



Transcripts for Ep 075 Do You "Stop and Drop"?

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SUMMARY KEYWORDS

drop, mom, stop, kids, boundaries, episode, planning, week, groceries, appointment, treat, happen, parenting, kara, calendar, called, emotions, podcast, project, write

SPEAKERS

Brie Tucker, JoAnn Crohn

- J** JoAnn Crohn 00:00
Welcome to the No guilt mom podcast. I am your host JoAnn Crohn joined here by my fantastic and amazing co-host Brie Tucker. (distant cheering)
- B** Brie Tucker 00:10
Hello, hello everydoby!
- J** JoAnn Crohn 00:15
You're the next contestant on...the No Guilt Mom podcast!
- B** Brie Tucker 00:18
Oh man! I was gonna go with, "The Price is Right"!
- J** JoAnn Crohn 00:20
That's what I was thinking-

- B** Brie Tucker 00:21
bringing back my childhood.
- J** JoAnn Crohn 00:22
but then I'm like, it has to bring it back to the podcast.
- B** Brie Tucker 00:24
Was anybody else like a TV? What like, Okay, so my parents worked and I would watch TV over summer break. So every morning it was watching like The Price is Right, the Brady Bunch reruns all that jazz.
- J** JoAnn Crohn 00:35
I watched All My Children.
- B** Brie Tucker 00:36
Oh really? I was a Days of Our Lives gal, because that's what my mom watched.
- J** JoAnn Crohn 00:41
But I was so frustrated with All My Children, because they would keep repeating the same story over and over again each day. Like the story never progressed. And really well. Yeah. And you could like, guess why? Because they had to do like daily recordings of this soap opera. And I'm sure like, if the story progressed too fast, they'd be like, Well, what do I write about now?
- B** Brie Tucker 01:02
So was the story always about the evil twin brother who came back to life and stole the life? Brother? Yeah, they always had that. When I was in college. Do you remember a show called Passions?
- J** JoAnn Crohn 01:13
Yes. I really watched Passions.



Brie Tucker 01:15

Oh, I loved Passions.



JoAnn Crohn 01:16

I can't even remember who was on Passions.



Brie Tucker 01:18

This cute kid. And then another one is on the story. This is us.



JoAnn Crohn 01:23

Oh, Who is it? Who is it?



Brie Tucker 01:25

Oh the cute blonde brother! I have oh my gosh-



JoAnn Crohn 01:28

the same guy who was in bad mom's Christmas, Kevin?



Brie Tucker 01:30

Yes.



JoAnn Crohn 01:30

It was Kevin.



Brie Tucker 01:31

Yes.



JoAnn Crohn 01:31

Okay. I cannot remember his name right now.

- B** Brie Tucker 01:33
It was he did not play a so great guy on Passions, but yeah. Nice to look at.
- J** JoAnn Crohn 01:40
That's so funny. I don't like I don't even watch soap operas now. But you know what it was all my children. Kelly Ripa used to be on All My Children. That was like her.
- B** Brie Tucker 01:47
I remember hearing about that. And you know, it's funny. I don't think our kids will ever have the soap opera thing, because there's that
- J** JoAnn Crohn 01:54
there's Netflix. I don't know. Are they still on?
- B** Brie Tucker 01:57
I don't think so.
- J** JoAnn Crohn 01:59
That's weird.
- B** Brie Tucker 02:00
I know.
- J** JoAnn Crohn 02:00
That's so weird.
- B** Brie Tucker 02:01
So many things of her childhood have gone by the wayside.
- J** JoAnn Crohn 02:04

Yeah, yeah. But you know, something exciting. That's happening right now. Yeah, we're in week three of Calm and Happy Parenting with our students.

B Brie Tucker 02:13

Yes, I am so excited. That is, but I have to admit, it was one of those things where I was a little nervous when you had proposed doing this. I mean, I loved the concept. I was just worried about the time to do things. JoAnn has to push Brie. Brie is the cautious one. Am I not?

