

# Transcripts for Ep 095 Listener Questions: How to talk to yo...

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## SUMMARY KEYWORDS

kids, questions, conversation, sex, sweatshirt, listener, episode, brie, anatomy, teaching, son, totally, 100th episode, pack, books, talk, answer, penis, mom, beach

## 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 so happy I am back from vacation Brie Tucker.
- B** Brie Tucker 00:09  
Hello! Hello Everybody! How are you?
- J** JoAnn Crohn 00:13  
We're both happy we're back vacation. vacation is lovely.
- B** Brie Tucker 00:16  
Vacation is lovely. And it was much needed. Yeah. I loved it. I went to- it was funny. We both went to the beach. Different beaches, but we both went to the beach.
- J** JoAnn Crohn 00:23  
Yeah.

**B** Brie Tucker 00:24  
but it was weird when you spend so much time with somebody, especially when you were already my go to person to tell about things. I'm used to normally telling you stuff. But now if I reach out to you, it's like, oh, I don't want her to think I'm trying to make her work on vacation.

**J** JoAnn Crohn 00:36  
No! I would never think that !

**B** Brie Tucker 00:38  
Oh, I know but-

**J** JoAnn Crohn 00:39  
I see the work. The work ones versus the non work one. We did have some work ones and I'm like, ah!

**B** Brie Tucker 00:46  
I know. I know. I tried so hard to not send them. the I'm like- I can't figure out a way around this!

**J** JoAnn Crohn 00:52  
I know. It's hard. Yeah. And I went to I went to the San Diego beach and that was lovely.

**B** Brie Tucker 00:58  
Oh, I know. it was so beautiful. I loved your pictures.

**J** JoAnn Crohn 01:00  
It was really cold actually like and it's funny because I think Arizona is do get made fun of for this because it's San Diego we had a high every day of 70 degrees.

**B** Brie Tucker 01:08

Well that's freezing here. That's jacket weather!



JoAnn Crohn 01:10

we were right we have the best location. We got an Airbnb and it was like you walked one direction and it was a block and a half to the beach. And you walked another direction. It was half a block to the Bay because you know that little mission islands.



Brie Tucker 01:22

Oh, I like that.



JoAnn Crohn 01:24

It was just great. But 70 degrees. We had to buy the kids sweatshirts because like they were freezing.



Brie Tucker 01:31

Yep.



JoAnn Crohn 01:31

I was freezing. I actually gave up my sweatshirt. When we went to dinner one night and I was here going through chattering my stomach was like quivering. I couldn't handle it. And it was 70 degrees.



Brie Tucker 01:43

That cracks me up! So my family we went a little bit further south, we went to Rocky Point in Mexico, and my kids are used to the California beach. So they loved the fact that the water was warmer. But the water is definitely different. Like they didn't have the same waves they had in California. So they kind of were a little bummed out about that. And I had us bring sweatshirts because I grew up submarine on the east coast. So I was totally used to like, okay, it's chilly at night. It was not chilly. Like if anything, we were like the only time we were chilly was when we were in our room because we couldn't figure out how to get the AC to turn off. So my answer was I would just open the sliding door and listen to the ocean and let the breeze come in.



JoAnn Crohn 02:23

But that's a good one.



Brie Tucker 02:24

Yeah, but then it just turned the AC up higher because ti was trying to keep cool. Oh, my poor kids froze. They were under like three blankets.



JoAnn Crohn 02:31

It's hard. It's so hard because I questioned whether to tell my kids to pack certain things because they're responsible for packing their suitcases,



Brie Tucker 02:38

right.



JoAnn Crohn 02:38

I really don't have any involvement in it. And they're almost eight and 12 your kids are like 13



Brie Tucker 02:44

Oh, yeah,



JoAnn Crohn 02:45

well, almost 13



Brie Tucker 02:46

Yes. Oh, my goodness. Yeah. And in a week and a half, I have a 13 and a 14 year old. It's crazy.



JoAnn Crohn 02:51

But we don't pack and then like they get there. And when they're cold. Like I do have that little bit of mom guilt. I'm like, Oh my gosh, I didn't help them pack and they don't have a

sweatshirt, whereas I brought a sweatshirt, but they don't have sweatshirts. And so it's constantly kind of a struggle back and forth as to how much do you do for your kids? And how much do you let them suffer?

