

# Transcripts for Ep 092 How to Parent for the Long Haul with ...

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## SUMMARY KEYWORDS

parents, kids, book, life, julie, laundry, adult, brie, handle, people, shared, taught, moved, learn, knew, talking, mom, joann, parenting, adulting

## SPEAKERS

Brie Tucker, JoAnn Crohn, Julie Lythcott-Haims

- 
- J** JoAnn Crohn 00:00  
Welcome to the no guill mom Podcast. I am your host JoAnn Crohn, joined here by my she's got this Brie Tucker co-host.
- B** Brie Tucker 00:10  
Hello. Hello everybody. How are you? I love how you you reflect a lot. I know what shirt I'm wearing.
- J** JoAnn Crohn 00:14  
Yeah, it's-it's kind of a lazy way of introduction, honestly. But I-
- B** Brie Tucker 00:18  
Hey like it. It shows a lot of my personality.
- J** JoAnn Crohn 00:21  
You got this. You got this indeed. We all got this right now as like it's, you know, it's- all

been a year, it's been a year for all of us.



Brie Tucker 00:31

I know. I know. This is like, we're coming at you guys. This is like post Fourth of July. So I don't know about everybody else. But that's about the this is the point out here in Arizona where I start to sweat it because that means my kids are going back to school in like a week or two.



JoAnn Crohn 00:44

Yeah.



Brie Tucker 00:44

Summer's almost over.



JoAnn Crohn 00:44

And we literally sweat it.



Brie Tucker 00:46

All I know. Right? But it's all good. Don't get me started talking about whether you know, I will go on that forever.



JoAnn Crohn 00:53

But even like this whole pandemic year, and all the things that it's taught us about our kids and how much we do and how much they're able to do. I think it really leads well into our podcast guests for today, Julie Lythcott-Haims.



Brie Tucker 01:08

Yes, yes. I love her book. So like we were talking to her about, um she actually has several books. But the first one was How to Raise an Adult.



JoAnn Crohn 01:15

which was phenomenal!

**B** Brie Tucker 01:16  
Yes!

**J** JoAnn Crohn 01:17  
that one was a book for parents.

**B** Brie Tucker 01:19  
And then this one is for the generation that, I want to say like young adults.

**J** JoAnn Crohn 01:23  
Yep, that one's graduating college or in college.

**B** Brie Tucker 01:26  
Your Turn: How to be an adult. And I think that is one thing that this past year of the pandemic has taught us all the skills that, wow, our kids need to have.

**J** JoAnn Crohn 01:37  
they do, they need to have a lot of them. And sometimes they've kind of been forced into demonstrating those skills, especially if any member of the family has gotten sick during this pandemic year. And there's not wasn't as much outside help that we could bring in. Kids really had to be a little bit more self sufficient, which in some ways is good in some ways. us as parents took over a little bit, a lot.

**B** Brie Tucker 01:58  
Well, I okay. With that being said, I think it also showed us how much we really were doing.

**J** JoAnn Crohn 02:06  
Yes.



Brie Tucker 02:06

So over the pandemic is when I really started pushing hard that my kids had to start helping cook, because oh my goodness, I had no idea how much of it was really on my shoulders because it was being broken up by so many things.



JoAnn Crohn 02:19

So much! Like we had so much to think about!



Brie Tucker 02:21

right. And then when you didn't have those other things to break it up to like, you know, have the going out to eat or the times where the kids were at sports practice or whatever. And you realize that it's all on your shoulders. I was like, Man, I'm doing a lot for you guys, you guys can start chipping in. And these are skills that you're going to need because God forbid they go out and not have the skills.



