

Transcripts for Ep 085 It's not your job to entertain the ki...

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SUMMARY KEYWORDS

bored, summer, kids, boredom, mom, spend, plan, happy, happiness, novelty, brain, car, people, vacation, practice, daughter, money, called, brie, creativity

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 coffee loving co-host,
 - B** Brie Tucker 00:08
Brie Tucker!
 - J** JoAnn Crohn 00:08
I was actually looking at your shirt actually I was like social distortion co-host, I think I've used that before.
 - B** Brie Tucker 00:12
I think you have.
 - J** JoAnn Crohn 00:13
I think I have.

- B** Brie Tucker 00:13
You've talked about my punk roots and then I feel like a traitor because there was a punk show this- coming this weekend and I did not go.
- J** JoAnn Crohn 00:20
You didn't go?
- B** Brie Tucker 00:21
No
- J** JoAnn Crohn 00:21
No? Is it too soon? too soon to go?
- B** Brie Tucker 00:24
No, it's too hot.
- J** JoAnn Crohn 00:26
Oh yeah.
- B** Brie Tucker 00:27
And Brie's like financial whatever you want to call it part came out and like the all the cheap tickets for gone and I couldn't spend \$100 to sit outside and Arizona 100 plus heat and it was like,
- J** JoAnn Crohn 00:38
and that wouldn't have been a fun memory.
- B** Brie Tucker 00:40
No,

J JoAnn Crohn 00:40
no,

B Brie Tucker 00:41
no, you had to pay \$100 just use like the bathrooms.

J JoAnn Crohn 00:46
It was really nice, though. outside this weekend for me in Arizona.

B Brie Tucker 00:50
It was very nice.

J JoAnn Crohn 00:51
Yeah. But I understand. It's so funny. I was listening to actually Armchair Expert. And they were talking about how spending money like on certain things brings more happiness than on other things like you think that upgrading your life like say like buying a car, or buying like a physical object will make you happier. but the happiness like recedes after a little bit and then you're back to the same level of happiness you were before. However, splurging on an experience or a vacation, they found that the happiness stays with you because you have the memories of that event.

B Brie Tucker 01:24
So what I'm hearing is the Beatles were right- Money can't buy you love.

J JoAnn Crohn 01:28
Money- Well, it's about what you spend your money on. It's like physical items can't bring you happiness, but events and experiences can.

B Brie Tucker 01:37
Yes. And I do agree with that. Like we had a podcast episode with Nicole Rule back when we first launched

J JoAnn Crohn 01:43
Yeah.

B Brie Tucker 01:44
Oh my goodness! It's coming up on a year soon. I know. I'm crazy. August will be a year people. But Nicole talked about that. And I remember her saying like, you know, you need to find what you're passionate about. And then that's when your budget isn't so painful.

J JoAnn Crohn 01:59
Yeah. So as you spend money on where your priorities are,

B Brie Tucker 02:02
right, and I agree with that, like I have a lot of anxiety about spending money, you know, that I just I stress over too much stuff. But I do find that I'm more I'm like, I have a big splurge coming up right? We planned a vacation this summer. And I was so nervous about spending money on it. But as it's getting closer, I'm getting so excited for spending all that money on going somewhere and having that experience with my kids, my family, rather than -Could I use a new car? I certainly could.

J JoAnn Crohn 02:29
Yeah,

B Brie Tucker 02:30
I'd be much happier this way. I am. Yeah, I'm excited about this.

J JoAnn Crohn 02:33
Yes, vacations bring happiness.

B Brie Tucker 02:36
Like you guys have some great vacations in your family. You've had some great experiences.

J

JoAnn Crohn 02:40

We have! And I always like look back on them. And I have happy memories of like, every time even when we went to New York, and we were like in New York, and I'm like, Oh my gosh, this is so expensive. I have the best memories from New York. And it's were those, like one of those things where Yeah, it was expensive. And my soul was like, Oh my gosh, I feel so guilty for spending the money. But I think like that is one of my most memorable vacations ever, because we saw like two Broadway shows and like stayed in Times Square. And it was just amazing.

