 00:20
And I'm like, this is my jam! Like I got so excited. I started kind of squealing and jumping a little bit at the store. And Miguel's with me. And he's like, Okay. And I'm like, Can I get this T-shirt? He's like, "of course", and I'm like, "No, no. Can I pull it off?" He's like, "yeah."

J JoAnn Crohn 00:34
yeah, definitely. I actually have a, reminds me I need to go get it, I have a necklace that says you got this on it. So I'll have "you got this" for everyone outside and "I got this", and we all got this because I think it's really a confidence issue when it comes down to parenting.

B Brie Tucker 00:48
It is! it really is. A lot of times we're like, I don't got this. But you do got this!

J JoAnn Crohn 00:52
you do got this!

B Brie Tucker 00:53
Gotta follow that gut!

J JoAnn Crohn 00:54
Yeah, so much of our society tells us not to follow our gut. But so much of our gut is Right,

B Brie Tucker 01:00
right.



JoAnn Crohn 01:00

Right. One of the things that society tells us not to follow our gut on is backtalk.



Brie Tucker 01:04

I know like no kids should ever talk back. And if they're talking back, you're doing it wrong.



JoAnn Crohn 01:09

Yeah. Isn't that sad?



Brie Tucker 01:10

And that's BS!



JoAnn Crohn 01:11

It's BS people! It's telling you that your kids should never have an opinion on anything you do and they should just listen to you. Which doesn't happen.



Brie Tucker 01:20

Yeah, I was gonna say like, let's just start by popping that fairytale dream.



JoAnn Crohn 01:24

Yeah,



Brie Tucker 01:24

Alright. I mean, I'm sorry, guys. But we all know our kids have opinions. Because here in the United States, we do not live in a society where kids are meant to be seen and not heard.



JoAnn Crohn 01:36

No. And I think that one thing that we need to make really clear right now is that if your kids are giving you back talk, as in there, they're talking back when you ask them to do something, it does not mean you're doing it wrong. Like you got this, it's everything is going right if they are telling you their opinion about how they feel about what you just

said.



Brie Tucker 01:54

Right. Because that's part of normal child development. Right? And I think that it was really interesting. So when we were talking about this episode, right? You and I were both having a little bit of a different opinion on what was backtalk.



JoAnn Crohn 02:06

Yes, because I was like, I don't get it. What's backtalk? Because the things I see as my kids just expressing their opinions are what other people define as backtalk. Like, we asked Facebook this, we asked our Facebook page and everything about what backtalk was.



Brie Tucker 02:22

Right. We went out to social media, and some of the answers that we got back from people were things like when your kid says, "hang on," "just wait!" "you do it."



JoAnn Crohn 02:31

"I'm busy." So I was shocked. I was actually shocked that these responses and not because I have a moral high ground, but just because like I don't have a moral high ground, by the way, just because I don't consider them backtalk. I consider them just like, kids are stating their opinion in a very unrefined way. Because they're kids, and they don't know how to give their opinions without making other people upset.



Brie Tucker 02:54

I agree with that to some extent. I do. I do. I think what defines backtalk for most, for most people, and by all means everybody in podcastland - please! Comment. Feedback. Let me know what you think about this. But I think what defines backtalk is when they're expressing their opinions back to you about something that you asked him to do in a disrespectful way. That's the key there. It's the disrespect.



JoAnn Crohn 03:20

So if, for instance, I asked my kids to unload the dishwasher, and they told me "Hell no, I'm not gonna unload the dishwasher!" Yes, that'd be backtalk.

B Brie Tucker 03:29
Right. Exactly!

J JoAnn Crohn 03:30
Yeah.

B Brie Tucker 03:31
And I don't think that and again, it's a perception. Backtalk is subjective. It is not objective. What I claim to be backtalk, you might not see that way. Well, clearly. Because again, cuz we were talking-

J JoAnn Crohn 03:42
Yeah.

B Brie Tucker 03:42
And you were like, but my kids don't do it. And then I just laughed was like, oh, Just you wait. And then the more we talked about, it was like, Oh, really it has to do with the communication style.

J JoAnn Crohn 03:50
It's really the communication style. Because as we talked more like my kids were doing the same things that your kids are doing. I just didn't define it the same way.

B Brie Tucker 03:58
Well, yes. And I do think that in some cases, one of my children at least has a little bit more disrespect in their tone sometimes. We're dealing with this whole feeling out boundaries between parents and child and my household right now with one of my kids. This kiddo is definitely, she's really trying to figure out what she can and cannot do. But you know, the interesting part is it's just like what we said though. it's a developmental thing. Yeah, like at your early teen years, that is normal child development to figure out where your boundaries are, what you can do, what you can't do, what's allowed, what isn't allowed. So you do push back a little bit. kids do push back a little bit. And what's important is how we react, right?