JoAnn Crohn 02:40

Yeah, so Julie Lythcott-Haims. She believes in humans and is deeply interested in what gets in our way. She is the New York Times bestselling author of the anti-helicopter parenting Manifesto, I think that's really good, good description of this book, How to Raise an Adult, which gave rise to a TED talk and has more than 5 million views. Her second book is the critically acclaimed and award winning prose poetry memoir, Real American, which illustrates her experience as a black and biracial person and whitespaces. A third book, Your Turn: How to be an Adult is out now. And that is the book that we're talking to Julie about. And we hope that you enjoy this interview. If you want to teach your kids, how to make better friends, how to pick better friends, and how to be a better friend, guys, my books out it's out. It's called Me and My Friendships, you can get it on amazon.com or.ca or anywhere that you purchase your books. And it is specifically for kids ages six through nine. It leads them through activities and gives them lots of actionable tips and quizzes, and will help them be a better friend and make better friends. So go get it now we have a link for you in the show notes. 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. Welcome to the no guilt mom podcast. Julie it is it is such an honor to have you here because I've been a fan of yours ever since I read how to raise an adult. And now you have a new book out and just

welcome. We're so happy to have you here.



Julie Lythcott-Haims 04:50

JoAnn, thank you so much. It's an honor to be here with you really appreciate it.



JoAnn Crohn 04:54

So for those of our listeners who don't know who you are, can you tell us a little bit about you and your story?



Julie Lythcott-Haims 05:00

Sure thing in a nutshell, I am a 53 year old black biracial person. I live in Northern California, San Francisco Bay Area. I've got two kids. 21 year old son, 19 year old daughter, my mother is very much part of our life. We all bought a home together to get our kids to the right public schools to be able to afford that I've had three careers, I've been a lawyer, I've been a university administrator, and I made my way into the world as a writer roundabout 2012, I went back to school to try to develop some confidence that I could write books worth reading. And since that time, I have published three, and I'm just delighted to be in conversation with people who care about humans, my work is fundamentally about trying to help humans thrive, trying to remove the obstacles in our path. And my books all try to get at that in one way or another.



Brie Tucker 05:53

Wow, I love your story. And that wealth of experience and all those different facets. I mean, it makes it so that it's so true, and you have so much knowledge on different areas that I think a lot of us would be totally clueless on.



Julie Lythcott-Haims 06:06

Well, I you know, it's funny, the work that I do doesn't emanate from the things that I've studied necessarily, as I've said, I'm a lawyer, originally, I don't longer practice. But I think that brings a little bit of that analytical capacity. I'm also deeply empathetic about humans, I have this big heart that just wants to serve and support and care. And I think I'm really intuitive about a human pain. When I sit with somebody and they're telling me their story. I'm often asking them questions that they don't realize they've teed up for me, they say, How did you know? And I'll say to me, it's like, they've shared it with me that some difficulty with their mom or some challenge at work, or some deep seated insecurity, and

I'll lean into that and say, Wow, you know, do you want to talk more about that, and they don't realize they've shared it. And it's because they haven't verbally shared it, they've kind of, it's between the lines, but I am that person who hears those things. And anyway, it just makes me, I think, aware of what's going on with humans and deeply interested in trying to care and support.



JoAnn Crohn 07:13

And I love the perspective and the experience that you're writing from, because you used to be the freshman Dean right at Stanford University. And the experiences you write about in your book, How to be an Adult about dealing with kids just coming in to college. I imagine they're a great like inspiration to now the work you do in like your newest book, your turn.



Julie Lythcott-Haims 07:34

Absolutely, that first book, how to raise an adult is on the harm of helicopter parenting when parents do too much, right, right over manage micromanage, pull them down the path of life, push them from behind, handle, fix everything. And it ostensibly made me a parenting expert. But I will tell you now, at the publication of this new book, Your Turn : How to be an Adult, it was always about the kids was always about me caring about young people being impeded in their attempts to move forward in their attempts to make progress as a matter of parenting, as you know, that gets in the way of kids and of us thriving. Let's not forget that. And this new book is me directly talking to young people to try to be very compassionate around what their challenges are, and also to illuminate what a wonderful, healthy, happy, productive successful adult life sounds like and feels like.



JoAnn Crohn 08:28

what were some of the things that you were seeing while you were an advisor to these students just entering college that kind of prompted you to write to them about how to be an adult?