B

Brie Tucker 03:12

Right? And those are the kinds of things I don't know. But I mean, everybody's different. And that's totally great. Whatever it is that that gets you excited and going. But I have personally found that as I've gotten older, again, reflecting back my bigger, happy memories are places experiences, rather than wasn't that so awesome. When we got XYZ?

J

JoAnn Crohn 03:34

Yeah, yeah. So if you're feeling guilty right now about spending money on a vacation thinking that you should really be investing your money in like a new car or a new vehicle. If your old one is okay, I would say go for the vacation. And it's not being irresponsible or anything like we were I was considering actually getting a new car just because it's just it's getting a little up there miles and things are starting not to work anymore. And like I keep cars Forever, forever and ever and ever. My whole family does. My sister actually just got a new car, because her old car was at 260,000 miles. And she was actually mad. She had to get a new car because she was like, I really wanted to get the 300,000. And I mean, that's just the way our family thinks about cars. But she had to get one because it D accelerated on the freeway on her like she didn't feel safe driving the vehicle anymore. But that would be a good point. good reason. Yeah. But I was I was thinking I'm like, oh, should I get a new car? And then I'm like, No, like the happiness will fade. Yeah, after a little bit and then where are you? You're back where you started.

B

Brie Tucker 04:39

It reminds me of a few years ago I forget what popped up. I think I had to get an oil change or something. And my daughter was like, Why pay again or change watch just get a new card. I was like yeah, it'd be nice if life worked that way. But cars are a little more expensive than a hamburger



JoAnn Crohn 04:54

honey. more work to get a new car then just get an oil change. Like there's a lot of work that goes into that. Why? Good lord. Yeah. If vacations are on your mind for the summer, and maybe you don't have anything else planned and you're worrying a little bit, guess what we're going to talk about how it's not your job to entertain your kids this summer.



Brie Tucker 05:15

I know right? Like that is something that we all think about, like, I think so many moms, we get stuck in that rut, that is our job to plan the whole thing.



JoAnn Crohn 05:23

So we're going to go into some reasons why not planning your kids summer is actually the best thing you can do for them. This episode is brought to you by the Happy Parent Checklist, guys, if you're feeling overwhelmed with all the things you have to do as a parent, and you're looking for that relief, calm and download our happy parent checklist, it's going to walk you through our five step system on how you can start delegating more work to the rest of your family. So you don't have to do it all on your own. You can get it at noguilmom.com/hpc and now on with 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. So I'm seeing so many posts on Instagram right now, where people are talking about summer plans. And there's all this advice like how do you plan your kids summer? And what do you do? And this episode is airing like you're probably either a few weeks into summer or you're just gonna start summer if you're on the east coast and you have schools that lead out mid June.



Brie Tucker 07:00

Yeah, you're not you're not a West Coaster like I said have the year round school.



JoAnn Crohn 07:03

the year round school lets out. Like at the end of May. But



Brie Tucker 07:07

it starts in July.



JoAnn Crohn 07:08

There's a lot. Yeah. It's pretty awesome. Guys, you should all get out here.



Brie Tucker 07:13

It's interesting. They'll say that.



JoAnn Crohn 07:16

But there's a lot of stress about planning kids summer and it becomes this overcomplicated process that I see a lot of moms put themselves through.



Brie Tucker 07:25

So I have two issues with this. First of all, where did it get written down? That it was my responsibility as mom to figure out what my kids are doing during the summer? Yeah, and I'm just saying like across the board. This should not fall on the hands of moms simply because our name is mom. Yeah. Even if you're a stay at home mom, your work from home mom, you're back to work in in the office because this is post pandemic summer. So this is gonna be interesting, right? This is an interesting summer for everybody.



JoAnn Crohn 07:54

This is like the roaring 20s of summers it's like- wow we can go out!



Brie Tucker 07:59

but also like, it's not a typical summer like, last year wasn't a typical snow. This is definitely not typical summer because some of us are trying to get back into a typical summer. And some places aren't back there yet. But anyway, my point is just because my name is mom doesn't mean that I should be responsible for figuring everything out for my kids. No, so it'd be nice if there was some, you know, equality in this like where it was like just as much dad as mom but but that's not even what this episodes about people. So I'm gonna get off that soapbox.