JoAnn Crohn 04:39

Yeah, and I do I do see my kids go through phases too. Like we have a very like difficult phase and then it kind of evens out and then something else comes up and it's like a difficult phase and it evens out. I have seen that push back against boundaries and those things where things become just a little, a little on the edge of disrespectful and you're like, oh, okay, we're not going to go this way.



Brie Tucker 04:59

And There is a big difference. Let me throw this out there because I know that you and I both feel very strongly about this. There's a big difference between the disrespect that causes the backtalk.



JoAnn Crohn 05:08

Yeah,



Brie Tucker 05:08

when it's a relationship thing or whatever. And those things we've talked about before the HALT.



JoAnn Crohn 05:14

yes,



Brie Tucker 05:14

hungry, angry, lonely, tired. I get me when I'm hungry. I get mean when I'm tired. Like, actually, we were playing a game over the weekend. And I was just getting snippy. My daughter just looks at me and goes, do you need to go to bed mom? and I went "Yes. Yes I do! I'm very tired and my back hurts." I'd hurt my back that day, "my back hurts and I'm hungry because I'm on this diet and I can't eat anything! Cuz everything's gone in the house, cause we have to go shopping tomorrow" and my daughter, like, it was so funny cuz her I just got real big. And when it was done, she was like, "Dude, go to bed. Mom."



JoAnn Crohn 05:49

It's so funny. Because Yeah, those internal needs we have -

B Brie Tucker 05:53
right

J JoAnn Crohn 05:53
really affect our moods, and they affect our kids moods,

B Brie Tucker 05:56
right. So sometimes our kids will get snippy and have attitude or disrespect when they're feeling sick, or they're tired, or they're hungry, or they're angry about something else that happened. It doesn't mean that it's something that has to be fixed with our parenting.

J JoAnn Crohn 06:10
And yeah, it does not mean you're doing anything wrong, it does not. And in this episode, we're going to show you some ways that you can handle the backtalk. And also ways that I hope will help you feel a little bit more patience. Because I know when our kids are acting that way, oh my gosh, I want to blow up and like go and retreat into the nearest closet and eat some Ben and Jerry's or like cream or something like that. But just knowing these things and knowing that it's normal, it's developmental and all kids go through it. And it's nothing to do with you. It gives me a lot more patience thinking about it that way.

B Brie Tucker 06:42
Yep.

J JoAnn Crohn 06:42
So we hope it helps you as well. Dinner time always causes us like so much stress. And we've tried tons of things to make it easier. Like I've tried these meal delivery boxes, I think you have to Bri but food ends up spoiling or you don't like all the meals. And so a few years ago, I started using these either home meal plans. And just recently I got Bri to try to eat at home meal plans to what what did you try?

B Brie Tucker 07:08
Okay, so we went with the sugar-free/flour-free recipes, because I'm currently doing Whole30. It's sort of like a detox thing you do for 30 days that I really do enjoy doing a

couple times a year, but it is hard.

J JoAnn Crohn 07:21
Yeah.

B Brie Tucker 07:21
Because it's all whole foods. No sugar, no grains, no beans, none of this stuff. Yeah. And it can get really boring, doing the same five, seven recipes that you found that you like.

J JoAnn Crohn 07:33
yeah,

B Brie Tucker 07:34
so I was really excited to try this because not only is it hard trying to find them all myself and then trying to come up with the grocery list. But this had it all there

J JoAnn Crohn 07:43
and you posted pictures! So proud.

B Brie Tucker 07:46
Yes, we made lemon pepper fish with roasted sweet potatoes. And my big aha moment was- I had never tried roasted sweet potatoes before. And I'm eating them. And so as Miguel we're both look at each other going like this needs to be like a regular staple on our meal. And I was like how good would this be with some like sugar-free bacon. And then he's like, and then onions. We're just like getting excited talking about our next meal that we never I never would have ever tried if I didn't have this. That's what I love about these meal plans because it'll help you find like your new favorites just being introduced to more variety of foods. So if you have all the dinner stress and you hate meal planning as much as we do, or it stresses you out, try eat at home meal plans, you can sign up at noguilmom.com/eat-at-home, and you get 25% off when you use the discount code **NOGUILTMOM**. all one word. And 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.



JoAnn Crohn 09:18

So backtalk can look like a lot of different things and a lot of different families and what many people consider backtalk other people don't consider backtalk like we talked about just now.