Julie Lythcott-Haims 08:39

So let me be clear that what I was seeing at Stanford was what Dean's and advisors and faculty and staff were seeing on every campus. This wasn't a Stanford problem. I just happened to be working there. When the evidence of how childhood had changed was showing up on a university or college campus. Things like parents wanting to talk to a

professor. When parents slash kids were not happy with the grade. Parents wanting to register their student for class not trusting that the student could or not feeling that the student should have two parents getting concerned when the student was having a roommate dispute and wanting to be involved. Basically, parents doing what I would call the run of the mill stuff of life for college students. And I found myself in this cognitive dissonance like, Hey, wait a minute, they could be in the army, or the Marines. Instead, they're here on a campus with a huge safety net. Why do parents-why are they so afraid that their kid is going to fail or just be a disaster if they don't intervene in these ways? So my new book, *Your Turn*, doesn't presume everyone has been over parented, but it is for anybody who's feeling stuck in this phase of life we call adulting. And what I'm trying to I think one of the dominant themes is this is your life. No one else's, it is not up to anyone else to tell you what to do, or how to do it. It's not for them to manage it. adulting is your more or less in charge of yourself. And in this book, I'm trying to make that sound exciting, as opposed to like a drudgery like, Oh, no, I'm in charge of myself. No, it's great.



JoAnn Crohn 10:09  
It is great!



Julie Lythcott-Haims 10:11  
and so that's, you know, that's sort of what I'm trying to continually shout in this book.



JoAnn Crohn 10:16  
It's great. And one of the things like the big things you mentioned right at the beginning of the book is this idea of fending for yourself. And you had a great story about the first time that you remember that you had to fend for yourself, can you share that about moving?



Julie Lythcott-Haims 10:31  
Yeah, so it reflects the fact that I'm a pretty privileged person raised middle class didn't have a whole lot of struggle in childhood, my way of paying homage to those who may have come up poor working class and had a rougher childhood. And they learned a lot from it and, and had to fend sooner they got a set of skills earlier than more affluent kids did. My, I know I'm an adult moment, happened when I just graduated law school, newly married, we're moving from the East Coast here to California, for me to start up at a law firm, and there's a fire in our moving truck. And I get that phone call telling me that while we're staying back east with my parents waiting for the truck to make its way across country, some given us information. There's nothing I can do in the moment. But I'm told in

three days, we'll know more information, you know, and you can come in and see your stuff. And my husband and I were terr- I relay this news to my husband and my parents were about to have dinner. And my husband and I looked at each other like, Oh, shit, you know, this is terrible. All of our stuff is in there, including our love letters and our couch and our everything. And yet, we knew it was ours to handle my parents were there. They were very compassionate. Oh, no, this is terrible. Oh, we're so sorry, my goodness, but there was nothing in them that said, we need to fly to California, we need to get on the phone. We need to handle this. They signaled by not doing that. That they knew we had the capacity to deal with this bureaucratic nightmare. And so it was so clear, they knew we were adult enough, we knew we were which wasn't about we're going to be perfect at this, or we're going to, you know, handle it all flawlessly. But just more you have the capacity, we have confidence in you, my parents reflected that. And we were also feeling it internally.



JoAnn Crohn 12:21

That's a huge, huge gift that parents can give their kids. I mean, when when I read your story, I was reminded of a time that I had to fend in my own life. And long story short, I basically ruined a car. And it was stranded, like 100 miles away. And I had to figure out a way by myself to get it out of the garage and pay for everything. I was so mad at the time that my dad was like not stepping in to help me. But that was one of my defining moments of my adulthood and knowing that I could then handle stuff even when I didn't know the answer right away.



Julie Lythcott-Haims 12:51

And let's get to that, because there are people listening her like that so cruel. Why didn't her dad step in? What in Julie's parents who knew more and maybe had more money and whatever it could have helped with that? And here's the point, we have to know that our kids are learning to do things for themselves. Because one day we'll be dead and gone.



Brie Tucker 13:12

Yes.