JoAnn Crohn 08:27

It's really interesting, because I mean, know how I was raised is that my dad was a teacher. So he was home during summers, and my mom still worked a full time job. So my mom didn't plan our summers. Nor was she expected to, my dad didn't plan my summers either. He's like, well, I'm gonna work on this at home, you gotta find something to do. And that's how it went. Like I had a swim team during the summer that I went to in the morning. But then I found my own fun. And I never expected my parents to entertain me.



Brie Tucker 08:58

Well see, and I think it was kind of similar for me, but not exactly the same. Like both my parents worked. So they weren't home. during the summers, I was the youngest of three. So I had my two older sisters home when when they weren't working, because again, like there was a pretty big age gap there. So yeah, it was on my own. Like, the only rule I had was that I had to be quiet in the house while they were still sleeping. Once they got up around lunchtime, I could get a little louder. And as long as they knew where I was, I could go wherever I wanted. So I could go see my friends, whatever. And we again like you just said, we found our own fun. Yes, we did our own things that we all as parents can agree like, that is not the norm these days.



JoAnn Crohn 09:36

It's not because if you look on Instagram, you see a lot of people bringing up their calendars and planning like this jam packed summer and trying to work out how they're going to get like Susie to soccer practice and Billy to swim team. I like the name Susie and Billy it's like very 1950s these complicated summer schedules that are just not fun!



Brie Tucker 09:59

Or just trying Just fill the time because you want to have that picturesque family summer. Yeah, right where like, everyone's happy and like we're making popsicles and, and the kids are getting along!



JoAnn Crohn 10:12

and all that fun. But I also feel like there's some fear there. There's some fear that if kids are left to their own devices, they're only going to get into trouble.

- B** Brie Tucker 10:20
like your house is going to end up looking like that scene from Toy Story where the kids are running everywhere?
- J** JoAnn Crohn 10:27
or they're going to spend so much time on screens, that their brains are going to turn to mush, and then they'll come into the next school year, and they'll be unmotivated and certainly certainly is a good word to say thoroughly. Like, there's a lot of fear there. And I think that the fear kind of takes over when we see these huge summer plans and the feeling like we have to
- B** Brie Tucker 10:48
control it,
- J** JoAnn Crohn 10:49
control it. to make sure it doesn't happen,
- B** Brie Tucker 10:51
right. And when I say control it, I don't mean it in a negative term, necessarily. I mean, I think it has negative effects on us as parents on our psyche, but I will say we try to control it, because we're just trying to limit the craziness. And especially I think a lot of us have a lot of guilt about the screentime. So I highly encourage you, if you haven't heard our podcast episode from last week, we talked about limiting screen time. That's what I would highly suggest listening to because Don't let yourself fall into that guilt trap.
- J** JoAnn Crohn 11:19
don't fall into the guilt trap. with the screentime.
- B** Brie Tucker 11:23
is about Don't let yourself fall into that guilt trap that it is all your job. because we have facts behind this people!



JoAnn Crohn 11:30

Yeah, so we found some benefits to actually letting your kids be bored. It is such a good thing for parents to do. And I know that one thing that you may feel right now where we tell you, you should let your kids be bored, is your kids are gonna complain, your kids are going to bother you ever in a second, they're gonna fight, they're gonna fight, they're gonna tear up your house, they're gonna spend like, all their time looking on YouTube videos and watching unboxings.



Brie Tucker 12:00

or playing video games non stop and then trying to recreate the video games in the middle of your living room.



JoAnn Crohn 12:05

Yeah, and some of that, you know, some of that may happen. Is it all bad? No, it's not all bad. It's kind of like what we we, we think it's bad. Like, we think that we're failing our kids when they spend so much time on electronics. But in actuality, all of these things that we see them doing when they're bored, they just become really great discussion topics for later.



Brie Tucker 12:30

They do. They're all great learning opportunities. So it's important to let them be boards actually really good. And so JoAnn was researching this recently, and she found a really great article from Psychology Today.