Brie Tucker 09:27

right. I'll be honest, when we got a bunch of the feedback on Facebook, some of the things were harsher than others like some things I would hear with like my kid says "but but but" or "why doesn't my brother have to do it?" and I get those things I do and I can see how again, like I said, it's all about the tone and the disrespect, body language, everything that comes on



JoAnn Crohn 09:44

and let's just say those things. They're annoying. It's annoying,



Brie Tucker 09:48

super annoying. And then there were other things that were sad like "you're the strictest mom in the world." "You should have played with me" "grumble grumble grumble" "today is the absolute worst grumble grumble rumble" and I can see Like you just said, like, it causes a lot of emotional feedback from us as parents



JoAnn Crohn 10:04

it does.



Brie Tucker 10:05

And a lot of times we're just saying like, what are we supposed to be able to do?



JoAnn Crohn 10:07

I mean that whole, like, "You're the worst" when your kid tells you that you're the worst-that hurts!

B Brie Tucker 10:13
right.

J JoAnn Crohn 10:13
That hurts and you start questioning, like everything you do. So it does, it gets this emotional response.

B Brie Tucker 10:20
it does. And I'm gonna take a moment to share my backtalk story, because I feel like in my household, we do have a bit of a backtalk issue that's going on. I do realize that part of it is developmental, like I said, during our intro, part of his developmental and part of it is legit backtalk there's some disrespect there. That's so stupid this and that in the other. Thank goodness, my daughter does stop short of your stupid she does know that line. And trust me, I see her being aware like stopping herself and she knows that she's about to say something that crosses that line. But like an example of backtalk that we've had in our house recently, there was a time where she went to go clothes shopping, and I was willing to take her to the store to go clothes shopping. Now my point is this like making me feel like I'm willing to do it. Like, she came downstairs on like a Sunday afternoon was like, I want to go clothes shopping. And I'm like, Okay, well, I'm doing this. I want to go like now and I'm like, Well, I'm doing things when I'm done. I can take you. So then she was like, okay, we had our agreed upon time. She goes does her thing. I do my thing. She comes back down and she's in her pajamas. Brie don't take out shopping when you're in your pajamas. I mean, I understand every household is different. And I said that to her too. But I looked at her and went "you haven't changed." And she's like, why I want to wear this and I'm like, No, you've been wearing that all weekend. Those have been your pajamas. And if I remember correctly, you warm all day Saturday too. We don't go out in our pajamas. That is a rule we have in this house. I've never let you go out in your pajamas. We don't go on our pajamas. You put on whatever else you want. That's fine. And her response was, "well, that's stupid. That's a stupid rule. This is just stupid." And she might tell me why. And I'd give her a reason. And the answer would come back as "well that's just a stupid reason. That doesn't make sense. That's stupid."

J JoAnn Crohn 11:59
Yeah, that would get me

B

Brie Tucker 12:01

Yeah, so and you should see me over here I'm all whipping my hair. Like that's stupid. And there was a lot of snarly faces coming at me, which evoked a lot of emotion on my side. But I did try to keep my cool and we were able to work through it. And the only way I got to stop guys was with me saying I love you, but the answer is no. I've told you what you need to do. I'm willing to take you shopping like we agreed upon. I booked two hours, you're eating into your two hours of shopping right now. She eventually went upstairs changed her clothes. And I would say actually what the really awesome part was about 45 minutes in the shopping thing. We're walking down the aisle at the store and she just randomly goes, "I'm sorry."

J

JoAnn Crohn 12:40

That's awesome. See? all those times when like you kept your cool, you stuck to your boundary. And then you just let it be. And she came back and she's like, I'm sorry.

B

Brie Tucker 12:50

Yeah. And I just kind of like, nudged her and winked at her. And she was like, fine. Like, she's, she's not the kind of kid that I could have a conversation because that would make her embarrassed. And then she'd be like stopping or making this weird.

J

JoAnn Crohn 13:01

But what would have happened if she said, If you said to her comment, that's stupid. You're like, "You would have not talked to me that way. Go to your room right now!" Like what would have been the result?

B

Brie Tucker 13:12

Oh, we both would have been very upset.

J

JoAnn Crohn 13:14

Yeah,

B

Brie Tucker 13:14

she wouldn't feel like I heard her at all. Which I'm not saying that. She felt like I heard her.

But she clearly saw that her behavior was not what it needed to be. And I would have felt like crap.

J JoAnn Crohn 13:27
Yeah,

B Brie Tucker 13:27
utter crap. S-H-I-T all freakin day, I just would have been like, eating away at me that we had that fight and mulling over it. And I do that a lot, especially right now being divorced, getting my kids 5050. And I tell my daughter this all the time, because she's the one I have the most conflicts with. It's that I don't want to spend my time fighting right now. Yeah, I only get so much time with you. And I think that's true for all of our kids. We only get so much time with our kids in our lives. I don't want to spend it fighting. Don't put me in that position.