Julie Lythcott-Haims 13:13


We parents just show up all the time to handle it. Because yeah, we are typically more capable, more educated, we have more money for a long time these are gonna be our kids, of course we could. But if we constantly do, our kid never will learn. And then when the really big thing happens, they'll have had no practice from the smaller things, at




navigating a bureaucracy and talking to strangers and dealing with setbacks and having to come up with a plan B or a Plan C and dealing with the emotions of all of that. Life is an active verb. And when we over parent and rescue all the time, we're depriving our kids from living.

 JoAnn Crohn 13:48  
Yeah.


 Julie Lythcott-Haims 13:48  
And from all the lessons they would learn if we had stepped back. You know, we need to be the safety net. Obviously, we don't want our kids to drive off a cliff or fall, you know, drown in the ocean. But short of those disastrous things much of life is this opportunity for our kids to continually learn and grow. And we're supposed to delight in that instead of being afraid of it.

 JoAnn Crohn 14:09  
Yeah, and I think a lot of us are afraid of it because we see our kids suffer and we feel they're suffering almost as our own when really it's their suffering and they need to figure out a way out of it while we stand there as you said kind of like the safety making sure that like nothing horribly goes wrong,

 Julie Lythcott-Haims 14:27  
right.

 JoAnn Crohn 14:28  
But also letting them experience some pain.

 Julie Lythcott-Haims 14:29  
With compassion JoAnn. and bringing compassion

 JoAnn Crohn 14:31  
Yes,



Julie Lythcott-Haims 14:32

I read people like Brene Brown and Ned Johnson. I read so many people who write in the space and what they all say is be compassionate, bring validate the emotion. Oh my goodness, are you okay? How are you? What is this feeling like for you? I'm so sorry, this has happened. All of that validating the emotion they need that and then we can pause and say you know, okay, so we Let me know if you need advice or thoughts. But I think you've probably got this or how do you think you're going to handle this? I'm always here to share my thoughts if you need them. We were not meant to ignore them or abandon them, but simply to show up more alongside them as a consultant as Ned Johnson and Dr. William Stixrud, say as to like the handler. Yeah.



Brie Tucker 15:21

you know, what I think is crazy? There is so much research and so much being shared and written about the importance of allowing our kids to do things on their own. And the importance of us kind of taking a bit of that step back and watching our children do things being there for support when they need us. And yet, we still seem to be stuck. It's almost like we're like I'm thinking back to growing up in the Midwest, like we're stuck in the mud like our cars. Those wheels, doing the same thing, knowing that the research doesn't say it's good. Matter of fact, research says the exact opposite, but as parents were still doing it!



Julie Lythcott-Haims 15:55

I know why is that Brie? I think part of it is there's a short term benefit when we are always there. We prevent the skinned knee to quote Wendy Mogel's book, we prevent the hurt feeling because we intervene before there was a hurt feeling. we prevent the zero on the homework, because we drove the homework to school when they forgot it. We prevent the coach being unhappy because we brought the lacrosse stick when they forgot it. We're achieving something for our kids. So therefore it looks like it works like all of this hovering parenting appears to work. It's simply short term gain long term pain, all of that doing for them deprives them of the long term skill that they need. We are in a biblical sense. It is said you're supposed to teach a man to fish instead of give a man a fish. And I think the parenting parable is really give the fish but also teach to fish. You've got to give them some fish, but you're also teaching them to fish. If you constantly give your kid a fish. They will never learn to fish.



JoAnn Crohn 16:51

No.

B

Brie Tucker 16:52

Yeah!

J

JoAnn Crohn 16:52

yeah. No. I mean, I've had friends who tell me their stories about going out of state to college. And they they came home within a week because they couldn't handle being that far away from their family and having to do things on their own. And it's like never being given that independence never being given those skills like Brie and I talk all the time about Brie shares their story about not knowing how to do laundry.