J JoAnn Crohn 02:26

No, Well, I mean,

B Brie Tucker 02:27

Well, we're both cautious. But I mean, like, you really have to push me.

J JoAnn Crohn 02:30

Yeah, I mean, it's a good thing, though. Because you, you keep me grounded. So that like I can't go too far out, like in like lala land, I guess. Like it's actually a very common business relationship. And it works really well. Because like, I've noticed this actually working with you because I never used to think I was visionary. But now like, I see like, I come up with all of these ideas and I see your face and I'm like, I might be a little visionary.

B Brie Tucker 02:58

And Brie looks terrified over there in her chair going okay,

J JoAnn Crohn 03:03

no, it's completely normal. I've seen it in other businesses too and it works together because like I take the big ideas and you're like so what what will really happen really vague happen but so it's like push and then like yes, like keep it grounded and make it like actual reality.

B Brie Tucker 03:24

Yes, like it has been GO GO GO ever since I joined No Guilt Mom full time back in August. It has been crazy!



JoAnn Crohn 03:29

right? Calm and Happy Parenting is - we're going on now. And



Brie Tucker 03:32

I was so nervous about it. But I have been so excited. It's been so amazing. And this week we are going to be talking about -let's see- What is this week?



JoAnn Crohn 03:41

process your own emotions. The P the second p No. The first P in happy



Brie Tucker 03:46

Yes,



JoAnn Crohn 03:46

yes. Because that we do the happy framework. So the first week we did have priorities The second one was appreciate your kids point of view. And now we're on the first P which is process your own emotions, which actually goes very, very well with this episode. Yes, because our week three is all about setting those boundaries with your family and like communicating what you like in a way without blame without resentment, but your kids like and your family actually respect to you and listen.



Brie Tucker 04:14

and this episode actually was inspired by another podcast episode we had Episode 54 with Cara Harvey. Yep. And that was about how to go from overwhelmed and control but she had this lovely little golden nugget about the Stop and Drop. So we're gonna talk about the stop and drop on this episode.



JoAnn Crohn 04:32

drop is today so we hope you enjoy today's episode. If you are overwhelmed by your kids,

huge emotions and you wish you had a way to teach them how to first recognize their own feelings and then how to communicate those to others. You are going to want Emotions 911 it is on sale Wednesday, May 12. And Thursday, May 13. And you can get all the info at [noguilmom.com/emotions 911](https://noguilmom.com/emotions-911). 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 gonna 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. So stop and draw, do you do the stop and drop? My kids like me to do the stop and drop and I will admit, I was doing the stop and drop quite a bit. And we wonder why Brie is always late to everything and can never feel like she ever has anything done. Yep. So like the stop and drop for people who haven't heard this term before. And it was first mentioned in Episode 54 that we had with Cara Harvey. It is when your kids ask you for something, you stop what you're doing, drop it off, drop it off and do what they need.

B

Brie Tucker 06:09

Yes. And her example was a great one, like her son came down was like, hey, Cara, I'm out of deodorant. Can you go the store and get me some? And she's like, first of all, don't call me Cara. So anyways, he was like, I need deodorant. He goes through and get me some. And she's like, well, I can go on Thursday, because I have time on Thursday. And he's like, Well, yeah, but I'm out now. And she was frustrated by this request until she realized that that was the kind of thing that she always had done. They needed something. Oh, God, you're added urine. Okay, fine. Yeah, I'm really busy. But maybe I could swim by on my way to work, or my way after, you know? and you kind of set that expectation for your kids. And I think a lot of us do that.

J

JoAnn Crohn 06:50

Oh, yeah, it happens a lot with school projects. Oh, my gosh, oh, my gosh, I have this science project due by tomorrow. And I don't have markers, or a poster board or anything. Can you go get it for me? And immediately we're like, it's a school project. But also, the second thing we think is, wait, how long have you known about the school project? And why haven't we done this sooner?