J JoAnn Crohn 13:55
That's how I feel too. Like I never want to get into a fight because the way I view it if I get into a fight have lost. I'm already the loser.

B Brie Tucker 14:03
right.

J JoAnn Crohn 14:03
Because there's no way that you can win a fight against a tween. I mean, if you have a tween, you know exactly what I'm talking about. And a teen. any of them. because there's no way they're going to see your point of view and an argument. There's no way!

B Brie Tucker 14:20
it's very rare. I call those a unicorn moment.

J JoAnn Crohn 14:23
Yeah, the unicorn moments that because it doesn't happen.

B Brie Tucker 14:25
When they're like, oh, oh you're right!

J JoAnn Crohn 14:29
You're totally right! You're that doesn't happen ever.

B Brie Tucker 14:34
Yeah no.

J JoAnn Crohn 14:35
and so it's like frustrating as it is sometimes to step away. I like many times, I have to literally close my mouth and step away because I'm like, you were making me so mad right now child. I'm gonna say something that I'm gonna regret. So I'm just gonna go.

B Brie Tucker 14:48
right. So JoAnn and I have been mulling over this for weeks, like talking about this episode, and we came up with the five steps that are going to be super supportive for you in this that's going to be able to help end that pushback when it's happening in the moment a lot quicker. And in a way that makes it such you feel better. You feel better in the end.

J JoAnn Crohn 15:09
you feel better. It may feel very uncomfortable going through this, but you're going to feel better at the end. And the more you go through these things, the more comfortable you'll feel.

B Brie Tucker 15:19
Exactly.

J JoAnn Crohn 15:19
So that discomfort Yep, totally normal. So here we go. Number one, it's reflective listening. That's a hard one reflective listening is hard to do. Because a lot of times we immediately want to fix a situation that we go right over trying to understand the situation better.

B Brie Tucker 15:35
And it's also really hard to be reflective. When someone's throwing shade at yeah. Oh, yeah. The attitude. It's really hard to be like, so I hear you say that you feel like this is a stupid rule.

J JoAnn Crohn 15:47
Yeah. It's really hard to keep the tone out of it, too. Because you're like,

B Brie Tucker 15:50
Oh gosh yes!

J JoAnn Crohn 15:51
And that's another that's like a key part of reflective listening is that you have to keep that curiosity tone, instead of like the judgment tone, because the judgment tone comes out. So easy. Oh,

B Brie Tucker 16:03
and teens pick up on it,

J JoAnn Crohn 16:04
and they pick up on it. So so well. It's like the littlest hint, they'll be like, oh, and they'll feel the need to defend themselves.

B Brie Tucker 16:12
Right.

J JoAnn Crohn 16:12
And you won't get anywhere.

B Brie Tucker 16:13
Right. Dr. Lisa Bravo talks about that in her episode, which will actually be airing on

Thursday, April 15. So probably have already heard that one actually now that I think about it. Yeah. Sorry, guys.



JoAnn Crohn 16:23

So what reflective listening is, is if, for instance, your child comes up to you and says, like Brie's example. This is a stupid rule. reflective listening would be like, I understand that you think this is a stupid rule.



Brie Tucker 16:35

Yes. Yeah. It's just saying it back. You're not giving judgment, you're not doing anything else. So that's when we roll into step two.



JoAnn Crohn 16:42

Yeah,



Brie Tucker 16:42

right after the reflective listening.



JoAnn Crohn 16:44

Step two is to ask questions. And when we ask questions, we have to really bear in mind that sometimes we don't ask questions from curiosity. Sometimes we ask questions to prove a point, right, a point that we think is already correct. We already know the answer and the outcome. And so we asked those kinds of questions. Like when your daughter said that she was thought that wearing pajamas outside the house, like it was a stupid rule.



Brie Tucker 17:09

So I get that you think it's a stupid rule. But why are my rules so stupid?



JoAnn Crohn 17:14

That that's a perfect example. Like, why are my rules so stupid? There's no right answer. There's no right answer.



Brie Tucker 17:20

Right. No matter what she said. She's stepping into a hole.



JoAnn Crohn 17:23

And you're trying to prove the point that she is being disrespectful at that time. Exactly. So like, an example of a question to ask for curiosity sake is like, Okay, I get that you feel like this is stupid. I might ask a question like, "why do you want to wear pajamas out of the house?" just to understand her point of view a little bit better.



Brie Tucker 17:42

That's a great, great point.



JoAnn Crohn 17:44

not giving any credibility to her point of view? Like you're not you're not agreeing with her. When you ask that question. I think that's the really hard part with a lot of parents.