B

Brie Tucker 17:16

And yeah, I went away to college and my it's funny because college was definitely my defining moment. So like when I went to college, and this wasn't my defining moment. My mom hadn't allowed us to do laundry growing up. And it was because my mom was a nurse and my dad is colorblind, and he ruined all of her hospital scrubs. After that no one was allowed to touch laundry. Which none of us thought about till Brie went away to college. And after the first week of school, I'm all like, oh, what am I supposed to do with the laundry here? Luckily, I had a roommate who took care of me, I also did not know how to work a manual can opener that was also interesting. But eventually my parents moved out of state and I had to live on my own out there. Like I went from being an hour away from my parents to being two time zones away when they moved. And so that's when I learned to adult that was my aha moment of Oh, crap. There's nobody here to help me.

J

Julie Lythcott-Haims 18:04

Yeah.

B

Brie Tucker 18:05

So yeah.

J

Julie Lythcott-Haims 18:06

Oh, crap is kind of the refrain of young adulthood.



JoAnn Crohn 18:09

Yeah, right?



Julie Lythcott-Haims 18:11

Where are the adults? Oh, crap.



JoAnn Crohn 18:13

Oh, it's me!



Brie Tucker 18:14

Oh crap, It's me now? Oh, no!



Julie Lythcott-Haims 18:17

Also be clear. You're not expected to know everything when you leave home. Right?



Brie Tucker 18:22

right!



Julie Lythcott-Haims 18:23

I mean, how no parent is going to have that 2000 page checklist have taught them to iron, taught them their laundry, taught them to use a manual can opener. I mean, there are just too many variables. Right? But not having been taught enough stuff. So you can then sort of extrapolate like, Well, I know how to do this. Maybe I can figure this thing out, which is related, right? Knowing I am capable in some arenas, maybe I can grow stronger in this new arena accordingly. It's when you've had everything handled, that you're totally bewildered and lost and frightened. That friend of yours who moved home let's not laugh at them.



JoAnn Crohn 18:59

No.



Julie Lythcott-Haims 18:59

Let's not put a finger at them. This was done to them. They had such a protected sheltered everything handled for them childhood, that of course, the real world feels absolutely terrifying.



JoAnn Crohn 19:10

Overwhelming, Yeah.



Julie Lythcott-Haims 19:10

we've done that. We got a roll that back. I am working on repatterning with my own kids. I got a 21 year old 19 year old as I said at the outset, and I am working at repatterning some of my overparenting tendencies based on my anxiety about everything needs to be a certain way. I am doing the work on myself. And that's what this comes down to y'all. Right? when we talk about no guilt mom, right? We don't want to feel guilty. We want to be looking after ourselves. What do I need to do to take care of what's going on within me so that I can give my kid the chance to learn? so that I can give them the proper psychological distance. I don't act like they're my little pet.



JoAnn Crohn 19:48

Yeah.



Julie Lythcott-Haims 19:48

And I have to just constantly marched down the path of life on a leash and that internal work whether with a coach or with a therapist, or just great conversations with people who get it really helps us and Then, of course, the dividend is our kid then can flourish and be well, because we're not encroaching on their life.



JoAnn Crohn 20:06

Yeah, it's all about that the self compassion for ourselves that then let's really look at our own parenting behaviors, and then change them accordingly. Like, even though like we talk about this all the time, like you said, like, we're still like us humans still working on it ourselves. I mean, yesterday, for instance, I had so many repairmen in my house. And what happened was my dog, she was in the office with me. And then I was I was just working, and all of a sudden, I hear barking downstairs, and it's my dog barking at the dishwasher

repairman. And my daughter is sitting on the couch, like five feet away. And I'm like, why didn't you just go get her? Like, why did she do this? I like ran downstairs. And she's like, I couldn't. I don't know how I don't like and she's 12.

**B** Brie Tucker 20:52  
Remeber the hairball yesterday too?

**J** JoAnn Crohn 20:54  
Yeah. And but I'm like, okay, we need to do some work here.

**J** Julie Lythcott-Haims 20:59  
Yeah,

**B** Brie Tucker 20:59  
yeah. And my kids will do the same thing. I think it's a common thing. I think that they learned that from each other. This worked last week at my house, try saying you don't know how to do it.