B

Brie Tucker 07:09

Right. And the whole time you're running off and you're getting the stuff and if you're like me, I make sure my kids come along with me cuz I'm like, if I have to suffer, you suffer with me? Oh, yeah. So we go together. And the whole time I am like just beating on the dead

horse of like, how long did you know about this project? This is ridiculous. We shouldn't be doing this. Bla bla bla bla bla, makes me feel like crap makes my kid feel like crap. And then we're both in a bad mood while they're trying to work on the project. So it doesn't really help anybody. It's pretty unproductive. And it puts everybody in a crappy mood.

J JoAnn Crohn 07:38

Yeah. And it's like, it's something that we feel like we have to do as parents were, we're here to tell you, you don't have to do this stop and drop.

B Brie Tucker 07:47

Noooo. You do not.

J JoAnn Crohn 07:49

No. So like, why do you think like the stop and drop happens? Like, let's look at the things behind why we're doing this.

B Brie Tucker 07:55

Well, I think that the stop and drop happens a lot because of the fact that we done it before. And especially when they come in with those things of like, it's school related. Yeah. Or it's something that we see as an utter necessity. And we have to keep from that failure happening. of it not occurring to like the big failure that would happen if whatever it is that they missed didn't happen. We don't want that to happen. So we're going to stop what we do so that we could take care of it.

J JoAnn Crohn 08:22

Yeah.

B Brie Tucker 08:22

And we're talking in circles.

J JoAnn Crohn 08:23

Oh, well, we get into that fear cycle. Yes, we get in the fear cycle, which is our favorite fear cycle ever. Because I'm like, Oh my gosh, if they don't have this project, they're gonna get

an F on their science project, and they're gonna fail science project, and then this is gonna go into high school, and then they will get into college.

B

Brie Tucker 08:37

And then they'll end up in a van down by the river.

J

JoAnn Crohn 08:39

Exactly, exactly. And that's how we're thinking when we do this stop and drop. We're taking this one isolated incident and thinking about way in the future.

B

Brie Tucker 08:50

Oh, yeah. Yeah. And you know, it's awful? is that, and again, in my case, and I think that, you know, by all means, every out there in podcast land, send us some feedback. Let us know if this is you, too. I feel like how, you know, gosh, darn it, I'm gonna make them know that they weren't planning ahead. Yeah, like, again, like I talked about, like, if I'm going to the store to get something last minute, I'm going to be like harping on him the whole time. And I say it like I do it all the time. I'm actually much better about not doing this, especially once Cara brought up in the episode because I totally realized it is all about me. And my own boundaries.

J

JoAnn Crohn 09:22

Well, yeah, it is about boundaries. And it's so funny. It's funny that you mentioned like, you're gonna make sure that they know that they are not planning ahead, like we've talked about in previous episodes. And we've talked about this in lesson one when we did it with calm, unhappy parenting is that it's like that nagging and reminding and putting that bandaid on the bullet hole. Right. So like, if you haven't heard the phrase band aid on a bullet hole, it's exactly what it sounds like. The metaphor is really descriptive, but say that this constantly asking you questions and having you stop everything and drop everything. That's like the bullet hole like leaving things to the Last minute, that's the that's the wound leaving things to the last minute. And we try to like put a little bandaid on that big wound by telling them when we take them to get something. Oh my gosh, why didn't you plan ahead? Oh my gosh, why didn't you do this? Why didn't you that?

B

Brie Tucker 10:13

My favorite, my favorite Hall of Famer, this is the last time!

J JoAnn Crohn 10:16
this is the last time! And that happened together to get it again. Exactly. So it's like we put that bandaid and they're all contrite. And they're sorry. They're like, sorry, thank you. And then it happens again.

B Brie Tucker 10:26
Exactly.

J JoAnn Crohn 10:26
Because that bullet hole still there. It has not been stitched up. And we want to stitch that up. We want to stop, stop and drop.

