

Transcript for Ep 087 Listener Questions: Bedtime Routines &...

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SUMMARY KEYWORDS

bedtime routine, peggy, kids, piano, routine, youngest, talking, bed, asleep, bedtime, steps, brie, question, cuddles, screens, joann, parenting, called, parent, bathing

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 polka dotted co-host Brie Tucker.
- B** Brie Tucker 00:07
Why Hello. Hello everybody. How are you?
- J** JoAnn Crohn 00:09
polka. It's like the umpa (musical sounds). I tried to do that with my nephew Torsten he was like, we call them Rave Baby. Because we like my sister. We're bouncing up and down we go in and I could not get the "umph" thing. I was like (musical sounds).
- B** Brie Tucker 00:25
Yeah, no. I definitely have no future and being a beat. So sorry, if you were thinking Brie would be the perfect, you know, mix to your band as the beatbox.

J JoAnn Crohn 00:35
Yeah,

B Brie Tucker 00:35
I can't even do the drumming thing without being off beat. Like I just uh-uh.

J JoAnn Crohn 00:40
sorry to burst your bubble all. All of you who were going to recruit her.

B Brie Tucker 00:44
I think that's why I like punk. Because the beat is so loud and so fast.

J JoAnn Crohn 00:47
Yeah,

B Brie Tucker 00:48
You just you can't mess it up.

J JoAnn Crohn 00:49
Yeah, the beat is hard, because I'm still playing piano and like trying to get the rhythm of it is so difficult. Like, I can do the rhythm. If I if I hear the rhythm. I could like mimic the rhythm. But I can't do it if I'm just reading the notes. I'm like one and two. What, what, what? like nothing sounds right.

B Brie Tucker 01:07
Oh, and I'm going to do a plug and ask you to share your app again, because we get emails all the time.

J JoAnn Crohn 01:13
And it's basically like Guitar Hero, but for a real piano.

- B** Brie Tucker 01:16
Yeah, it looks like I saw it on your phone. So what app is that? Again?
- J** JoAnn Crohn 01:20
It's called Simply piano.
- B** Brie Tucker 01:22
Yeah. And they have a Simply guitar as well.
- J** JoAnn Crohn 01:24
Yeah. And they have Simply guitar. I haven't used that too much. But I've been using a lot of simply piano and I can I know a lot of chords now. Which I didn't know before.
- B** Brie Tucker 01:31
Okay, which is so funny because I brought my old piano books because I used to play piano when I was younger, but I never really graduated out of "easy piano" because my piano was just, I wanted be able to play Tom Petty.
- J** JoAnn Crohn 01:43
Oh, I want to i just want to play pop music
- B** Brie Tucker 01:46
Wind beneath my wings. I think my first sheet music I ever had was "I can't fight this feeling Anymore" by REO Speedwagon.
- J** JoAnn Crohn 01:53
Know it. Yeah, I played a lot of Celine Dion.
- B** Brie Tucker 01:56
Right. So like, you play what you love so. So it's funny when you say that about chords, because I'm like, I know what chords were I just know that that little notes were there. And

I played them.



JoAnn Crohn 02:06

So I didn't know what chords were either. And I didn't like, I never really liked piano because it was just these simple melodies. And I'm like, I need more action. And then I was watching oh my gosh, I'm gonna totally forget her name. Her name is Amanda. And her husband, Nick Cordero actually passed away from COVID.



Brie Tucker 02:27

Yes. I remember this story.



JoAnn Crohn 02:28

So I follow Amanda a lot. And she was learning piano. And she's like, here's my first song in the piano. And she's playing like, it looks like a very, very complicated song. And I'm like, what? I want to do this and you just started playing. How is this possible? Now through the app I'm using, I realize that she's playing chords. And once you know chords, like you sound pretty impressive.



Brie Tucker 02:50

Really?



JoAnn Crohn 02:51

Yeah,



Brie Tucker 02:51

Okay, maybe I need to go back. Well, actually I don't have my piano right now. My sister has it.



JoAnn Crohn 02:55

Yeah, cuz it's just like it's beating out a rhythm. Or it's like, it's really like you can get really impressive really fast if you learn chords. So yeah. So piano Yay. It's really about finding that as we talked about, and Calm and Happy Parenting that unicorn time, that space that's just for you. It's not for your family. It's something that makes you more interesting.