**J** Julie Lythcott-Haims 21:07  
Except here's the thing. Another author I love is Michaelleen Doucleff. And you should have her on your podcast,

**J** JoAnn Crohn 21:14  
I have not heard of her before, I will need to.

**J** Julie Lythcott-Haims 21:16  
And she goes and visits three very traditional indigenous societies, one in the Arctic, one in a Mayan community, one in Tanzania, okay. And she gets back to basics. She's like kids there to this day, grow up, competent, confident, emotionally regulated. And it's because their parents from an early age, just nod their head like this and say, we're making dinner, nod your head, smile and walk in the direction of the kitchen and your little ones will follow. And that's how they learn to chop with a safe little plastic knife while you're chopping with a big knife making dinner. You know, when you say, we're doing the laundry

now and you just signal Let's go, the younger they are, the more they will follow and it just becomes natural. They're not going to be like I don't know how they're going to be proud that they do know how and they're going to look for other ways in which they can contribute. Because as Michaeleen says, it gives them a sense of family membership card. It's like I belong here. How do I know? Because I'm expected to do things and it doesn't feel like punishment, or drudgery. It's like, I'm respected and valued. I contribute.



JoAnn Crohn 22:19

Yes. And I love that chore being forced upon you.



Brie Tucker 22:23

I contribute. I'm valued. I love that.



JoAnn Crohn 22:26

Definitely and they get so much pride out of the things they know how to do t



Julie Lythcott-Haims 22:31

We all do. Yes, exactly. And we know how frustrating it is in the workplace if we're micromanage if your boss always checks in or always has to slightly redo what you did. That's what overparenting is at home. It's so frustrating. You roll your eyes, you just want to like shake them off. We don't want to be doing that.



JoAnn Crohn 22:47

Yeah, I I totally agree. And I see some things in my parenting that I could do better in that area as well.



Brie Tucker 22:53

We're all growing like, like Julie said, we're all growing,



Julie Lythcott-Haims 22:56

I'm in it too. I've written a book, but I'm, I'm learning from the advice I give other people.

- B** Brie Tucker 23:01  
Isn't that it's so funny?
- J** JoAnn Crohn 23:03  
Well, why do you teach it you learn it better?
- J** Julie Lythcott-Haims 23:05  
Yes. True that!
- J** JoAnn Crohn 23:06  
and that's always how it's been.
- J** Julie Lythcott-Haims 23:08  
Absolutely.
- J** JoAnn Crohn 23:08  
So I think teaching is like the best thing you can do for yourself and for others.
- B** Brie Tucker 23:12  
Yeah, the more we've been doing this, like with a podcast, I find it very interesting that so many of us that we know enough that we feel like we can share with others. Yet when we're sharing with others, they get so shocked when we tell them like Dude, I'm still working on this too.
- J** JoAnn Crohn 23:26  
Yeah, we're not perfect.
- B** Brie Tucker 23:27  
(laughing)on a regular basis.





JoAnn Crohn 23:28

Not perfect.



Julie Lythcott-Haims 23:29

I've learned that being vulnerable about my own struggles, helps my readers and people if I'm giving a keynote, it just helps them relate. They don't feel judged. They feel seen and supported. We can laugh about the silly things Julie has done. And then we can all think okay, what I do differently when I find myself in that same circumstance.



Brie Tucker 23:48

Exactly,



JoAnn Crohn 23:49

exactly. So Julie, what do you have coming up that you're excited about?



Julie Lythcott-Haims 23:53

Well, nothing.



JoAnn Crohn 23:55

That could be exciting. If you've been busy.



Julie Lythcott-Haims 23:58

My book is fairly new. It's been out for about eight weeks now. So it's Your Turn: how to be an Adult. That's what I'm most excited about trying to make sure it gets to young adults 18 to 34. But frankly, older people are reading it too and saying I see myself in this book.