JoAnn Crohn 12:42

Yeah, we found we did a coaching session for our balanced membership group. And we found five benefits to being bored.



Brie Tucker 12:51

Yes. So these are all things that I think if you listen, you're going to want your kids to have these skills.



JoAnn Crohn 12:56

Yes. So number one is boredom can improve our mental health, it totally can improve our mental health!



Brie Tucker 13:02

That's interesting, because I would think boredom would be a negative so -



JoAnn Crohn 13:06

No! so like, your brain doesn't want to constantly be on the go, it goes a little crazy when it's on the go or going from thing to thing to thing, like you actually need processing time between events to first help you act creatively and think creatively. If you don't have those breaks, like there is no spots for creativity to come out. There's none. Because your brain needs I think it's called oh my gosh, I'm forgetting this name now. But we had a great interview with author of Rest who will put the interview in the show notes.



Brie Tucker 13:37

Yes. Dr. Alex



JoAnn Crohn 13:39

Soonjung-Kim Pang. Yes. But he talks about how rest is actually the key to greater productivity and greater creativity. Because it's the Oh, I'm getting it now. I think it's the reticular activating system. It goes into effect when your brain is doing nothing. And so like your brain is actually processing in the background. And that's when like these huge inspirations come out.



Brie Tucker 13:40

Yes! And it's interesting, because in his book, he talks a lot about some of the most creative and influential people in history, highly practiced having these times of rest, and or what could be seen as as what I think that in our modern day and age, we would call boredom. But really, it wasn't back then it was seen as what at that time was kind of similar as rest. But I really liked this point because I'm thinking back to we've all had those days where we feel like our brain is using out of our ears. Like you just had too much to process. For me that tends to happen. Like when I go to like a really intense training or workshops heavy that's like an eight hour training with like two bathroom breaks during the day and we eat our lunch while we're still learning. Oh yeah, those are the days where you just come home and you're like mugs.

J JoAnn Crohn 14:51
Those are the days where I'm like, I need a margarita.

B Brie Tucker 14:55
I'm like I can't even put together a coherent thought if I tried though.

J JoAnn Crohn 15:00
To get that like improvement to mental health for kids to actually be bored, like this is where you can set the limits on screen time. And this is the conversation that I have with my kids regarding screen time that it's good for brain health, if we limit screen time, and instead, let them be bored and find other things to do.

B Brie Tucker 15:19
Right. And I'm sure they love that.

J JoAnn Crohn 15:21
they hate it.

B Brie Tucker 15:22
They but that doesn't mean it's not good for the

J JoAnn Crohn 15:25
Yeah, it doesn't you know what a lot of things that you do as a parent, your kids will hate, they'll hate.

B Brie Tucker 15:29
But I know it's funny, too? They kind of get over whining about it and being mad about it after a while.

J JoAnn Crohn 15:34
they do. and then they start telling their friends why they should do something like that.

Like, because they see the reasoning behind it. It's not just a rule that comes down out of fear. It's a Hey, this is how like brain science works. And your brain needs a break. So this is why we have to limit electronic devices. And this is why I limit electronic devices on myself too.

B

Brie Tucker 15:53

Right. So that's an important thing to remember for everybody. Yeah. So we started with Reason number one that boredom can improve your mental health. And we kind of already went into, Reason number two, which is that

J

JoAnn Crohn 16:02

creativity!

B

Brie Tucker 16:03

Yes, boredom can increase your creativity. And I think that we all can say that, like I think as adults, it's a lot easier for us to reflect on how we get creative when we're bored. Yeah, and creativity could be a million things. It could be cleaning your closet, it could be writing a journal,

J

JoAnn Crohn 16:21

it could be like creating a huge new project. Yeah, like you just get ideas, right. And those ideas don't happen. If your brain is constantly busy and thinking of the next thing that you have to do you need that space, you need that time and kids need that space in time as well.

