

Transcripts for Ep088 with Lynn Berger

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child, parents, parenting, kids, sibling rivalry, jealousy, netherlands, podcast, feel, sibling, guilt, book, mom, son, guilty, happy, people, attention, experience, norm

SPEAKERS

Brie Tucker, JoAnn Crohn, Lynn Berger

-
- J** JoAnn Crohn 00:00
Welcome to the no guilt mom podcast. I am your host JoAnn Crohn, joined here by my illustrious co host Brie Tucker.
- B** Brie Tucker 00:08
Why Hello Hello everybody. How are you? That's so such a big fun word illustrious!
- J** JoAnn Crohn 00:14
Illustrious- fancy words. Remember Fancy Nancy?
- B** Brie Tucker 00:17
Yes.
- J** JoAnn Crohn 00:18
Fancy Nancy.
- B** Brie Tucker 00:19



I loved Fancy Nancy!



JoAnn Crohn 00:20

I loved it. best, best vocabulary builder for first graders.



Brie Tucker 00:25

Oh my gosh. I just remember like reading that book a lot when I would do community parenting classes and just having to stop and like re-say things over and over again.



JoAnn Crohn 00:34

Yeah,



Brie Tucker 00:35

the kids still didn't get it.



JoAnn Crohn 00:37

I love that. You're gonna be fancy next podcast.



Brie Tucker 00:40

I am. I'm feeling fancy. I joined the bandwagon and got my first Stitch Fix box and I'm feeling fancy!



JoAnn Crohn 00:47

It's great. Right? Like they give you like all your clothes.



Brie Tucker 00:50

Oh, yeah. And I answered like so many quizzes. Like I kept going on and redoing the quiz over and over again, and like tagging pictures, because I'm like, this chick is gonna know my style. If it kills her. And she still sent me stuff that I wouldn't have bought. But I'm wearing them because they actually looked pretty cool. I mean, I would have never bought that. But it actually feels it looks pretty cool.



JoAnn Crohn 01:08

And this isn't. This isn't an ad for Stitch Fix. By the way.



Brie Tucker 01:11

No, no.



JoAnn Crohn 01:11

just making our general appreciation of it because I've been using it for a long time. And like for years, I haven't gone clothes shopping, which



Brie Tucker 01:20

Yeah, that's that's a great way to do it. Like my thing was just that you know what, I haven't bought something non-thrift store. Other than the occasional pair of jeans.



JoAnn Crohn 01:30

Yeah.



Brie Tucker 01:30

In a very longtime or non-Target in the T shirt section. So I was like maybe I need to up my game a little.



JoAnn Crohn 01:36

you're upping it's like how we talked about in the upper limit podcast where like you're making those little increments.



Brie Tucker 01:42

I am. I am. because I went in for like the Yeah, yeah, I went in for like the price range that I was comfortable with. Which if you if you just heard me say I'm a thrift store shopper (whisper) It's not a big range.



JoAnn Crohn 01:54

But it's like upping it and like it looks gorgeous.

B Brie Tucker 01:57
It is. I'm very excited.

J JoAnn Crohn 02:01
So today's guest we have Lynn Berger, who is joining us from the Netherlands.

B Brie Tucker 02:06
Yes. Oh my goodness. She was so refreshing to chat with. And I loved her book.

J JoAnn Crohn 02:12
I absolutely loved her book. So she's the writer, a journalist, and she's the author of the book, *Second Thoughts* on having and being a second child. And it comes at it from the viewpoint of like, a lot of parents say they worry about spending equal time with other kids and they worry that their second kids get the raw end of the deal.

B Brie Tucker 02:31
Yep.

J JoAnn Crohn 02:32
And she takes all the research and shows us that hey, like, you don't need to worry. What's going on?

B Brie Tucker 02:38
You're gonna be okay.

J JoAnn Crohn 02:40
You're gonna be okay.



Brie Tucker 02:41

What do you know, huh?