And that's my piano.

B Brie Tucker 03:15
Yeah. Okay, so speaking of that, I just signed up for something just for me.

J JoAnn Crohn 03:19
I know. Yes!

B Brie Tucker 03:20
Like literally, like just as you were doing the sound check for this episode. I was like, Oh my gosh, I'm finally gonna do it. It's been like three years since I've done this, but I signed up for Paddleboard Yoga. Yeah. And I committed to like six weeks which is a big deal for Brie. I get scared doing anything more than like one week in advance. So the fact I signed up for six weeks I'm so excited!

J JoAnn Crohn 03:40
yeah, and then we did something else just for us this weekend.

B Brie Tucker 03:43
Yes, we did.

J JoAnn Crohn 03:44
The kayaking which will have to save that story for another episode.

B Brie Tucker 03:47
I know.

J JoAnn Crohn 03:47
Because there was a story involved there.

- B** Brie Tucker 03:48
There was! There was a story involved. It also involved Brie and talking to that she she needed.
- J** JoAnn Crohn 03:56
So stay tuned for that one.
- B** Brie Tucker 03:58
I did want to say- I will say this about the paddleboard yoga. You said that piano was boring. You need more of a challenge. Yeah. That's why I like paddleboard yoga, because it's yoga with the added challenge of don't fall in.
- J** JoAnn Crohn 04:07
It's true.
- B** Brie Tucker 04:08
It is. Yeah, like the whole time you're doing the pose. You're like, okay, okay, peaceful, peaceful, proud warrior. Don't fall in. don't fall in, don't fall in!
- J** JoAnn Crohn 04:16
It is adding a little little more trickery to the yoga Indeed, indeed. Well, today, we have a new thing that we're doing and we want to do on the regular. It's listener questions.
- B** Brie Tucker 04:28
Yes. So hey, hopefully, all of you guys know we're talking about and if you don't, where were you on this guys? Like so we are doing a submission now for listener questions. So we're hoping that this is gonna become a monthly thing. As long as you guys keep giving us questions, we can keep making this every month. So this is our very first listener question episode for the which month is going to be? For June. We're recording in June. Sometimes it's a little tricky. So this, we were going to do a couple but we talked about it some more and we think we're going to We're going to, we're going to focus on one listener per episode. So this one is from a listener Peggy.



JoAnn Crohn 05:06

from Peggy. Yep. And we will get into Peggy's question right after this important message. And I say that jokingly, but hey, guys, you know what my book is coming out Me and My Friendships it is on pre order, right now at Amazon.com. And what's very, very cool is that I have a special pre-order bonus for you. I have created a class just for your kids on how to be a better friend. It's called Really Good Friendships. You get it free just from pre-ordering Me and My Friendships, which is a book for your kids, off amazon.com. And to get your pre-order bonus, go to noguilmom.com/friendships 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. Okay, so Peggy submitted a question to us. So hi, Peggy. How are you?



Brie Tucker 06:33

Oh, And oh, by the way, if we choose your question like we have chosen Peggy's -



JoAnn Crohn 06:37

Yes,



Brie Tucker 06:38

we will be sending you a no guilt mom, goodie, for sharing your experience and letting us have the opportunity to help answer and support you.



JoAnn Crohn 06:45

Yep. So here is Peggy's question. I can't seem to get my kids ages two, four and six to bed on time, because they're always waiting for me to come upstairs. And then separate question. They're also struggling for the TV remote immediately when they get home. How can I handle that? So we have two questions really from Peggy? Yes, we have the bedtime routine question. And then we have the TV remote, which is a very, very separate issue. So let's start with the bedtime thing first, because I feel like everybody at one point or another has struggled with bedtime.



Brie Tucker 07:17

Yes. And it's really interesting, because when we were looking at this issue, both of us feel very strongly that the majority of those bedtime issues all revolve around one major thing, the bedtime routine. Yes. And I'm not saying that it's any failure of this. But normally, if you can come back to a real solid bedtime routine, it ends up taking care of the majority of the issues.