B

Brie Tucker 16:37

Actually, if I was to reflect back on the times that my kids are the most bored. That is probably when I've seen some pretty amazing things come out of them. And I will say this, like reflecting back on things my kids come up with way more interesting things to do with their downtime during the summer than they do during the winter. And when I say that, is that just because summer break, obviously, right. And it's also just interesting how that kind of works. Because the things that I see during the summer, they'll make little mini movies together, my son will start coding, my daughter will start coming up with like making more crafts and arts and reaching out and coming up with things like that. Whereas during the school year, winter, ask, there's not a lot of that happening.



JoAnn Crohn 17:19

No, I mean, and that brings us to number three, how it motivates a search for novelty when you're bored. You need to go and find those new things that are going to keep you occupied because you have nothing to do.



Brie Tucker 17:31

Right. And all of a sudden, watching Netflix for the 10th hour is actually even boring. Yeah, right. Like we've all been there. We've all OD'd something.



JoAnn Crohn 17:40

Oh, yeah, definitely. I feel like I need the novelty all the time. Like some brains just need novelty. I mean, we call it shiny object syndrome. And Brie, you and I both have it.



Brie Tucker 17:50

Oh, yeah. Yeah, I can't sit too long with anything. I'm always like bouncing around looking at stuff. Like it's just too much.



JoAnn Crohn 17:55

It's funny. Like cuz my daughter has actually made fun of me a little bit this weekend. Because we were in downtown Chandler. And in downtown Chandler, they just built up like this big parking garage and all these new buildings. Well, right in the center of like, the new buildings, there's this building with no windows, and it's rather big. And I'm like, What is that building? It's like a spy building or something. Like I was telling her all about this building. And then we walked past a car that I had recognized seeing on the road, and I had not finished my sentence like literally it sounded like this. Oh my gosh, what do you think those tiles are? You think the tile? Oh, I've seen that car before. My daughter's like, wow, what did you just do?



Brie Tucker 18:38

She's like, Mom, I just I can't I can't even



JoAnn Crohn 18:41

But it is shiny object syndrome- that search for novelty and being always on the lookout

for novelty. Or in that case, it was like thinking about novelty and then seeing familiarity. And anyways, we could have long discussions on that. I think I got there through shiny object syndrome, which is-

B

Brie Tucker 18:57

Okay, so here's one thing that's gonna happen with the novelty, right? So kids are looking at so again, we're focusing mainly this on our kids. That works for us too. But still, so like, if you're letting your kids be bored, and it's motivating them to search for novelty. Could that novelty lead towards picking on each other?

J

JoAnn Crohn 19:14

Oh, yeah, totally cuz they're bored. They won't totally pick on each other and prank on each other.

B

Brie Tucker 19:19

And is that the worst thing in the world?

J

JoAnn Crohn 19:21

No way.

B

Brie Tucker 19:21

No. I know that sounds terrible to say now, I will say this. If there are breaking bones and blood then yes. That's not the best thing. But there's levels to intervene before it gets to that point for sure. Oh, yeah. Yeah. But them annoying each other and doing things like that. Like, for the most part, that's part of like,

J

JoAnn Crohn 19:41

that's okay. Actually, yeah, relationship building is to say it but it's true. My kids have learned so much about what really annoys the other sibling just by testing it and seeing what happens.

B

Brie Tucker 19:55

and they learn how to use that for good and not for evil.

J JoAnn Crohn 19:58
They do it does have

B Brie Tucker 19:59
like an evil doesn't pop through it does.

J JoAnn Crohn 20:01
I've seen it in my kids. I mean, the, my daughter would annoy my son somewhere and my son would annoy my daughter, they would do it multiple times going on for like, a few months, and then all of a sudden it clicks and be like, isn't like that? Like, yeah, yeah, no, he doesn't like that. Thank you, but in your mind, but they need to experience that they need to have the other person say that, that is not a good thing to do to them. And that like they don't like it when they leave them out. Or they don't like it when they forced them to do things they don't want to do. They need that repeatedly from the sibling to actually stop.

B Brie Tucker 20:37
Yeah, and you know what else? That's a really great opportunity to practice relationship skills, sewing, and like, you're just saying, learning where boundaries are with other people learning what they can and can't do learning how to tell people about your own boundaries? Yes. It's a really, really great experience so that they can use those with friends and potential partners in the future. Like the more opportunity they get to practice that kind of stuff in a safe environment with their own siblings, the better that they can move forward. Yeah. So yeah, that's a huge one. So he's right, we have three what's number four?