B

Brie Tucker 03:09

Oh, that is totally true. It is totally a thing. Like it's rough. I think for me, I told them this sweatshirt thing, but I left it to them. I was like, Okay, I wrote out a list of things that I'm using for a checklist to pack- Do you want to look at it? And my son was like, Yes. And my daughter said no, and I'm like, Okay, and then sure enough, we got down there my daughter forgot a couple of things. And my son didn't forget a few things. He had it all. We didn't end up losing a charger at some point with that went. But he definitely went if I didn't let them look at my checklist but I tried to stay out of it as much as possible. It was also my first trip with them to the beach.

J

JoAnn Crohn 03:42

It's funny because in our Balance membership I remember we were having this discussion because one of the moms was really really upset about their upcoming trip and just so much stuff to do. And when we suggested having the kids pack themselves were met with like this really big push back and I know like if you're listening right now you might have this push back to where oh my gosh, no, they'll die if they have to pack because we're like freezing temperatures and they'll forget something and-

B

Brie Tucker 04:05

or like you're saying like it'll be awful and I'll have to listen to them whine and complain the whole time.

J

JoAnn Crohn 04:09

Yeah.

B

Brie Tucker 04:10

Which I get. and trust me nothing is more irritating than that. But at the same time if we're always doing it for them they don't learn that skill.



JoAnn Crohn 04:18

Yeah, well we usually we go we buy like one souvenir at like the places we go to for the kids. So we have one day yeah, we had one day of cold and then their souvenir was a sweatshirt.



Brie Tucker 04:30

Yeah, there you go. and you can't beat them. Pretty cute. I do like the sweatshirts.



JoAnn Crohn 04:35

There. They got really good lucky with those sweatshirts. But today we are talking listener questions. And if you want to submit a listener question to us, you can go to [gelbaum.com backslash questions](https://gelbaum.com/backslash/questions). We will have that link in the show notes. But this one came through and it is about when to have the sex talk with kids . If you're wondering that as well, we're talking about it this episode. Hey, we are getting back to the start of school again. And this year is like no other because we're all coming off of virtual learning. Kids are readjusting to the classroom, but it is okay. We are here for you. We're bringing back homework simplified. It is our week long event. Bree and I go live three days a week and Facebook where we hang out with you. We answer your most pressing homework and school concerns. And we just have a lot of fun. And we have a lot of prizes, a lot of giveaways. So to go sign up for that you can go check out [noguilmom.com/homework](https://noguilmom.com/homework), enter your email address, and we'll give you all the information. It's totally free. It's totally fun. We'll see you there. 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 we have our What What number are we on?



Brie Tucker 06:29

This is our very second listener questions episode.



JoAnn Crohn 06:33

Yes.



Brie Tucker 06:33

Which also, though, is Episode 95.



JoAnn Crohn 06:36

Which means-



Brie Tucker 06:37

all of No Guilt Mom.



JoAnn Crohn 06:38

Oh, we're so close to number 100!



Brie Tucker 06:40

I know. I know. It's so funny. Because I have to tell everybody like, well, I'll save the backstory on the 100th episode for the 100th episode. 100. Yeah, when you brought it up, and I was like, whoa, whoa, messing with the formula.



JoAnn Crohn 06:51

I was totally messing with Brie's schedule. I'm like, are we doing anything? She's like, No, I just had an interview scheduled I'm like, what? but that's coming up, we actually have something very, very special scheduled.



Brie Tucker 07:02

It's kind of similar to this. It's kind of similar. So first of all, our listener question episodes. If you guys haven't heard this one before, we actually this is our second listener question episodes, we're gonna be doing this every month. Every month, we'll have one episode where JoAnn and I pick a question submitted by one of our listeners, and we answer it directly to you here on air. It's awesome. It's amazing. Our 100th episode, we're gonna be LIVE!



JoAnn Crohn 07:24

we're gonna be live and you can totally attend. We have a link in the show notes where

you can sign up for that live 100th episode, where it will basically be on zoom with you. We could see your faces, you can see our faces and it'll be listener questions and it's gonna be a big party. We're gonna have giveaways and you should totally go sign up. Okay, so today's listener question comes from Liz. And her question is, when do you have the sex talk with kids? My son is six years old, and must learn this on YouTube. And basically, he knows about C sections. I told him he was born the old fashioned way visually. I was seriously dodging the question. When do you have the birds and bees talk?

**B** Brie Tucker 08:07  
This is a tricky one.

**J** JoAnn Crohn 08:08  
It is a tricky one and Brie and I are talking about this and we're not exactly experts in it. We do have an expert coming on the noget mom podcast but we thought it would be beneficial if you knew how we handled it in our houses.

**B** Brie Tucker 08:19  
Yeah. So So again, by no means are we experts on this topic. And if you would like to hear an expert, we have Brittany McBride and she is going to be featured on our July 29 episode, which is actually I think Episode Number 98 I think.