J

JoAnn Crohn 07:41

And if you're like, I can't do a routine, it's too much. You have a routine already. It's the routine where your kids are screaming they're fighting bedtime, you try to put them in their bed, they want you to read like five dozen stories to them. And then they don't want you to leave them.

B

Brie Tucker 07:54

You leave, you come back. You leave you come back. Anybody ever read that book? Uh- That they had that-

J

JoAnn Crohn 08:00

Samuel L. Jackson?

B

Brie Tucker 08:01

Yes!

J

JoAnn Crohn 08:02

That's what I went to. Go the F to sleep. Is what it's called. Yes!

B

Brie Tucker 08:06

I'm going to add a link to that one. Yeah, we're not going to talk about in the episode, but we will add a link to it. It's hilarious.

J

JoAnn Crohn 08:12

Yeah. So you have a routine already. It's just not the routine you want. And it's not the routine that's best serving your kids and making it easier in your life for them to go to

sleep. Because once you have a bedtime routine, oh, it gets so much easier. routines are hard though. Like I think we put a lot of expectations on ourselves. When we do routines. We're like, Okay, if we just set these steps in place, say, first they take a bath, then I tuck them in, then I read a story. Bam, that's how it should go each night. And then you kind of expect it to go that way each night. And you're really down on yourself when it doesn't.

B

Brie Tucker 08:47

right. Or you're just trying to start it and you may have one good day and then a bad couple of days. And then by the time you're on that second bad day, I think most of us are ready to throw in the hat. Yeah, especially when you have more than one kid and like my heart goes out to you Peggy you have got three kids under the age of six. I mean, that's that's a lot. That's a lot of hard parenting right there.

J

JoAnn Crohn 09:08

That's a lot. And Peggy, You know what? it's gonna get a lot easier. It really is. This I think is like, having young kids is the most exhausting time in parenting is our kids are now like tweens and like school age it is it gets much easier.

B

Brie Tucker 09:24

It does imagine there's a life not far away from you where the kids bathe themselves.

J

JoAnn Crohn 09:28

Yes! they bathe and you don't even have to go in In fact, they tell you not to come in.

B

Brie Tucker 09:35

The worst they get in this stage is the whole coming out of the shower and like I'm out of deodorant. I'm out of toothpaste. I'm out of shampoo. I'm like okay, could you have told me before you got to the end of the bottle?

J

JoAnn Crohn 09:46

Yeah,

B Brie Tucker 09:46
that's like the worst I get right now.

J JoAnn Crohn 09:48
So what was your routine for your kids?

B Brie Tucker 09:51
Ok.,

J JoAnn Crohn 09:51
When they were younger?

B Brie Tucker 09:52
So I went with the classic and I kind of look at it as like you know that Coca-Cola classic. I went with the Bath, Book, and Bed. You know, when we talk about bedtime routines and early childhood, they do typically suggest that it be no more than three steps. It's just that's a simple routine that no more than three steps is something that most parents can practice and stick to. And anything more than that it's also difficult for the child to get into the flow of. So yeah, we did almost every night. And if we did have a night where something happened, and we got off on one of those, it was harder for all of us to go to sleep. But the more that you do a bedtime routine, it signals to your body that it's time to start chilling out falling asleep. And your and your children start to naturally become more sleepy and their body is ready for it and they find it less. But it does take time to get to that point.

J JoAnn Crohn 10:43
It does take time. Yeah

B Brie Tucker 10:44
What was yours?

J JoAnn Crohn 10:44

Ours was bathroom so like i didn't- i confession! I did not make my kids bathe every night. I did not and Okay, real confession here. Sometimes they went a week without bathing. Sometimes it may son even like goes a week without bathing. We're like When's the last time you take a bath? He's like, oh, two Tuesday's ago, we're like, well, it's time. Laughing.

B

Brie Tucker 11:05

When your clothes start to walk away from you, it's time.