Brie Tucker 17:52

Right. And I can tell you, I did ask that question.



JoAnn Crohn 17:54

Yeah,



Brie Tucker 17:54

the answer that came back was -because this is easy, and it's comfy.



JoAnn Crohn 17:59

Yeah. So that's really great information to take as a parent. So I understand that you want to be really comfortable when you go out. Is that right?



Brie Tucker 18:07

And she's like, "Yeah, and I don't want to have to go upstairs and change again."

J JoAnn Crohn 18:11
Oh, I get that. I understand that you don't want to go upstairs and change.

B Brie Tucker 18:14
Yeah.

J JoAnn Crohn 18:15
So and then you could summarize after you ask the question. "So what I'm getting is that you want to wear pajamas outside of the house, because you want to be comfortable. And you also don't want to take the time and the energy to go upstairs and change them. Do I have all that correct?"

B Brie Tucker 18:29
And normally they'll answer back. and do realize that there's a lot of pauses in this.

J JoAnn Crohn 18:33
Yeah.

B Brie Tucker 18:33
While they're staring at you. Either a trying to figure you out what, what angle you're coming from.

J JoAnn Crohn 18:38
what angle you're coming from. Yeah.

B Brie Tucker 18:39
Or they're just looking at you going- Are you kidding me? Are you, don't you know, this? Like, I think that a lot of that is what's going through their head. And you know what, that's normal. Because we're learning communication still, even at this stage.

J JoAnn Crohn 18:51

And through your questions, you're actually helping them understand more, why they're pushing back. You're giving them the language to communicate their feelings.



Brie Tucker 19:01

Right. So I mean, we know that JoAnn and I are not naive. Let me just throw that out there guys. Like we get this. We know that this will often like asking these questions, like I just said, you're going to get the eye rolling.



JoAnn Crohn 19:11

Yeah,



Brie Tucker 19:11

I'm going to get that.



JoAnn Crohn 19:12

Oh, yeah!



Brie Tucker 19:13

sighs. And sometimes you're going to get the really irritating, for me- the hoodie shut.



JoAnn Crohn 19:18

Yeah,



Brie Tucker 19:18

when they're wearing the hoodie, and they just throw it over their face. And they do like the Kenny thing. And they pull the strings and all of a sudden their faces like disappears, and you're like, I can still see you.



JoAnn Crohn 19:26

Yeah,

B Brie Tucker 19:27
you're still there.

J JoAnn Crohn 19:27
You know, what I got is because I, I read a lot of parenting books, and I'm very into this whole psychology of it all. Like, my kids will come back and be like, I know what you're doing, mom. And I'll be like, what? what am I doing?

B Brie Tucker 19:39
Yeah, it's like we've heard that from a lot of parents that are like in this field, their parents, like quit doing the psychology stuff by me!

J JoAnn Crohn 19:46
Quit doing that parenting stuff.

B Brie Tucker 19:47
So we're telling you just try it. Because more often than not, you're going to find that your kid is going to open up and it's going to give you a little bit more dialogue. It is and it's going to help you in this battle to get past The

J JoAnn Crohn 20:00
backtalk, and it's not going to be easy. Asking questions is not an easy thing to do. And that's how we mess it up. But it's okay, you'll probably mess it up,

B Brie Tucker 20:09
you'll get plenty of opportunities to practice it again.

J JoAnn Crohn 20:11
Yeah. Like in our balanced coaching program, we have this come out of up a lot in coaching calls that we coach our members through how what to do when they're faced with the situation, and also what questions they could use to draw a little bit deeper.

B

Brie Tucker 20:23

And you know, what I think is great about that, is that when we do an imbalance, it's not in the moment, obviously, right? I mean, you're not having a dispute with your child, while they're in this coaching call with us, they're reflecting back on something that happened. And when you're not in the moment, you can really reflect on your thoughts and how you want to do things differently next time. And you're much more open to solutions. So that I'll admit to when I was asking questions in the reflective listening a few times, I had to look just past my child, not at my child, but just past them, because I couldn't take the visual, the rolling of the eyes, the slouching, the crumpled nose. So that's my little trick I'm share with y'all Look, just pass them. That helps.

J

JoAnn Crohn 21:07

Yeah. So that brings us to number three, think about your role. This is this is hard,

B

Brie Tucker 21:12

it is a hard one.

J

JoAnn Crohn 21:14

Because a lot of times when kids are like back talking to us or being disrespectful to us, we need to really examining the message that we're putting out to kids. And this is not about blame. It is not about guilt. This is something that I've had to go back and myself and reflect exactly what's going on. I have this a lot in terms of perfectionist things and not resting when I see my daughter trying to do everything perfect and like be as productive as possible. And I'm like, hold on rest. I have to look back at myself and be like, what message Am I giving her?