**J** JoAnn Crohn 08:32  
Yeah,

**B** Brie Tucker 08:33  
yeah, hopefully my number is right. And she is an expert on this topic. And we're gonna have some real diving in deep because I'll admit, this topic makes me squirmy. You know, every time we brought it up, I'd be link (groaning).

**J** JoAnn Crohn 08:44  
And it does not make me squirmy. But I have a backstory to why it doesn't make me squirmy.

**B** Brie Tucker 08:48  
Yeah, so So tell us how you got that backbone on this because it's just I don't know, I don't know if it's my Southern Baptist upbringing that made me nervous about this. But ughh.

**J** JoAnn Crohn 08:56  
I was a fifth grade teacher, and we had to teach human growth and development every year. And you know, with the girls, it was easy, because they're like, I'm a girl. But then like, we all had female teachers. So we one of us had to take the boys.

**B** Brie Tucker 09:09  
Nobody wanted that job. Oh my gosh, can you imagine guys like 10 year old boys? 30? No, it was more than 30 because we put all of them in one room. It was like 55 ten-year-old boys. Getting the human growth and development. And here in Arizona, it is an abstinence state. So you don't actually teach anything of consequence. But you do teach anatomy. And so it was basically me reading from this binder. You have to read it verbatim as a teacher because they don't want lawsuits. You have to read it verbatim. And you're basically trying to deliver it straight faced, because - you can't you can't show any fear, man.

**J** JoAnn Crohn 09:47  
No, you can't show any fear whatsoever. And the boys like if one starts laughing they all go.

**B** Brie Tucker 09:54  
Oh, yeah, I'm sure.

**J** JoAnn Crohn 09:54  
no, I had you at the beginning of every lesson. I'm like, Okay, now you're gonna want to laugh, but you can't laugh, you need to bite your cheek killer, because that could get out of hand so fast. When you're 55 ten-year-old boys in one classroom, I mean, real fast, that could get out of hand real fast. So you have to, you have to like do a little proactive measures there. But it wasn't bad. And I mean, they all submitted questions that you had to write them on a card and submit them like in a jar. And then I was only allowed to answer the questions that were mentioned in the lesson. And we always found out ways a

little bit around things to get the kids some information that they desperately needed.

**B** Brie Tucker 10:31  
Really? like, like any any juicy bits you remember? That sounds very interesting to me.

**J** JoAnn Crohn 10:36  
I can't like it was eight years ago. But it was one of those like, Oh, hey, like, how does this work? And I don't even remember, I can't even think of it.

**B** Brie Tucker 10:46  
I'm gonna throw this out. I was just having this conversation with a friend over the weekend. I at this age. Fifth grade.

**J** JoAnn Crohn 10:53  
Yeah.

**B** Brie Tucker 10:53  
Is when I would start to hear the: My balls hurt conversation. Man! As a woman, I'm like, I don't know. Go ask your dad about that.

**J** JoAnn Crohn 11:01  
yeah, I didn't get those.

**B** Brie Tucker 11:03  
Growth spurt? I don't now.

**J** JoAnn Crohn 11:04  
No, but I didn't hit those. But yeah,

**B** Brie Tucker 11:06

You didn't? Oh, wow. I may have gotten a little TMI there.



JoAnn Crohn 11:09

I've never been afraid of the sex conversations. And I look at it as like a very, like, it's an informational thing. And it's completely natural, and it's completely normal. And I never wanted it to be shameful, ever. Because I think that's how a lot of us were raised. I mean, you say you're a Southern Baptist upbringing.



Brie Tucker 11:28

Oh, yeah. You didn't talk about sex?



JoAnn Crohn 11:30

Yeah,



Brie Tucker 11:30

sex didn't really happen. There was if you were going to have sex, you were marrying your true love. And you were married. And then you had sex, and there was absolutely no gray area there.



JoAnn Crohn 11:41

Yeah.



Brie Tucker 11:42

None whatsoever. I will admit that. I do not recall ever having a conversation about sex with my parents, not one.



JoAnn Crohn 11:50

I really -



Brie Tucker 11:50

Love you guys. But no, don't remember that conversation.



JoAnn Crohn 11:52

I really didn't. I had one that I like, pushed off and off and off and off. And they just want to make sure I understood the mechanics of things. And once they knew that, they're like, you're good. And then the rest. I learned from TV, magazines, and books.



Brie Tucker 12:05

Isn't that were most kids get them? like, seriously.