J

JoAnn Crohn 11:07

It's one of those things that like, I mean, I can go on a whole thing with the whole bathing. But I used to be a camp counselor where we had a water source shortage. And we would go like as counselors, like a week, a week and a half, like being out in the woods with no bathing. And I remember that parents used to come up and be like, what I need my bath. Like, once a day, we're like, sorry, there's no water. So I have a very interesting interpretation of the whole bathing. But anyways, we do bathroom, you have to go use the bathroom, then we did cuddles. And then it was sleepy time. And so when my kids were younger, we did a lot of cuddle time, I would be like in their bed with them or on the floor with them. And that was just my personal preference. It's what helped me relax. And I found that it was when they were most talkative as well. And so we could just talk with each other. And like, I could also do sleep strategies with them when I was cuddling. So it's like, Oh, I can't fall asleep. Okay, well, let's do some deep breathing and teach that during that time as well. Cool. Yeah. So it's, it's different for everybody. It's all what you're good with. Yeah, really what you're good with and know that there's a huge variety and that there's no right way.

B

Brie Tucker 12:13

Yeah, well, one thing that I like that you talked about on there was the cuddles, which I mean, can be part of that book stage on there, too. But the reason that the cuddles was great was because you're addressing a big issue that I think you might be running into Peggy, with your kids at the end of the day, for whatever reason, not necessarily by the fault of yours, but for whatever reason, their emotional cup is a little low. So perhaps your children are feeling a little bit lonely. That's why they keep calling you back in, or waiting and not going to bed until you come upstairs. So the best strategy that helps with that is to have that set time that you give to your kids during their bedtime routine. Yeah, since you have three kids, I would say equality across the board. So pick whatever timeframe works for you. Maybe that's five minutes of one on one time with each kid at bed, maybe it's 10 minutes, I probably wouldn't do more than like 10 or 15. Unless you're cool with this

taking, you know, an hour to put the kids to bed.



JoAnn Crohn 13:10

And sometimes to kind of go off that equality thing know that like fairness isn't always equal. And that's something that we said a lot in teaching, like your two year old might need more time with you than your six year old does. And what is fair to like your two year olds needs may not be equal to what you give your six year old and that is okay. Because they're both at like different developmental likes points. So if you try like the equal ness, and you're like you're two year old, just like goes "Ahhhh!", or like any of your kids do, it's just a sign they need a little more emotional reassurance from you. So if it goes wrong with the equal, I would say like, you know, it might be a fairness issue where one may need more than the other.



Brie Tucker 13:53

Well, I will say if you do that, though, you have to have a conversation with the other kid.



JoAnn Crohn 13:56

Yes,



Brie Tucker 13:57

because and hope that they understand that



JoAnn Crohn 13:59

true. But it's also like fairness is not the same as equality.



Brie Tucker 14:04

I bobbing my head back and forth on that one. But that's okay.



JoAnn Crohn 14:06

That's a different thing. It's cool that you disagree, because I like it that you disagree because like in teaching, like some kids get more attention from the teacher than other kids because they need it at that point in time. It's not to say that it'll be that way for forever, but at that point in time, they need that attention to get over a specific hump that

they are struggling with.

B

Brie Tucker 14:28

Right. So So again, you'll figure out what works for you and your family. I would always recommend that you do need to go though, to kind of nod in the direction that JoAnn is talking about. Your youngest should always be the one that gets that cuddle time first. Because of the fact of what JoAnn was just saying too, that your youngest is going to probably need the most emotional support for bedtime. So youngest goes first, oldest goes last. Also because like if you're looking at it in terms of bedtime, the oldest probably can stay up a little bit longer than the others and again, we're not talking about you spending half an hour with you Kid, that's a bit excessive, but maybe doing like, again, like that 5,10, 15 minutes, whatever it is that you feel like you can do without running out of your emotional cup and what you have available at the end of the day. because at the end of the day, we're tired to his parents. And if you are cranky, because you're exhausted, or you're falling asleep in the bedroom with the kids, and not getting through putting all them to bed, that's not helping you either. And it's setting them up with what we call negative sleep associations where your children feel like they cannot go to sleep without you being there. And I'm just saying that if you are falling asleep and staying in bed with them for a long period of time, it can make things a lot harder as time goes on.

J

JoAnn Crohn 15:39

Yeah. And also you don't have to do this alone. Like if you do have a parenting partner, like split that up, because that's what we did my house like my husband would take one kid, I would take the other kid, it wasn't me going back and forth. So if you do have that option, it's a great option. Don't feel like it's all on yourself.