B

Brie Tucker 21:50

Right? And you know, another thing that I found was really helpful about this thinking about your role. We've recently been reading the explosive child by Dr. Ross Greene. And he talks about the importance of letting kids have that transition time and how a lot of times that causes conflict. Yeah, so an example of that would be and this is where I occasionally, occasionally see backtalk from my son, who is much less likely to give it to me. But I asked him to, I don't know, go walk the dog, right? We live in a three story house. So a lot of times I'll do it via Alexa to avoid had the net run all the way up to their corner, like hey, can you walk the dog? And he'll come back and say, yeah, I'll do it. And then 10

minutes has passed, and he hasn't done it. So then now I'm getting upset, because I'm like you said he'd walk the dog and in my head. 10 minutes is plenty. So then I go upstairs, and he's playing a video game. And I would say to him, Hey, you said you'd walk the dog. And he got in a minute. Okay. Now, what was my contribution in that?

J JoAnn Crohn 22:44

I was just expecting him to immediately drop everything he was doing to walk the dog.

B Brie Tucker 22:48

Yes. I didn't take into consideration he was in the middle of something. How would I feel if I was middle of editing a podcast episode of my kid asked me to make them something to eat. And I said, I'll get to it. Yeah, sure. And then 10 minutes later, they came in demanding for that food.

J JoAnn Crohn 23:01

My kids do that all the time.

B Brie Tucker 23:02

I'd be like, oh no you don't.

J JoAnn Crohn 23:03

It makes me crazy.

B Brie Tucker 23:05

Right? So I would have that same response. So that's where I have to look at my role. Did I come in and expect my kid to drop everything they were doing to do the request I gave them?

J JoAnn Crohn 23:14

Yeah,



Brie Tucker 23:14

Yes, I did. And it really wasn't fair. And whether or not it had to happen at that moment. Let's say it did have to happen. He had to walk the dog within 10 minutes. Let's say he absolutely had to. What I'm saying in this is that when you look at your own role, you understand that wasn't necessarily disrespectful backtalk.



JoAnn Crohn 23:33

Yeah,



Brie Tucker 23:34

It was an emotional response, not realizing what your child's needs were.



JoAnn Crohn 23:37

I think that's a great example. I mean, I think I do the same thing when I am on a rush to get everything picked up in the house. And I'm like, Hey, can you do this? Can you do that? Can you do this? Can you do that? Then my kids are like, "uhhhh" they're just stunned because here they are assaulted with like, this barrage of requests from me.



Brie Tucker 23:54

They're trying to get one done. And the next one comes and then they can't keep track of all that in their head. And then we're frustrated because you're like, I asked you to do it.



JoAnn Crohn 24:02

Exactly.



Brie Tucker 24:02

And that's another one that my daughter tells me a lot like she's very sensitive to my tone.



JoAnn Crohn 24:07

The tone Yes.

B

Brie Tucker 24:08

And sometimes let's say I'm coming home and like you just had, we're rushed, we got to get something done, or I'm coming home and I've had a bad day or something just happened. Oh, last night! I had a tone when I was talking to my kids because we were on a walk with the dog, Miguel and I were. and Max being Max. He's this little Chihuahua mix that thinks he is in charge of the world and he thinks every other dog in the world is trying to eat me.

J

JoAnn Crohn 24:30

Yeah.

B

Brie Tucker 24:30

So he got very upset on the walk several times and almost got in a full out brawl with another dog that was not on a leash. (coughing loudly). Not even going to address that one! You know how I feel about that. And you know, I feel about that clearly right now. So I get home and our walk was longer than it meant so or what that was supposed to be so part of dinner had started to burn and everybody was in the kitchen like I'm hungry. I'm hungry. I'm hungry. So I started snapping and then I had to step back breathe hard, because my daughter then gave some attitude back to me. And before I responded to her, I immediately knew because of the fact that I was so aware of myself that I had been snapping at her first.

J

JoAnn Crohn 25:06

Yes.

B

Brie Tucker 25:07

So I immediately stopped. It was like, You know what, I'm sorry, I have a tone. I'm not frustrated with you. I'm frustrated with the walk with the dog and the food is burning. And she's like, I'm sorry, I didn't mean to snap back.

J

JoAnn Crohn 25:17

the tone thing. I get the tone thing too. Yeah, I get like, sometimes I will get upset when I get upset. I tend to clam up and not tell everyone the things and I get very short. And I'm like, Yeah, can you can you go over there and do that? And my daughter's like, Are you

mad? No, I'm not mad, of course, I'm mad! At the same time, like, I don't know exactly what I'm mad about. So like, I will be trying to like, keep my emotions under control, and it just doesn't work. So like, two minutes later, I'll be like, I'm frustrated because of this. And this and this. And a lot of times, it has nothing to do with my kids.