JoAnn Crohn 02:42

Yeah. But it was fascinating in our conversation with her like I could have talked to her forever because oh my gosh, she brings up so many great things in her book, but I will leave that for the interview. And tell you a little bit more about Lynn as a care correspondent for online journalism platform day correspondent, I don't know how to say that that's it's in the Netherlands. She writes about the various forms care can take what it does for us and what we need in order to take good care. She has two kids, a daughter seven, and a son who's four and a half and we hope you enjoy our conversation with When. If You feel so overwhelmed right now in your home and you have tried, you've tried getting your family to help you out and try to give your kids chores and it just hasn't worked out. You are going to love our happy parent checklist. You can download it at noguilmom.com/hpc. If you love listening to no guilt mom, by the way, and how we get really real about parenting, then you need to check out the PG-ish podcast with our friend Erin Holland and Erin's been on the show.



Brie Tucker 03:51

Yes, Erin is on a mission to transform your parenting experience from overwhelm, and frustration to growth and success through bite sized pieces of wisdom and truth bombs, which I love! because I can only digest bite sized pieces.



JoAnn Crohn 04:03

Yes. And twice a week she curates clips from today's psychologist, authors, parents and teachers to provide you with guidance to grow as an individual and as a parent. As you raise happy, healthy, successful kids and survive at all with a little more well being check out her and the PG-ish podcast. Everywhere you listen to no guilt mom, 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. kailyn We're so excited to have you on the no go home podcast. Welcome.

L Lynn Berger 05:05
Hey, thank you for having me.

J JoAnn Crohn 05:06
I'm super excited to talk about sibling rivalry because your book on having a being a second child second thoughts. It's so I really identify with it because we're both older children and a lot of the things you said as an older child about your sibling, I was like, Yes, yes, yes.

B Brie Tucker 05:25
We had such a good conversation, we had to pause. We have to stop! This podcast material.

L Lynn Berger 05:30
Yeah, from what I understand you also, you know, experienced your younger sibling as sometimes an intruder. Yeah (sigh).

J JoAnn Crohn 05:40
total intruder or total intruder as an adult, like we have a great adult relationship now. But when we are kids, Oh, my gosh. And in your book, and I think I'm jumping ahead right now. Because I immediately want to jump into like these things that I had with my sister. But let's first -Can you tell people a little bit about you and your story?

L Lynn Berger 05:57
Sure. So I'm a journalist, I cover care. And so I write that's, that's my job. But I also love to read, I think I'm a reader first and a writer second. And so whatever Something is happening in my life will just be that I'm just like, okay, I'll go to the literature and, you know, for find something to help me think through this, which was great when I was pregnant for the first time, because there's so many books about the, you know, sort of the transition to parenthood and, you know, taking care of it of a baby, and so on. So I read my, you know, I read all my work my way through pregnancy and early motherhood, and then I was pregnant for the second time. And I thought, well, this is surely different than the first time I need different books. And I couldn't really find that many. So I found a couple of really practical hands on guidebooks, but not the sort of, you know, a bit more

maybe philosophical or reflective literature that could just help you make sense of what was happening. I could find tons and tons of scientific studies into the psychology of siblings, the sort of demographic changes over time, the sociology of families, and so on. But, you know, that's not really like reading when you're seven months pregnant. So. So I -



Brie Tucker 07:07

Let me read this 20 page, research paper.



Lynn Berger 07:09

Let's start with the abstracts and, you know, going through the end notes, and so by the time my son was around one year old, I decided to write that book myself, and that, you know, that book became *Second Thoughts*.



JoAnn Crohn 07:21

Okay, you got me from the immediate first chapter, because you go right into this sibling jealousy thing, and about how like, we hear a lot here at no guilt mom about the sibling rivalry and how the kids are always fighting, and how, you know, you should always be aware of like bringing another baby into the family and prepare your kid for that other baby coming. And what I was shocked to find out in your book, is that that's a relatively recent worry and fear for parents, can you like, tell us a little bit about how that whole jealousy and worry thing about jealousy happened?



Lynn Berger 07:56

Sure, yeah. So one of the things that also surprised me was that on the one hand, you know, a lot of people say, Well, we want a second child so that our first child has a sibling, right? Because we believe it's a good thing to grow up with a sibling or to have a sibling. And then at the same time, you know, if all these stories about sibling rivalry and all these warnings to parents about how to nip it in the bud, so as like this is, this seems like a paradox, I'm going to look into the history of jealousy, and how we thought about this in the past. And so as it turns out, for the longest time, jealousy was seen as not a bad thing. It's not a bad emotion. In fact, in the Middle Ages, and jealousy was seen as a positive thing, because it sort of spurred you on to defend your honor. And I read up on Charles Darwin, who had six children, I believe, anyway, he wrote when this is in the early 19th century, and his son, William was acting out, like in a jealous manner. And Darwin said, Oh, it's a sign of affection. You know. So there was just this notion that jealousies is in many ways, a good or positive thing. And that changes by the end of the 19th century. And in