B

Brie Tucker 15:54

right. And if you're at that stage to where your kids are like, we only want one parent, which is a completely normal developmental stage for the age group you've got going on for your two, your four, and sometimes with your six year old. it's fine to let them know that you know, mom or dad will be there when we can. But in the meantime, we're going to like maybe alternate. so that everybody gets a chance with each parent. And again, it's common for them to want just one parent. But that doesn't mean that you have to meet that need, it doesn't mean that it has to be all on one parent to do the talking in at night.



JoAnn Crohn 16:26

So we're giving you a lot of options here to play with. So don't feel like you need to do everything, but just take a little bit. So so far, we've talked about a bedtime routine that works for you, seeing if your kids need their emotional cup filled. And then our third one



Brie Tucker 16:42

is going to be this is a huge, huge one that helps in so many different ways. Cut out the screen time before bedtime.



JoAnn Crohn 16:49

Oh, yes.



Brie Tucker 16:49

Okay, so and this is one that I know a lot of people will feel very emotional about. So we're just going to come at it from the scientific side of things. It has been proven in studies that the blue lights from screens affect your child's brain in a way that it actually confuses the brain into thinking that it's time to wake up instead of falling asleep.



JoAnn Crohn 17:09

it suppresses the production of melatonin. That's what happens. The Melatonin is that sleep chemical that you see melatonin on the shelves, but our body produces it naturally. And when you get blue light, it's stopping that from producing.



Brie Tucker 17:22

And just a couple of minutes ago, you know, I was talking about negative sleep associations. Going to bed with screens is what we call a negative sleep association. It's a something that you use to fall asleep that doesn't help your body and makes it more difficult to fall asleep. I know plenty of grown ups that are like hey, but I always fall asleep with the TV or plenty of people that were like, Hey, we turn on this nighttime, I forget what it's called. But I know that there's some channel out there that has like a nighttime bedtime routine that you're kids are supposed to watch.



JoAnn Crohn 17:49

Oh, I haven't heard of this.

B

Brie Tucker 17:51

gosh, you know, I want to, I wanted to say PBS, but I know it's not PBS. But it's something where they have like a nighttime routine and your kids are supposed to watch is supposed to help them fall asleep because it has lower light levels, and they have quiet music and things move slowly. That's to help but not to be used right before bed. So if you're gonna do something like that, great, just push it to the first step of your bedtime routine. So that way your kids have at least half an hour with no blue light interference to decrease that melatonin that they need to fall asleep. I promise you, you will see an improvement on how quickly your children fall asleep. And you know what else you'll probably see, in many cases? a decrease in nighttime waking up and a decrease in nightmares or night terrors and children as well.

J

JoAnn Crohn 18:33

And if they're used to some entertainment before they go to sleep, they can switch out that screen with the book.

B

Brie Tucker 18:38

Yeah, yeah. Or they can listen to sounds. They can they can listen to music, but no light screens, that's really not helpful. And then our last tip has actually to go back to the sleep routine.

J

JoAnn Crohn 18:49

Yep, making a routine chart with the bedtime steps. And something that we did is that we printed out the bedtime routine chart. And then it was when my son was two or three, we let him decide the order he did it with of course going to bed be blastic. Right? Then he got to decide the order like he put in his teeth brushing he put in using the bathroom. And so he had control over his routine. But the pictures stayed on his wall of what that order was.

B

Brie Tucker 19:16

And that is so great, because not only does it give your children the ability to feel like they have power over what's happening in their life. Whereas in this age group of toddlerhood and preschoolers, they don't have that feeling of a lot of control. I mean, if you think about

it, we tell them when to get up when you go to sleep. Yeah, and what they're eating. We pretty much tell them what they're wearing. For the most part. They don't get a lot of choices. So by letting them make this bedtime routine, it does help them feel like they have more power. And by using pictures for those non readers. Yeah, they can follow through and take some control of their bedtime routine and not have it all be on you. You can just be like, what picture are we on? What step are we on? Yeah, they can walk over and point to it and



JoAnn Crohn 19:55

then you're not responsible for remembering exactly what the routine is or trying to ask. Then be like, what are you supposed to do before bed because I would get into that you could just stand and point at the chart, which is my favorite move ever.