B Brie Tucker 10:34
Right. And it's this never ending cycle, like you just said, because we set the precedent by stopping and dropping. Oh, yeah,

J JoAnn Crohn 10:42
it's so interesting, because like, so this podcast has had such an effect on me and just doing this work, because it causes you to like investigate your own parenting and what you can do better

B Brie Tucker 10:51
and what I contributed to.

J JoAnn Crohn 10:53
yeah, you contribute to you. So this stop and drop concept came up last week for me, where my daughter, her ballet class, she got the big news that oh my gosh, we're going into pointe which is a whole other thing. That's very exciting. And she's like, Mom, we need to go make an appointment to get my pointe shoes fit and I knew this was gonna be like a stop and drop scenario if we didn't plan ahead. But then again, I also didn't want to be the one planning ahead, because I'm like, this is something that she wants, right? So even

though she wanted to go immediately that day, I put it back on her and I had her make the appointment at the dance store, to get an appointment and get fitted at a time that was good for me. And just planning ahead instead of like rearranging my whole schedule for this big exciting event to go take her right away. It was that planning for the future.

B

Brie Tucker 11:47

Right. And that was good for a lot of things. I mean, I've taught a lot of life skills in that situation, the importance of calling to make appointments on about you guys, but I hate calling to make appointments but it's a life skill we have to have.

J

JoAnn Crohn 11:56

I hate calling to make appointments to and you know what my daughter never called to make an appointment before and she freaked out. She was like I can't do that!

B

Brie Tucker 12:02

probably took her like a day or two before she did.

J

JoAnn Crohn 12:04

It only took her a few hours actually really good because I wasn't around I wasn't around thankfully. Because if I was around and saw her I would have coached her a little bit more than I did but she was at dance yet that hour break between dance. And I text her I'm like okay, well you know call make the appointment. Here's where I'm available. Just find time. She's like, and then I just didn't answer her texts.

B

Brie Tucker 12:26

That's the next thing. Sometimes you just kind of like put up that that brick wall. A wall of like, I can't answer. I can't answer. Sometimes I will take my phone and give it to Miguel. I be like here. Just take it.

J

JoAnn Crohn 12:38

That's a good one.



Brie Tucker 12:38

Yeah, I can't I can't be trusted.



JoAnn Crohn 12:40

You can't either. And what happens usually when you don't answer?



Brie Tucker 12:43

the Oh, well. One of my kids have either Mom, Mom, Mom, Mom, Mom, mom. But it comes at that million different spellings text after text after text. It's mainly when she wants Spotify. Oh, really? Stop and drop on Spotify. Yeah.



JoAnn Crohn 13:00

Maybe you need to stop the stop drop on Spotify. Lock her out.



Brie Tucker 13:05

Oh, I have I have and then I always go back. It's like, Uh huh. But anyways, but yeah, like it's they just keep trying and then eventually stops, it eventually does stop, which is the point we want to get to. Yeah, I mean, it's funny because I keep rolling back to like, every developmental stage with our kids, I always relate back to it's just toddlerhood with better vocabulary. It is it is you're just you're going through the same things. They're trying to figure out boundaries or trying to get what they want. They just have a bigger vocabulary.



JoAnn Crohn 13:33

they do. that makes it sometimes really, really hard to deal with because you're like, Oh, they have a better vocabulary. So we can use some reasoning and logic here to get through to them. No, no, you can't no, because they're toddlers.



Brie Tucker 13:46

So So the good news for all of this is you probably are doing the stop and drop right? Yep. And it's probably frustrating you a lot in your kids a little win if you do the you know, I'm going to make you feel my pain kind of thing that I like to do,



JoAnn Crohn 14:00

but their pain is never as much as your pain when you're shooting. Yeah,



Brie Tucker 14:03

no, cuz they know what to say. I'm sorry, mom. And then they give you a sad face. And maybe you get a hug or kiss and then we all move on. And then they come back the very next day was something that the last minute Yeah, so But the good news is we have strategies on how to stop the stop and drop the stop and drop. Stop the stop and drop. That's a little bit of a tongue twister.