B Brie Tucker 25:53
And you know what? They need to hear that. The tweens and the teens-

J JoAnn Crohn 25:56
they need to hear it.

B Brie Tucker 25:57
they have to hear that it's not them. Because you as you know, the world does revolve around them. Right?

J JoAnn Crohn 26:02
Yeah,

B Brie Tucker 26:03
Yeah it does.

J JoAnn Crohn 26:04
Well, it's normal to think that as a teen or tween.

B Brie Tucker 26:07
And I'm joking, being sarcastic, but at the same time, like you just said, that's a developmental stage.

J JoAnn Crohn 26:12
It's a developmental to think the whole world revolves around you.

- B** Brie Tucker 26:15
Yeah, they're working through that thought process. But because of that, they also take a lot of what emotions are thrown out there. And they and they internalize that "it's me,"
- J** JoAnn Crohn 26:24
Yeah they do
- B** Brie Tucker 26:25
It's me.
- J** JoAnn Crohn 26:26
That brings us to number four,
- B** Brie Tucker 26:27
yes,
- J** JoAnn Crohn 26:27
give your child more freedom. It's hard. This one's a hard one. Because a lot of the times if we think that we're not constantly on it, and we're not constantly reminding them that something is gonna fall through the cracks, and our child is going to fail miserably.
- B** Brie Tucker 26:41
Right. And we also think sometimes if they're being rude or disrespectful, that they don't deserve that freedom.
- J** JoAnn Crohn 26:46
Exactly.
- B** Brie Tucker 26:47
If you're being rude freedom is a is an earned right.



JoAnn Crohn 26:49

Yes. And that's that is the hard thing. Because a lot of times when our kids are being disrespectful, they need more freedom. That's what they're telling us. They're pushing back because they need more freedom. And no amount of taking away like privileges or anything is going to make them be any more respectful.



Brie Tucker 27:07

So this will work really great when you have the case of like, you ask your kid to I don't know, do their laundry.



JoAnn Crohn 27:13

Yes, I that's so funny, because we were talking about this. And then you brought it to Miguel? And you're like, yeah, JoAnn says her kids don't backtalk. Miguel's, like, wait a minute! Wasn't it her son who said that he wasn't gonna fold his laundry? And I'm like, Yes, he totally told me that my son like he, we put him in control of his laundry. And he refused to fold his clothes. Like why adamantly so much so that he actually told me like, "I don't have to do it, and you can't make me." But he told me in a very measured tone, it wasn't like yelled back at me.



Brie Tucker 27:46

And you could have taken that as backtalk. And you could have engaged in-



JoAnn Crohn 27:49

I could have engaged in that



Brie Tucker 27:51

conversation on it.



JoAnn Crohn 27:51

I did not engage I got extremely mad, but I when I get mad, I just I take it in and I walk away. Because I knew that I was gonna say something at that instant that would damage to my relationship with my son.

B Brie Tucker 28:05
Right.

J JoAnn Crohn 28:05
But so backtalk does happen in our house. However, giving him that freedom not to fold his clothes ended up being a very good thing in the long run. Because he then experienced the natural consequences of not folding his clothes.

B Brie Tucker 28:20
within a week. It didn't take long.

J JoAnn Crohn 28:22
within a week, because like, We're going out the door for school, and he's like, Mom, I can't find any socks. And I'm like, oh, he looks at me. He's like, oh. he goes, and he like, tries to find socks. But funny story. My son actually wears two different socks every day now.

B Brie Tucker 28:40
So does mine!

J JoAnn Crohn 28:41
because he doesn't want to put the socks together. And it's become his new style. And I'm -

B Brie Tucker 28:45
Same with mine! Oh, my lord. I thought it was just Robert!

J JoAnn Crohn 28:49
That's the freedom that to give kids to kind of express themselves how they want to express themselves. Yes, someone might look at that and be like, Oh my gosh, that child's mother. She doesn't like take care of him and make sure she he has two pairs of matching socks. Yeah, someone might say that. But you know what, who cares? Because you know what it's like at your house, you know, that you don't want to get in this fight with your

child. And what does wearing two different socks really do in the long run?

B Brie Tucker 29:15
Right, right.

J JoAnn Crohn 29:16
It doesn't do anything.