Brie Tucker 20:06

right?



JoAnn Crohn 20:06

It'd be like, I'm right there.



Brie Tucker 20:08

None of us want to be arguing with our toddler or preschooler, it's not where we want to be, especially at bedtime. We are tired. I want to get moving on. We have actually a lot of blog articles to help with that. So if you want to go to no guilt mom.com just type in bedtime routines, like I was researching to see what other articles we'd written. Yeah. Oh, my goodness, like 10 articles popped up? Oh, yeah, a lot a lot in the very first one has an example of this whole bedtime routine with pictures. Yeah, so those are all things that I would highly suggest to help with this age group, you've got a tough age group, Peggy the two, four and six, they're going to need a lot. But I really, really think that using these four steps, or these four tips, you're really gonna find your bedtime routine to be a lot more organized quicker,



JoAnn Crohn 20:49

yes!

B Brie Tucker 20:50
and less emotionally draining for you.

J JoAnn Crohn 20:51
And remember, the routine we said is find a short routine that works for you, whether that's bath, book, bed, bathroom, cuddles bed, whatever it is, make sure to fill your kid's emotional cup if they are keep getting out of bed and coming to no screens and put those pictures on the wall of the routine.

B Brie Tucker 21:08
Yeah, those are all things that I really, really think will be super helpful. And Peggy follow up with us. Let us know how this works for you. Let us know and if you have a question. We would love to have you submit your listener questions. So how do you do that?

J JoAnn Crohn 21:22
You can go to NoGuiltMom.com/questions, and we'll have a link for you in the show notes as well.

B Brie Tucker 21:29
Okay, so let's go on to the second half of her question.

J JoAnn Crohn 21:31
Okay, so it was about the fighting, and it was struggling for the TV remote immediately when they get home? And how can you handle that? So the first thing I would do is if you know that this is a constant issue of the TV remote, I would take that TV remote, and I would put it someplace that they can't reach it. Yeah. Because that will just stop the fight right there. And like when you do that, tell them you're doing that. And also figure out okay, what are some good things that we can do to share the TV remote, and you can take it into a problem solving issue. But when the TV remote struggling is happening before like if you've gone into like problem solving, if you've thought of that and if you're questioning like how do I go into problem solving our course calm and happy parenting would help you out a lot. It teaches that entire process but say they're in it spree they open it, they're fighting back and forth with the remote. What do they do?

B Brie Tucker 22:27
Well, first of all, you need to let the kids have a chance to cool down the biggest I don't want to say mistake, but the biggest hiccup or challenge a lot of us parents run into is we try to make it solved right there in the moment. Everybody's still upset. Yes, no, no, no. Doesn't work. Yes. Especially with a two and four year old Oh, heck no,

J JoAnn Crohn 22:45
there's no logical conversation whatsoever will ever work when people are worked up,

B Brie Tucker 22:51
right. So definitely give the kids a chance to calm down separately, don't make them address that why they're still mad. Let them have their space. That's also a big one for two year old as well. Because again, they tend to have a lot of their communication being physical. So they're going to need that space from their siblings if they're mad.

J JoAnn Crohn 23:06
And during that time, feel free to take the TV remote and make it yours. This is mine right now. Well, we'll discuss it when we all cool down.

B Brie Tucker 23:13
So after they cool down, what should they do?

J JoAnn Crohn 23:15
Just check in with them. Check in with each child individually at first and see what is going on. Usually, like I taught my kids I statements where we talk about Okay, well, how do you feel? I feel angry. Okay, so I feel angry when and then what happened to make you feel angry. And they'll tell you Oh, she took the TV remote for me or they never let me have the TV remote. And so you put it together in one sentence for them. I feel angry when she took the TV remote for me. And you have them repeat it and you could have them repeat those things. As youngest two, if they're talking.

B Brie Tucker 23:48
That's what I was gonna say next. I know a lot of people out there when we've talked

about this, they say how will work for my two or three year old but you did this with your youngest.

J

JoAnn Crohn 23:56

Yeah, yes. And it was one of those coaxing situations where I said, Okay, I feel angry. And he said, I feel angry. And then when you and he says when you took this from me took this from me. And it was like a step by step like that with him when he was two.