JoAnn Crohn 14:22

Yeah, I like that. Stop, stop, stop, stop. Anyways. So the first thing is scheduling time in your calendar for those things that pop up.



Brie Tucker 14:33

Now see, that was like a mic drop type moment for me when Cara was talking about that in Episode 54. Because she talked about how she schedules time for those things that pop up. And I'm like, Oh, yeah, I don't really do that. And I've been doing that since like maybe not necessarily in my personal life but like how you talked about shared with people before we do our planning the week ahead here. No Guilt Mom And I have learned that on Thursday and Friday. Always leave time. Yeah. Always make sure I have like at least an hour or two of blank stuff for the things that pop up.



JoAnn Crohn 15:04

It's the buffer time. It's those places that you need that extra time that you can move things or take care of the things that pop up.



Brie Tucker 15:12

Right. And it was funny because I want to say that she talked about like having a half hour and her schedule to do like that to run the errands or whatever. And I was like half an hour of the time for me to run to get like, income back like Yeah, no, I need way more time than that.



JoAnn Crohn 15:28

I like to designate things for certain days of the week. So like groceries, like our grocery trip is always done by my husband on Sundays, any groceries need to be told then and they're gotten then and if you don't have your groceries in, you wait until the next week, at least my kids do if I don't have my groceries and I run to Frys.



Brie Tucker 15:46

because I have a car because I have a car, I can stop and drop for myself



JoAnn Crohn 15:50

Stop and drop for myself. Or like when they asked to go to Target like my daughter will ask many times like, Oh, I want to get this from Target. Can we go tonight? And always on a weeknight My answer is no. We can't go tonight to Target we can go on the weekend. Right? And I'm fine going on the weekend. But yeah, just having those boundaries and having those set times where I go to specific places. Usually everything's on the weekend, I typically do not do things on a weeknight, just because of other things going on.



Brie Tucker 16:18

Yeah, yeah, I have found myself, you know, in the last couple of weeks, because again, like that's been since this episode aired, and I had this epiphany from listening to that episode, that, you know, we will be driving home and it can get kind of tougher in my situation. I feel like because of the fact that I'm divorced, and I have my kids 5050. So I only have them every other week. And I picked them up on Friday. And it's not uncommon for me to pick them up on Friday and then need something like right then yeah, because they need it for school on Monday. And it's not an ideal situation that we live in. But you know, it is what it is, and we work with it. But now like if they forget to ask me on Friday or Saturday, and they bring it up Sunday night? Yeah, my answer is I'm really sorry. But no, you could have texted me during the week. Last week, you could have asked me on Friday or Saturday, but the answer is no. At this point, you have to learn to start planning ahead. And I remind them that like, you know, again, our situation is what it is whether or not your parents are married or not like in our case, you can't just drop something on me on Sunday night and ask for it by Tuesday. It just doesn't happen. No. And I've been saying no. And the requests have been less and less. And they've actually already been starting to think ahead. That's great. We're talking about just a couple of weeks, we've seen this change. So that's pretty nice.



JoAnn Crohn 17:30

That's amazing. That leads us into the next one to let your family know that there will be no more stop and drop happening.



Brie Tucker 17:36

Oh I didn't even realize that led into that one. Yeah, yeah. Yeah, taking, taking the time to tell your family that things are changing. That's not going to happen anymore. It's not going to be an option is helpful. Because when you start flat out with the Nope, my answer is no, you should have told me last week, you're going to get pushback



JoAnn Crohn 17:52

you are. But if you do it at a time where they're not asking for anything, and you're just like, hey, so I just wanna let you know something that's going to be changing when I have to stop everything I'm doing, it really stresses me out. So please let me know in advance if you need something, because I will no longer just be stopping everything I'm doing Yeah, to run and get something for you.