JoAnn Crohn 24:13

I love it !



Julie Lythcott-Haims 24:14

That's right because it's just a mirror showing you what you need to see about your own

life. Your own work choices, relationship choices, identity, self care, money, you know how to deal when things go badly. And so I'm delighted about this book and would love for people to just if you're interested in adulting whether you are working on it yourself supporting a young adult who is or you're just looking to make a major life change and need some stranger to give you permission. That's what my book is going to do. And it's available wherever books are and you can find out more about me and my website. Julie Lythcott-Haims dot com follow me on social @jlythcotthaims everywhere, maybe even Tik Tok We'll see.

**B** Brie Tucker 24:51  
Ohhhhhhh.

**J** JoAnn Crohn 24:52  
Well, it has been wonderful having you on thank you so much for joining us.

**J** Julie Lythcott-Haims 24:55  
I appreciate being with you and your listeners. Thanks for having me.

**B** Brie Tucker 24:58  
Thanks.

**J** JoAnn Crohn 25:00  
So I've loved Julie's books, but talking to her was amazing, especially when she was talking about this short term pain versus long term pain that we're really need to be more focused on as a parent.

**B** Brie Tucker 25:14  
Yeah, it was amazing to hear it described in that way. Because I think it's one of those things that we knew in the back of our head. Yeah, that we're kind of doing or maybe we don't know, maybe we just have that gut feeling that something is off. But when that is actually laid out there so simple that we are doing short term gains by making sure that we cook dinner for different dinners for ready because everybody has different food options, or by doing the laundry for the kids because they just don't seem to be able to fold them and put them away without being completely wrinkled.

J JoAnn Crohn 25:43  
We have clean and put away clothes for the time being but long term, it's like our kids never learned those skills.

B Brie Tucker 25:49  
long term, they're going to go off to college, not know (cough) how to do laundry.

J JoAnn Crohn 25:54  
Brie's speaking from experience. (laughing)

B Brie Tucker 25:56  
no personal experience there anything like that.

J JoAnn Crohn 25:58  
I remember being like so against being taught how to do laundry, and I think I've shared this before, but like my grandma, she used to come to our house every week to do laundry because my mom worked a full time job. So that's my my grandma came over and helped out. And I remember my grandma took me aside when I was 17. I was like, here's how you fold pants. And I was so huffy puffy about learning how to fold pants. She's like, fine, JoAnn just fine. I'm sorry. But I never I learned the basics of how to fold pants, but I put up such resistance to it. And now I'm seeing that as an adult that that's it's just normal. That resistance that our kids put to us teaching them things. It's just normal.

B Brie Tucker 26:38  
Right.

J JoAnn Crohn 26:38  
And it doesn't mean like that. adults don't quit on your kids when you do when they do this. Expect it.

B Brie Tucker 26:44  
Yeah, yeah. And know that they need that

J JoAnn Crohn 26:47  
they need Yeah,

B Brie Tucker 26:48  
they need to sit there because I was there the she talked about, like those moments where you have that first real struggle, yeah, that you have to figure out the problem solving on your own. And the best thing we can do as parents is just say, I believe in you that you can do this. If you need the cheering, that coaching I'm here, but I'm not going to bail you out.

J JoAnn Crohn 27:06  
No. And like try and try again and leave them let them fail. Let them fail. Because you're there to catch them if they fail too hard, but you want them to feel a little bit. Yeah. So feel that pain. So we hope that you enjoyed the nugget mom podcast if you are listening on Apple podcasts -Can you do as a quick favor? Can you leave us a review? and we hope that we earned your five stars but getting those reviews really helps everyone else find the podcast so it means a lot a lot to us.

B Brie Tucker 27:36  
And we actually have a link in the show notes for the little tutorial video on how to do that if you'd like a little bit extra help. So yeah, so glad to have you guys here.

J JoAnn Crohn 27:44  
So remember the best mom's a happy mom take care of you and we will see you later.

B Brie Tucker 27:48  
Thanks for stopping by.