JoAnn Crohn 12:08

And there was some stuff like I think I actually, we had a class in college, and everybody wanted to take this class, it was called the human sexual behavior. It was a psychology class. And that class was full every semester. But it was so interesting. And it really gave you the psychology behind sex, the shame behind sex, as well as like some of the proclivities about it. And so like through that as well, yeah, once you have the language to talk about it, it becomes less shameful.



Brie Tucker 12:35

You know, I think it's interesting, looking at what you're comfortable with, and looking at all the things that impact you. So like both of us, our upbringing had an impact on how we handled sex, and the conversation with our kids. And I would say with me, too, like I had a very frank conversation about body parts and things like that when my kids were little, because again, I was early childhood. So what did that involve us, when my kids were little? Well, we used different words for body parts versus body functions. And I was really big too on using the anatomy word. So like, my son had a penis, my daughter had a vagina, and you didn't go wee-wee out of your wee-wee cuz I felt like that was very confusing.



JoAnn Crohn 13:12

Yeah,



Brie Tucker 13:13

but I will admit that, like, you know, once the bigger questions started to come in, like, and I would say they probably started in our household around third grade-ish, then it started with the whole, like, what is sex? What is kissing? What does it mean? When you like

somebody? What does it mean, when you like-like somebody? You know, moving forward? And that's where I started to get the whole, like, just don't- I can't. Oh, look at that tree over there. It's so pretty. Because I just didn't feel like I was ready to have the conversation. And I will say, out of that, like, one of my kids kind of went off to find things on their own and some things and thank goodness, we still had a good relationship that when she found some stuff she came talking about, I'm like, Okay, let's have a conversation about that. But it still makes me nervous. Even though I have had a sex conversation with my kids now. And my son was telling you he just had as well check their day, and he was 14. And the doctor was like, point blank asked, like, do you know the mechanics of this? And then she looked at me was like, Yo, this is a conversation that has to happen. Because he was super he's still very, like, yeah, like you he like versus but the point being is that you can't get around it right.

**J** JoAnn Crohn 13:46  
Yeah. Yeah,

**B** Brie Tucker 14:26  
it's gonna come out.

**J** JoAnn Crohn 14:28  
It's gonna come out. And the way I approach it is that if you have one conversation, it's putting way too much pressure on that one conversation.

**B** Brie Tucker 14:35  
Right! And we all did I think that growing up like, again, watching TV and not it was always about the birds and bees conversation. And it's not one conversation.

**J** JoAnn Crohn 14:44  
No. It's like, I mean, our conversations in our house with my kids started from a very young age when they were just naturally curious. And they would just ask me questions. And like at six, I would just answer their questions, as they ask them and as simply as possible, because I didn't want to evade their questions. I didn't want any shame attached to their questions. And I always, if I answered it simply, they would come with follow up questions if they didn't understand what I meant. And then I know that I needed to go in a little bit farther and deeper. But like, the other thing that really gets to me is like, I never want my

kids to be in the position where another kid knows more about sex than them. Because I think that's a way for them to be influenced by those kids. Nor do I want them to be in a situation where another kid has really bad information about it.

B

Brie Tucker 15:34

they'd think that that's true.

J

JoAnn Crohn 15:35

Yeah. And they think that that's true. And so like, I always think about that, because I remember in middle school, like, Oh, my gosh, one of my friends had really bad information about it. And she would like, tell me all these things. And I'm like, that's right. She's like, no, this is right. And like, no...

B

Brie Tucker 15:50

I don't think it means what you think it means.

J

JoAnn Crohn 15:54

I don't think that means but I mean, my, I've had conversations with other friends, too. I remember we were on a boating trip once and one of the other moms in our friend group could not believe the amount that my kids knew. Because she had not talked to her son about anything like that. And she thought he was innocent. I know this kid. He's not. He's not. Like he- Yeah.

B

Brie Tucker 16:18

That's a bite in the cheek where you're like, Don't laugh. Don't laugh. Don't smile.

J

JoAnn Crohn 16:22

It's so hard. It's hard because kids, they know more than you think they know. And I think it's just best to be honest. And just tell them really like, like the whole going back to the question, learned what a C-section is, and that he was born the old fashioned way vaginally, I mean, telling that process. Yep, the baby comes out of the vagina. And sometimes babies can do that. And I tell my kids all the time, I'm like, you guys were upside down. So they cut a hole in my stomach? And -

**B** Brie Tucker 16:47  
oh, yeah,

**J** JoAnn Crohn 16:48  
that way.

**B** Brie Tucker 16:48  
We both of my kids received section two because I had an eventful pregnancy, the first one with placenta previa. And then the second one, my pregnancies were just too close together. And so I, my kids know all about that. And I do think that it's important to do exactly what you just said, You answer their questions, honestly. So if you're not ready for the questions, we will tell you this, that in general, kids start asking once they start getting around other kids.