Brie Tucker 18:13

Yeah, and I found another thing too, that's helpful in our house. This is just something that I've started doing like a long time ago, we have a target list on our fridge. And we have a grocery list on our fridge. And you can write down anything you want on that list. Whenever it pops up in your head, you just write it down on that list. And then like you said, we have designated days and times that we go to those places. And that's when we'll get the things that you need. And we also have like our dry erase calendar. So like we write down like all of our big things for the month that's on there. And if there's something that you need, then you write it in a different color so that mom knows to look at it or that you know, to tell me about it. So either way, point is it gives everybody a chance to communicate whatever way they need to verbally written. There's lots of opportunities to say when you need something so you can do that planning ahead.



JoAnn Crohn 19:00

Yeah, and I love the dry erase calendar, too. Like we do a dry erase calendar in my kitchen as well. And all of our stuff is written on there for the month. And anytime my kids tell me something's happening, I write it on the dry erase calendar, just so they can't, you know, last minute be like, Oh my gosh, I have to be at school by 6am for cheer practice which

happens. And I can be like, Did you tell me about this beforehand, because I have something planned tomorrow morning. So the dry erase calendar really helps eliminate a lot more stuff and drops because we know ahead of time what's planned, right.

B

Brie Tucker 19:31

I'm a huge proponent of calendars. And I think that another big part about having this conversation is making sure you take the time to explain that this isn't to be mean. No, it's not to be me. It's not to punish anybody. This isn't happening because anybody was being mean or to punish them or make them feel the pain. Instead it's to honor your boundaries and to give you the time to do what you need to get done as well. And telling them that it's about boundaries is going to help them understand And what boundaries are and then hopefully will help foster them to have their own healthy boundaries, as they get older.

J

JoAnn Crohn 20:05

it's personal preservation it because it's like the whole cup analogy like you can't give to others if your cup is empty.

B

Brie Tucker 20:13

Oh goodness no.

J

JoAnn Crohn 20:14

Yeah, so it's protecting your time it's protecting your sanity when you say no to these stop and drop requests, which brings us to number three, stick to your guns. (laser sounds) And this can become really fun after a while, like, I enjoy being the quote unquote, mean parent, really, I'm not being a mean parent when I do this, but it's like the little persona. I like to think I'm being a mean parent,

B

Brie Tucker 20:41

you're the tougher boundary holder.

J

JoAnn Crohn 20:44

the boundary holder, especially like it's much easier to do when you say you'll do it beforehand, right? And you're like, no, like, this is on the calendar. And you could just sit

back and you could watch your kid throw a fit, and they will, they might throw a fit and get really emotional. It's like you're watching a show because you expect the show to happen, right? Like, it doesn't come at you as a surprise. You're like, Okay, this is the first time I'm setting a boundary. I'm in for a show.

B

Brie Tucker 21:09

Right. And if it's too hard for you to be there was happening, then you can walk away. It's okay. You can do that. I mean, because honestly, if you're not going to honor your own boundaries, why should anybody else? Yeah. And that's what your family is going to learn to write. Is that, okay, well, when mom says that this is the rule doesn't really mean it's the role. Yeah, there's going to be leeway.

J

JoAnn Crohn 21:33

It means like I can like pester mom and needle her until I get what I want. She's eventually going to say yes.

B

Brie Tucker 21:39

So with that being said, bear in mind that if you're going to start doing this stopping, stop and drop, which we both highly advise doing, because your own sanity is so important in your own mental health, self care as well. But there's going to be pushback. So if-