J JoAnn Crohn 21:10
boredom motivates the pursuit of new goals.

B Brie Tucker 21:13
Oh, it tells us that we're not happy with what we're doing.



JoAnn Crohn 21:17

If you're bored, that's a huge signal that I need to make some changes. Not not like mom should plan me more things to do. That's not the first thing.



Brie Tucker 21:25

Exactly.



JoAnn Crohn 21:26

I need to make some changes, I need to figure out what makes me happy. Because there have been times in my life where I have been totally bored. And I'm like, why am I so bored? Why isn't anyone calling me? Why don't I have any friends? Why aren't they doing this? Or that? And it took some time before I realized that, you know, what, if I'm unhappy, I need to take the steps to make myself happy.



Brie Tucker 21:46

Exactly. And you know, that's huge for your kids, because I'm pretty sure none of us plan on being around our kids. 24/7 for the rest of their lives. I mean, quite honestly, I would like my kid to eventually move out again, have a life of their own.



JoAnn Crohn 21:58

Yes, I'd like them nearby, but not Yeah, not in the same house.



Brie Tucker 22:01

Yeah, they don't have to go too far. Not living in a van down by the river. But they don't have to go too far away. But they do. They do have to grow up and figure out how to do things on their own. And they have to learn how to find that happiness in themselves.



JoAnn Crohn 22:13

Yeah. And they have to know to have that confidence to try new things in themselves.



Brie Tucker 22:18

Right. And it's important to that they do understand that you can find your own

happiness. You can't depend on other people to do that for you. No. So like, I do that a lot. Like when my kids come to me and it's in it's honestly, mainly my daughter that does that. She'll be a lot of like, I'm bored. Mom, I'm so bored. That's really rough. And she'll be like, can you think of something for us to do? And I'm like, yeah, not my job.

J JoAnn Crohn 22:45
Not my. Yeah, no,

B Brie Tucker 22:46
I love you. That's my job. My job is to love you, but not to make you happy. 24/7.

J JoAnn Crohn 22:52
I used to say I'm bored to my dad, my dad used to say "that makes sense. You're a boring person."

B Brie Tucker 22:56
Oh, ouch!

J JoAnn Crohn 22:57
And he totally meant it as a joke, but

B Brie Tucker 23:01
sounds like a dad thing to say.

J JoAnn Crohn 23:02
I always think of that. I'm like, Oh my gosh, dad, like why, but he was right in some extent. Because if you're bored all the time, then maybe what you're doing is boring. And you need to change that.

B Brie Tucker 23:15
So I actually have a little a little tip for this. And I think we both have a tip for this. So have

your kids make a brainstorming list of things that sound fun to them. And keep that list posted somewhere that they can go to. Now I'm not saying everything on that list is gonna be possible. Like they might write on that list going to the park and your kid is five, and they can't go to the park without you taking them.

J JoAnn Crohn 23:37
Or there'll be like, go to Disneyland. You'll be like no,

B Brie Tucker 23:40
yeah, no, I know. Like, for the longest time, Lego Land was always at the top of my son's list of things you want to do for the summer. And I'm like, you realize that involves like a plane trip, and a hotel. that's not like going down the street. So some of the things are going to involve you. But that doesn't mean that you had to plan it. That doesn't mean that you had to come up with everything. And that also does not mean you have to do the stop and drop.

J JoAnn Crohn 24:02
No, don't do the stuff in drop. Don't stop everything and take your kids somewhere. It's just because they thought of an idea that they want to do or an art project they want to do that they need supplies for right now.

B Brie Tucker 24:11
at that exact second!

J JoAnn Crohn 24:12
guys, they're gonna need to find something else.

B Brie Tucker 24:14
Yeah, that's when you can tell them like that sounds like a great idea. Let's plan it. And then like you give them a time on when you can do it. Like when it works within your schedule. That sounds great. Let's do it on Saturday. How about you plan? You know when we're going to go? Or what are we going to do? We go to the park or we're gonna have a picnic.