part, it has to do with the fact that sort of, you know, people started to think that a civilized human being is someone who controls their emotions, and jealousy just doesn't really, you know, it's it's not easy to control. And people also started to believe that, you know, children have to learn how to control their emotions from an early age onwards. And so, jealous children, sibling rivalry started to be seen as a problem. If you look at parenting manuals, or articles or letters about Parenthood. Before the late 19th century, no one talks about sibling rivalry, a few decades into the 20th century, it's like the biggest problem, and parents are told that they have to prevent sibling rivalry. If it does occur, they have to just make sure that it, you know, is extinguished as soon as possible because their children will grow up to be unstable adults, they will never become the civilized controlled human beings that we want them to be. And it's up to the parents to do that. That was also part of a larger shift where, you know, before parents were responsible for keeping the children alive, and making sure that they were physically healthy, but In the 20th century, it became the parents job to make sure that their children are happy that they have, you know, good inner lives as well. And this whole fear over jealousy and sibling rivalry was part of that change in in the conception of parenthood.

B

Brie Tucker 10:14

You know, I think that's really interesting, because, you know, looking back at history, if I'm just gonna do this from like, an armchair perspective, someone that has not researched it whatsoever is just speaking from her own opinion. It feels like yes, back before the 19th century, maybe parents could have been a little bit more concerned about like their children's well being and pay a little bit more attention I because again, it was a different times. But I do feel like we took that pendulum shift, especially here in the United States, way too far to the other side, putting so much stress on ourselves as parents, especially as moms, that it's our job to make sure that everything is perfect.

L

Lynn Berger 10:50

Yeah,

B

Brie Tucker 10:50

our children are perfectly happy. 100% Well, absolutely no trauma or suffering in their life, because heaven forbid, that they go through any of that, and that the rivalry is an issue. And I'm a firm believer in like, siblings fight. Now, you know, when they you know, want to kill each other.

J JoAnn Crohn 11:07
Yeah,

B Brie Tucker 11:07
That's where I draw the line! But before that I'm like, Hey, you guys can fight to be jealous. It's okay.

L Lynn Berger 11:13
No and it's something I mean, it's not like, you know, we can maybe we've come to believe that jealousy is not a good thing, but it doesn't really make the emotion go away. Right, you'll still experience it. So you might as well get it, practice run at it when you're young.

B Brie Tucker 11:27
I like that. I like the practice, run. And you're right. None of us don't experience jealousy anymore. It happens.

J JoAnn Crohn 11:33
It happens. Definitely. And I think like dealing with a sibling I deal with jealousy now better as an adult, having seen my cute little sister get all the attention and take it away from me. Like, I I remember. Well, no, like I was I was like, we're seven years apart. And so when she was in her cute phase, I was entering the awkward tween phase and felt like black. And so like, come Halloween. I was like, I always remember this. I was dressed up as a witch. And I was like, like, blood down my face and everything- and Jamie was Cinderella. And everyone's like, You're so cute. And I was like. So I think it's the jealousy and you learn to deal with it and move on.

L Lynn Berger 12:20
Yeah,

B Brie Tucker 12:21
yeah. I remember. So I was the I was the youngest. And I was telling you guys earlier that and my dynamic and my family because I have two older sisters and that we are pretty far apart. Like my oldest sister is, oh, gosh, don't get mad at me Shana five years older

than me, six years older than me. And then my second sister is four years older than me. And then there's me. But I learned early on that I was a good demander there. I was the one that was the tiebreaker and a lot of fights. So it would at first I would just kind of enjoyed all the attention. But then after a while, I'm like, Alright, if you want me to like decide who's playing the board game, I need to know who's playing dolls with me later. Like,



JoAnn Crohn 12:57

you were sneaky,



Brie Tucker 12:58

You gotta you gotta earn this vote here.



Lynn Berger 13:01

Yeah, you made lemonade.