B Brie Tucker 29:17
And I think a big thing to note of this, is sometimes we in our heads, you guys have heard me and JoAnn say it all the time: they're not going to do their laundry, which means that they're going to get made fun of at school, which means they're going to drop out of school. And then that means that they're never going to get a job and they're going to start living in a van down by the river.

J JoAnn Crohn 29:32
But let's stop it right there. Because what will really happen is that they will do their laundry they'll make be made fun of at school, that peer pressure is going to have them rethink they're not doing their laundry stance, and they might go back and do their laundry.

B Brie Tucker 29:45
Right. So like I think it's helpful sometimes just to tell them what our thought process is. I don't need to tell my kid that I'm afraid they're gonna end up in a van down by the river. But what I can say to them is like, Look, it's Sunday and it's four o'clock and you haven't started your laundry. I'm afraid that if you don't go do it right now. It's going to be 9:30. And then as we bedtime and you're going to say, Oh, I can't go to bed, I don't have any clothes to wear to school tomorrow, and I have to do my laundry. You say that your kid and guess what, your kids gonna come back and they're gonna either gonna go, Oh, I didn't think of that. Or they're gonna go, mom, I'm gonna do my laundry when they come down for dinner at 6.

J JoAnn Crohn 30:17
your kids will be-

B Brie Tucker 30:17
and then you're like, Ohhhhhhh!

J JoAnn Crohn 30:20
They'll talk you down. That's what like, my daughter talks me down all the time, because mine is like her going to Coffee Rush, which is at the corner, and they have to cross the street. And I'm like, here's what I'm afraid of: I'm afraid of this, this and this. And she'll like, okay, here's why you don't need to be afraid of that. And here's what I'm going to do. So -

B Brie Tucker 30:36
hearing what they're gonna do, and hearing that they actually have a plan is so helpful.

J JoAnn Crohn 30:40
It is really helpful and helps them build the responsibility too.

B Brie Tucker 30:43
But you only get that when you give them the freedom.

J JoAnn Crohn 30:44
Exactly. So give them the freedom.

B Brie Tucker 30:46
Yeah.

J JoAnn Crohn 30:46
And then finally, (singing together) you got to know when to hold 'em. know when to fold them. know when to walk away. Know when to run. walk away.

B Brie Tucker 30:57
Yes.



JoAnn Crohn 30:58

Walk away. That is like, remember, if you get into a fight, it's already a losing situation. If there's yelling and your emotions are heightened, you've already lost. That's how I see it. Like I've already lost if I'm yelling, there's no shame in walking away.



Brie Tucker 31:15

Kenny Rogers was a wise wise man.



JoAnn Crohn 31:18

Yes,



Brie Tucker 31:18

yeah.



JoAnn Crohn 31:19

Because many people think that it is our job to solve things immediately. Because if we don't solve problems immediately, then everyone will forget about it. And we're all crushed out like it. That's all fear talking. It's all fear talking. You can walk away, you can gather your thoughts, it's going to give you time to cool down, it's going to give your kids time to cool down. And then when you feel like you can have the conversation. That's when you can have the conversation. You don't have to deal with it immediately.



Brie Tucker 31:44

Yep. And my favorite thing to do when you're in the middle of the conversation are like you've been having the conversation and your kid keeps coming back. So like my example, my daughter kept saying to me over and over and over again. That's stupid. That rule is stupid. I should be able to go out my pajamas that stupid. Eventually, after I was done saying my point, all I said to her repeatedly was I love you. And the answer is no. I love you. And the answer is no. Eventually she was like, Okay, I can't fight that.



JoAnn Crohn 32:10

Yeah,

B Brie Tucker 32:10
so she just went upstairs, she cooled off and came back down half an hour later, lo and behold in different comfy clothes.

J JoAnn Crohn 32:16
So here are those tips for you again, about how you can make backtalk a little bit less of an issue in your home. Number one, reflective listening, repeat back what your child has said to you.

B Brie Tucker 32:27
You want to ask them some questions and make sure they're actually truly inquisitive.

J JoAnn Crohn 32:31
Number three, think about your role in the conversation and the dynamic and really examine that to feel like what message you're giving your child either through your actions or through your tone.

B Brie Tucker 32:42
You want to make sure that you're trying to give your child some more freedom because a lot of time that's when you find out whether or not they have a plan.

J JoAnn Crohn 32:48
And number five, it is okay to walk away. Know when to hold them. know when to fold them. Know when to walk away

B Brie Tucker 32:54
and know when to run!

J JoAnn Crohn 32:55
Know when to run.



Brie Tucker 32:56

Sometimes you gotta run away!



JoAnn Crohn 32:57

sometimes you gotta run. so until next time, remember the best mom's a happy mom take care of you. We'll see you later.



Brie Tucker 33:04

Thanks for stopping by.