B

Brie Tucker 24:11

it was a lot of coaching at that age. So we're not saying nothing there. It's going to need a lot of coaching from you for your youngest two year old, but by -when you start this, but by the time they're like, what, three, four? they're doing it better doing it better.

J

JoAnn Crohn 24:25

And then the problem you're gonna run into with the six year old is they're going to like run into this huge tangent of everything. Well, it's not fair because blah, blah, blah. And you're like, hold up. What happened right now? And just get like that short little sentence. I feel blank. I feel mad. I feel angry when they take the TV remote from me or really whatever is bothering them or when they feel angry, and just making it simple like that.

B

Brie Tucker 24:53

Yeah, it's not telling them that they can't be upset for those other things. But right now I hear Yeah, those things are really frustrating. But right now we're talking about this. Yep, bringing them back to what we need to talk about.

J

JoAnn Crohn 25:04

And then when they get better at this, you'll start being like the mediator where you sit them all down, and then they tell their eyes statements to each other so they can hear it. And all you're there for is you're not there as a judge.

B

Brie Tucker 25:16

You're not there as a ref.



JoAnn Crohn 25:18

No, you're not there to be like, Oh, well, that happened. Oh, did you do that? Really? You did that? No, no, that is not your job in this situation.



Brie Tucker 25:25

You can think it in your head. But you don't say it out loud.



JoAnn Crohn 25:27

Yeah, your job is just to help them get out that I statement to the other person in that very simple way. And if they go off track be like, we're just talking about this right now.



Brie Tucker 25:38

Right? And then in some cases, they're going to be on Step four, which is offer amends.



JoAnn Crohn 25:42

Yes. Ask them like, Okay, how should we solve this?



Brie Tucker 25:45

Right. It might not be an apology. It might not be what we think they need to do. But let them figure it out. Because as we all know, this their siblings, yeah, none of them are going to be, you know, disappearing. They're gonna have to learn how to talk to each other for the rest of their lives. So while we may feel like they need to handle the amends in a certain way, we really can't, should not, not can't, we should not be forcing them to do it that way.



JoAnn Crohn 26:12

Yeah, we don't have to force an apology. What's interesting is that you may ask one of your kids what they want, all they want is an apology. And if that's the case, then that's an easy fix for them. But again, like the steps again, let them cool down, help them figure out their emotions, use those if statements, and then make amends and try to figure out how to repair the situation.

B Brie Tucker 26:32
So a big thing to remember, though, is are they still gonna fight?

J JoAnn Crohn 26:34
Yeah, of course.

B Brie Tucker 26:35
yes, they're still gonna fight, it's still gonna happen. But this is going to help their communication skills. So they're going to be able to move through it in the future, without beating each other up without breaking things in the house. And then guess what else good is gonna happen? They're gonna learn how to handle conflict with others.

J JoAnn Crohn 26:50
they are. But you know, the best time to figure out this problem, if it occurs all the time, is you need to figure it out when the emotions are not high. So you can talk about this remote problem before it happens because you know what's going to happen? And our course Calm and Happy Parenting, like really coaches you through drilling down to figure out the real reason for the problem. How do you process your own emotions when dealing with kids because like, we're not robots, we have emotions when our kids start yelling and screaming at each other, and then how to initiate that problem solving to and we're gonna put a link in the show notes to Calm and Happy Parenting.

B Brie Tucker 27:23
Yeah, there's actually gonna be quite a few links in the show notes. For this episode, we have some articles we took off of [healthychildren.org](https://www.healthychildren.org) [kidshealth.org](https://www.kidshealth.org) as well as some of our previous blog posts. So definitely check out those links for some more additional resources. And we have information on there a little short video on how to leave as a podcast review.

J JoAnn Crohn 27:41
Yes!

B Brie Tucker 27:42

if you like the No Guilt Mom podcast, we would love to hear that! Drop us some stars. Leave us an honest review about what your thoughts are. And that'll help us have no guilt mom pop up and more people's podcast options.



JoAnn Crohn 27:54

Yes, we would so appreciate it. We hope that we earned your five stars. And until next time, remember the best mom's a happy mom, take care of you. We'll talk to you later.



Brie Tucker 28:04

Thanks so much for stopping by!