JoAnn Crohn 13:03

Yeah, exactly. So in your book, you talk about kind of this guilt that parents feel about, you know, having a second child. And that's something that I see a lot in our no guilt mom kind of community, where moms in particular, they want to make sure they're spending equal time with every child. And I love your take on it about like, how happiness compares with the first child compared to the second child? Can you tell us a little bit more about that?



Lynn Berger 13:35

Yeah, yeah. So it turns out that, you know, social sciences just can't get enough of studying the difference between parents and non parents in trying to figure out who's happier. And they keep on finding a parents aren't necessarily happier than non parents. And they're always like, alive, people have children, if it doesn't make them happy. But then they look, you know, they go more into the nitty gritty of it. And then they see that with each subsequent grandchild, after the first one, parents become a little bit less happy. So when you have a first child, you see a sort of peak and happiness. And then you know, after a while, you sort of back to your old self. But then when you have a second child, there might still be a peak, but it's a lot smaller. And then when does the third child like there's no peak at all? It's just like, it doesn't make them happier.

B Brie Tucker 14:20
Ah! Another one! go over there and hang out with your siblings, little one!

J JoAnn Crohn 14:23
Yeah.

L Lynn Berger 14:25
I mean, of course. I mean, I don't think people have children, because they think it will make them happy, right? We have done because, you know, we're curious. We want to care for someone, we want to have this meaningful experience. So in a way you could you know, I don't think the happiness question is the most interesting question, although I see why it keeps on fascinating us. But anyway, they're sort of the explanation for the fact that the second child doesn't cause this a similar happiness spike as the first one is because well, first of all, because parents tend to have more worries when they have more children, like just more financial worries, even less sleep, you know, even less time for yourself. But there's also this one researcher who said, Well, you know, Just repetition just isn't as interesting as a novel experience, like parents have been through it before. They're just not as amazed. Not as euphoric. It's not as special. And I, that resonated with me, I felt really guilty towards our second child, because he wouldn't be the one giving us this transformative experience. Like he wouldn't be the one that left I was bowled over by what just happened to us. And it just felt like it was so sad for him. He couldn't be that person.

B Brie Tucker 15:26
That is amazingly introspective.

J JoAnn Crohn 15:29
Yeah. But you also have a great thing that I think takes the guilt away for most parents in that you describe watching your son play and dance. And when you watch him play and dance, you're then reminded of when your older child, your daughter did this as well.

L Lynn Berger 15:46
Yeah, it's not just, you know, it's not just a repetition of everything that came before, right? I mean, he's a new person that he does things in his own way. But he also in doing

whatever it is, he does, he sort of brings back memories of the first that I'm not sure I would have ever retrieved if he hadn't been there. And so it's also about, yeah, it's so it's a different experience, in that it brings up these memories, but also, that it comes with anticipation, like you're there sorts of things that the second child does that you're sort of expecting them to do. Whereas with the first one, you're sort of, you know, everything is new, and you didn't expect anything to happen. And it's kind of it's quite gratifying to expect something to happen. And then it happens, or it doesn't know he might do something completely different. And then it's a surprise.

J

JoAnn Crohn 16:30

So I have two kids, and they're four years apart four and a half years apart. And I have to say like, I've never felt guilty for my son, because I feel like they're so they're so different people, seeing them interact with the world and how they approach situations. It's so so different. But then I also get these little glimmers of reminders. And I'm like, Oh my gosh, what he did just then totally reminds me of his sister. And so it's like this little happiness.

L

Lynn Berger 16:57

Yeah,

J

JoAnn Crohn 16:58

having a second child,

B

Brie Tucker 16:59

I don't know, I was super sad when I was having my second only because my kids were super close together. And my son was only six months old, we found out that we did not have a flu that was going on for a month! that was morning sickness, it was a novel experience, learning from past experiences. Whatever I don't know. But I mean, I just remember feeling really, really sad. And like kind of, but but you know what, though, too, I may back up this a little bit, I had a rough first pregnancy. So I was terrified of having a similar experience with the second pregnancy. So I think I was still kind of mourning all that. And then I went through some postpartum depression. So I don't know if I was totally out of the weeds by the time we were having our second. But I just remember, like, you're talking about just feeling really guilty that I was taking away that attention from my first kid and that he wasn't going to get my full attention, even on his first birthday, because I was wobbling around like uber pregnant and the Phoenix heat, and all that kind of stuff. And just having a hard time with that. But you know, once they were both there, you're

right. Like, they're so different. They're so unique. And, but I still do even at even at 12 and 14, I still struggle with trying to make sure I'm giving that, what I feel, is equal attention to both. My daughter is just very much pay attention to me, I need that social interaction, and my son is much quieter, totally happy and chill doing his own thing.