- J** JoAnn Crohn 24:29
It also teaches them planning. Yeah, and how not to be stopped and dropped themselves.
- B** Brie Tucker 24:34
Exactly.
- J** JoAnn Crohn 24:35
That's all good. That brings us to number five, which I found. Like when I saw this one, I was like, Oh, that makes a lot of sense. But I would have never thought about-
- B** Brie Tucker 24:46
like a mic drop moment like
- J** JoAnn Crohn 24:47
a mic drop. Okay. It's boredom helps with self control.
- B** Brie Tucker 24:51
Hmm,
- J** JoAnn Crohn 24:51
which you're like what? Why? Well, if you think back to my time as a teacher, a lot of the kids in there who typically like had to go to the office or go to think time. It happened in moments when the class wasn't actively participating in something when they had to do something on their own.
- B** Brie Tucker 25:09
Understandable. Yeah,
- J** JoAnn Crohn 25:11
When they got bored, when they got bored, they'd create trouble. And the reason is, is because they probably weren't used to being bored and having that self control practice

of what to do with yourself when you're bored.

- B** Brie Tucker 25:25
So it was just a matter of them not having had a chance to practice that skill, of regulating themselves with that emotion of -I know, when I get bored, I would say restless.
- J** JoAnn Crohn 25:36
yeah,
- B** Brie Tucker 25:36
Is the feeling I get a lot, definitely. And you have to figure out what to do with that restlessness.
- J** JoAnn Crohn 25:40
And a lot of the thinking around boredom is like that restlessness is bad. And we should prevent that in kids at all costs. No, we shouldn't do that, though. We should give them more opportunity to experience it. So they like make those coping mechanisms to deal with it.
- B** Brie Tucker 25:56
And they get to practice it. Hello, just like what we were saying earlier with relationships, they have to practice a skill to get better at it.
- J** JoAnn Crohn 26:02
Yeah, they're not going to magically move out of the house and be like, Oh, you turned 18 you have all the skills necessary to succeed in life.
- B** Brie Tucker 26:10
Even though you never got to practice them, because I did everything for you.
- J** JoAnn Crohn 26:13

Yeah, so giving our kids time to practice this boredom and talk to them about boredom, too, is huge. Because once they realize the reason you're letting them be bored, and you could just share some of the things we shared with you here, that it's good to be bored. You're not always gonna have someone plan stuff for you. And you really need to figure this out on what you're going to do.

B

Brie Tucker 26:36

And you know what Another great thing about that we can do as parents to help our kids with being bored. Tell them about times that we're bored and how we walk or talk through it. Like, I mean, even over the weekend, okay, so over the weekend, I hurt my back because I'm getting old, I'm learning. Brie's body can't quite jump around like it used to. And I hurt my back. And so I was in bed and I was like, Oh my gosh, I'm so bored. Because I can't really move and do anything. And I had to come up with things to do. And so like, later that day, my daughter was like, I'm bored. There's nothing to do. And I was like, you know, I had that happen to me when I was laying in bed. You know, I called you. And I did I even called her. I called her from my bedroom, which is just down the hall and I FaceTime it. I'm like, I'm bored. She did it back to me, Mom, it's not my job to keep you company. I'm like, okay, but still, what are you doing? What are you doing? I was like, I'm gonna go read.

J

JoAnn Crohn 27:29

I like how she automatically responds. With the line that you've told her multiple times, yeah, not my job to keep you company, right? that shows really strong boundaries on her part.

B

Brie Tucker 27:39

And it shows that oh my gosh, even when she's rolling her eyes, she does Listen to me.

J

JoAnn Crohn 27:43

Yes.

B

Brie Tucker 27:43

Oh, my lord.



JoAnn Crohn 27:44

Yes. And you're gonna find this too. When you start using this boredom tactics. Instead of feeling like you need to plan all the things, start talking about boredom and why it's a good thing to be bored. And you're going to see your kids start to be a lot more creative. Yeah, and really, really great benefits come out of it. So until next time, remember the best mom is a happy mom, take care of you. We'll see you later



Brie Tucker 28:09

and thanks for stopping by.