J

JoAnn Crohn 21:54

Oh, yeah, yeah. And they'll still be pushed back. But it's so much fun. Like when there's pushback, and you really get the hang of it. Yeah. So like, you're going to I want you to embrace the fun that comes with this because just last night, I had to stick to a boundary. We have this thing called treat yourself, boy love your treat yourself. Treat yourself. It's from Parks and Recreation if you have not seen that episode, but it's like getting a treat. It's like going Dairy Queen or culvers and usually involves ice cream, or it could involve crumble with their cookies. Like if you've never had a crumble cookie fall, my gosh, so so good. But my daughter asked for treat yourself all the time, as does my son. And last night, I came home from a trip. I was exhausted. I just wanted to go to bed because I was coming in from the east coast. And my daughter's like, treat yourself. And I'm like, just looking to embrace the fun. Like, yeah, yeah, treat yourself. There's some broccoli in the fridge. Oh, that would be a great treat. And she's like, treat yourself. I'm like it's crunchy. It's green. Oh my gosh, when I bite that broccoli, it is amazing. She's like, treat yourself? Yeah, I'm going with broccoli here. And then my husband like across the table. He's like,

yeah, I'm going with broccoli too. But it's like you just kind of having fun with it and pushing, giving back that push and that hard time. Especially because you can't treat yourself every night.

B

Brie Tucker 23:18

You can't. But I mean, like, again, like when it comes back to these boundary things like we really are giving our children a gift because think about it. Do you really want your children to continue on in their life thinking that the world is going to accommodate them? Because it is going to be a very scary I mean, we all know as adults, the world doesn't work away. And it is going to be Yes, scary situation when they figure out that not everybody is going to stop and drop everything for them.

J

JoAnn Crohn 23:46

Yep. I also like to sing the Meghan Trainor song to Oh, when I have my name is no My sign is no, You got to let it go. You got to let it go.

B

Brie Tucker 23:57

I'm gonna add that one to the No Guilt Mom playlist.

J

JoAnn Crohn 24:00

Yeah, it's really it's really fun to say to kids, especially when they ask you again and again and yeah, you just start seeing it. And they'll be like

B

Brie Tucker 24:09

you're weird and they just walk away

J

JoAnn Crohn 24:11

and then threatened to do it in public. And that's

B

Brie Tucker 24:13

Oh I know. Right? Like Yeah, like

- J** JoAnn Crohn 24:16
I'm gonna sing this song over on your friends.
- B** Brie Tucker 24:20
My daughter. No wonder she runs away from me.
- J** JoAnn Crohn 24:22
It's the Fun. it's the fun like we got to have fun else we would cry right? Sometimes this job of parenting is pretty hard and you just have to look for the funny in the situation.
- B** Brie Tucker 24:32
It is so Okay, so who out there is ready to join us in stopping and putting an end to the stop and drop?
- J** JoAnn Crohn 24:39
no more stop and drop.
- B** Brie Tucker 24:40
no more!
- J** JoAnn Crohn 24:40
Down with Stop and Drop! It's like holding those signs, like the Minons in the Minions movie.
- B** Brie Tucker 24:45
Oh gosh. Let's see if I can make that graphic.
- J** JoAnn Crohn 24:49
Stop and Drop. Yeah.



Brie Tucker 24:51

So what are the three things are going to do to stop or end the stop and drop?



JoAnn Crohn 24:54

so schedule time in your calendar for the things that pop up or like the things that you know always happen like the target and the grocery run,



Brie Tucker 25:01

right? And then let your family know before that you're going to stop doing it, why it's happening and that it's honoring boundaries.



JoAnn Crohn 25:10

And also you want to have that conversation and a time that they don't ask for something.



Brie Tucker 25:14

Right? Yeah. Right when they're asking for it is probably not the time they're going to be the most open to the discussion. I like to bring these up at the dinner table or a meeting time.



JoAnn Crohn 25:22

Yeah, those are great times to bring it up. And then third, stick to your guns and honor that boundary.



Brie Tucker 25:27

Yes. Because if you don't honor your boundaries, who's going to honor your boundaries?



JoAnn Crohn 25:31

And if you need help channel, Meghan Trainor!



Brie Tucker 25:33

Yes.



JoAnn Crohn 25:36

Like I do all the time. I do all the time. So remember, the best mom is a happy mom, take care of you and we'll talk to you later.



Brie Tucker 25:42

Thanks for stopping by.