L Lynn Berger 18:24

No, so what what's interesting about the guilt is that you could so easily frame it the other way, right? So you know, I feel guilty for my second child, because he's not the first or towards my second child, because he's not the first child when, on the other hand, you know, maybe it's nice to be born into a family that already exists. So like so parents who are in fact shocked at the at the novel experience, and you could feel guilty that you're not no longer able to give your first child all the attention. But maybe it's nice to escape your parents attention from time to time. So it's, it seems like we will always find something to feel guilty about. And it could just as easily have been the opposite. But the guilt just seems inescapable.

J JoAnn Crohn 19:02

Yeah, it's always guilty about something. So one perspective that we wanted to get from you is that you live in the Netherlands. And you came over to the US to study at Columbia. And what differences Did you see in the ways that you approach parenting in the Netherlands versus Powell? Like we approach parenting in the US?

L Lynn Berger 19:21

Yeah, no, I think it is definitely different. I would say that in the US, the sort of intensive helicopter parenting is much more pervasive than in the Netherlands. Dutch parents tend to be a bit more laid back towards their kids. No, I don't I don't think we have a guilt free parenting podcast in the Netherlands because it's just parents feel slightly less anxious and guilty to begin with, which I think has to do with you know, sort of larger socio economic circumstances. So there's not as big a gap between, you know, the very wealthy and the very poor. there's not as much anxiety over maybe falling out of the middle class. Schools tends to be quite affordable. We have public services like paid maternity leave, and, you know, subsidized daycare, and then all of that just makes parenthood less stressful.

J JoAnn Crohn 20:04

That that is key right there. Because there is there's a lot of difference here in like means

and like what people can afford. And that really wears on people in a stress standpoint.

B Brie Tucker 20:17
So, so much.

L Lynn Berger 20:18
Yeah. But I would say that the difference is more in the greed and in kind in the sense that I can, you know, in the last 10 years or so, I've seen that parents here are also just becoming a bit more anxious about their children the way their children are doing in school, for instance, or, you know, stress levels among high school students are going up. So it's, there is a difference, but it's not like it's a wholly different world. And I think one other important difference is that there's a really a very strong culture of parts. I work in the Netherlands. So most women work part time in heterosexual couples, it's usually that the man works full time, but then the woman works part time. And it makes on one hand, it's a good thing, because it makes it human, you know, you're more flexible, it's easier to just spend time with your kids. On the other hand, when people break with that norm, so either men who decide to work part time or women's decide to work full time when they have children, they usually face a lot of criticism. It's a quite a strong norm. And also it means that no, a lot of women aren't financially independent. So if you know marriage ends in divorce, which it often does, they don't have enough financial means to make it on their own.

J JoAnn Crohn 21:25
That that's interesting. I didn't know that about the Netherlands that that was that norm there. I think we've kind of broken, we've broken that norm here in the US, although it does still happen, that the women are kind of more expected to stay at home than the dads are. However, now we're seeing a lot more like stay at home dads were like the moms are the breadwinners. And the dads are full time dads,

B Brie Tucker 21:46
little steps, little baby steps. We're moving in the right direction.

J JoAnn Crohn 21:48
little baby steps. Yeah. Good. So what one piece of advice would you have to give to a mom who's either expecting their second child? Or is feeling overwhelmed with the guilt

that they can't spend as much time equally with both of their kids?



Lynn Berger 22:03

Yeah. So I think, you know, it's, it's hard to do when you're in the middle of it. But if you can try and zoom out and sort of take the long, long term perspective, it might be that this week, you know, your baby is just demanding all your attention. And so you're not giving it to the older one. But then next week, you'll you'll you'll make up for that. And I think, as parents, we tend to sort of really focus on the now and sort of forget that, you know, well, one children are resilience, more resilient than we give them credit for. And until we can sort of make up for past mistakes or or negligence. It's so yeah, it's it helps, I think just to zoom out, and realize that you can even out later.



JoAnn Crohn 22:41

play the long game. We like to say.



Brie Tucker 22:44

I love that. I have found and tell me how you guys feel about this. Sometimes when you're in the weeds of it with your kids, like you're going through, I don't know the terrible twos or the potty training or, you know, kids coming into their hormones being you know, tweens teens, it's hard to see the long game. And I find that reaching out to my friends and family that have kids slightly older. Oh my goodness, that is like such a lifeline. That's for somebody to sit there and be like, because you you know in your head logically that there's a long game, it's gonna work out eventually they're not going to they're not going to go off to college not potty trained. It's gonna get there. Yeah, right. They fail the test in math, they're not necessarily gonna end up homeless living in a van down by the river. There. It's like, just gotta go on but but when you have someone that says that to you that actually you'd be like, Look, look at my kid. Yeah, he's got some quirks. But he's doing well. It's successful. And it helps you be like, Oh, yeah, okay. Yeah, I'll be able to get there.



Lynn Berger 23:43

Yeah. But isn't it interesting, though, that, you know, when you have more than one child, and when the second child is going through that phase, you you might you may actually already have experience the fact that they get out of it, because of the first one. I think it does make you a bit more relaxed with the second child.



Brie Tucker 23:58

Oh, yeah,



JoAnn Crohn 23:59

totally!



Brie Tucker 23:59

I think that the second half gets the better parents,



JoAnn Crohn 24:01

oh, I constantly. I'm like, I look at that. And I'm like, I am such a better parent to you. Because it's like, you know what kind of coming although kids are different, and they'll all have their own surprises.



Brie Tucker 24:12

And I think that's actually a really good argument for having space between your kids. Yeah. Again, my kids are very close in age. So they don't get a whole lot of different parenting but like you said, like in your case, like four years, that's a good amount of time to be able to be like, okay, Been there, done that. That didn't work. We're gonna try this instead.



JoAnn Crohn 24:29

Although my daughter will always say that she's the easier child, the older one. It's what she tells me she's like, I'm just easier Mom.



Brie Tucker 24:37

what's one of your golden nuggets that between your your daughter and your son, you're like, Okay, when I had my son, since I'd already gone through with my daughter, this was definitely something that I learned?



Lynn Berger 24:47

I mean, just potty training. It's such a good example, when our daughter is like, this is never

gonna work, and just couldn't believe I just didn't understand how anyone ever got their children to be potty trained. And then with our son, I was like, well, it's gonna happen.

J JoAnn Crohn 25:00
it's gonna happen, right.

L Lynn Berger 25:01
He's gonna teach it himself.

B Brie Tucker 25:04
Yeah. He'll pee his pants enough that eventually it'll work out.

J JoAnn Crohn 25:07
He will be peeing his pants when he's living in a van down by the river. This has been fantastic. Thank you so, so much for coming on. And we will talk to you soon.

L Lynn Berger 25:20
Thank you.

J JoAnn Crohn 25:24
I loved our conversation with Lynn and everything about having more than one kid and that it's not a bad thing if you can't give your attention to both kids equally.

B Brie Tucker 25:37
Right, right. And one thing that I felt like was a huge a huge thing that she pointed out that I find ourselves saying a lot, but you can never say too much is we really need to be looking at the long game people yes, like we need to be looking at how things are going to work out in the long run. And just because you spent a little bit more time with this child on this day and that child on that day doesn't mean they're going to end up in therapy blaming you for everything that goes wrong now living in a van down by the river.



JoAnn Crohn 26:03

van down by the river no.



Brie Tucker 26:05

It does not mean that's gonna happen.



JoAnn Crohn 26:06

Your kid will not end up in a van down by the river. In fact having a sibling I feel like really grounds you because you realize it's not all about you. There's other people in the world whose needs need to be taken care of and are just as important as you to Hey, if you love the no got one podcast, can you hit subscribe and we'll be in your podcast player every Tuesday and Thursday with new episodes. And we would also really really appreciate your your review and rating and review us we hope with that we earned your five stars and helping us reach more people those reviews that's what they do. Just reviewing it like I don't know somewhere on the podcast app land, they just push it out to more people the more reviews they have. So know what what eight Amazing, amazing favor you would be doing for us as well and we want to hear your comments. Yes. So until next time, remember the best mom is a happy mom take care of you. And we will see you later.



Brie Tucker 27:02

Thanks so much for stopping by.