**J** JoAnn Crohn 17:11  
Yeah.

**B** Brie Tucker 17:11  
so that might be preschool for your kid, that might be kindergarten. I mean, it just, once they start talking, they start talking. And we can't say it's going to magically happen at five or six or seven or ten. But it'll start and so answering the questions does help, because it also brings that they know they can come to you. Yeah, for real, truthful answers. That's really important, because we all know, good information, bad information, it doesn't matter. Everyone's gonna have questions about sex. Yeah. And they're gonna need to have a trusted person that they can go to when they're scared or worried or confused about something. And I think as all parents, we would like to have them be able to come to us.

**J** JoAnn Crohn 17:55  
Yeah, and they don't want to think that they're making you uncomfortable. Because kids are very aware of that. Like, I knew that my parents are probably a little uncomfortable talking to me about it. And so I don't know, I think that's just something I learned when I was teaching fifth graders like don't show your fear.

B Brie Tucker 18:10  
Don't show your fear!

J JoAnn Crohn 18:12  
don't show your fear.

B Brie Tucker 18:13  
Smell it smell it!

J JoAnn Crohn 18:13  
They can smell your fear.

B Brie Tucker 18:14  
Well, I mean, it's important because like you were saying, like providing it to them and showing them that you can be comfortable having this conversation, lets them know that they can be comfortable with this, yeah, that this topic isn't something to be to hide.

J JoAnn Crohn 18:26  
no, it's not to hide. And it's good to just be informed and know. And that's actually been shown to prevent, like, teen pregnancies, like the more information that kids have, the better they do, because they're not experimenting to find out for themselves. I mean, that's such a common misconception, right? I think information is always power, and the relationship you have with your kids is always power. So as long as you kind of keep those in the forefront, you'll do fine with a sex talk.

B Brie Tucker 18:54  
Well, and it's interesting. Another thing about the sex talk that I have utilized recently, I don't know if there's any fans of This Is Us out there. I'm sure there are. many, many people do. And Oh My Gosh, which character was it were him and his wife, Beth, they do the whole, like, worst case scenario?

J JoAnn Crohn 19:10

Randell

B

Brie Tucker 19:10

Randell! Rabdell and Beth! They do that worst case scenario to each other. I started doing that with Miguel whenever I had to talk with him and makes me nervous. And I'm like, yeah, I'm really nervous about this. He's like, why? I'm like, okay, and I just blurt it all out, because I'm afraid that this is going to happen, and then this is gonna happen. And this is gonna happen in or I'm gonna end - they're going to end up living in a van down by the river!

J

JoAnn Crohn 19:29

-the van down by the river.

B

Brie Tucker 19:31

And he's like, okay, that's a lot to unpack. Let's start backing up. And then we could start addressing each one of those fears. And we can have a conversation about why am I so scared about having this conversation? why I'm so scared about this conversation, because I'm afraid that by talking about this to my kid, it's going to make him feel uncomfortable, and he's going to hide his head and then not want to couldn't talk to me anymore. And he's like, Well, yeah, okay, but is it better to send him out there without any knowledge? Yeah, no, you're right. It's not so then like, you know, we talked about it Depending upon the age of the kids, you know, what a great idea I think to for this area, there is a lot of great books. Yes, everything from picture books for early education kiddos all the way up to like anatomy type books. That's a great thing to do too. And I was talking with you about this the other day, like when I get nervous about something in life, I tend to find a book and I read something on it. I don't I don't get through the whole book, people. I'm not that good.

J

JoAnn Crohn 20:24

You look at what chapters look really good to you. And then you read a chapter .

B

Brie Tucker 20:28

and I read what I need until I feel like confidence go and then I move forward. You know, like, out of my two kids, one of my kids is a talker and experienter. The other one likes books and analytics and all that kind of stuff. So I was like, hey, when we had to get to the

more in depth conversation, remember, we're talking about a kid that's in junior high. I offered a book, do you want to read a book? And then like, have like a discussion group about it after?

**J** JoAnn Crohn 20:49  
Yeah?

**B** Brie Tucker 20:50  
Granted, he said no on that one. But I know that there are other kids that that has worked really well, too. So if it's something that you aren't the most comfortable with, or that your child is a little bit shy about, you can still talk about it answer the questions. But I mean, you can use books as helpful tools too, I think.

**J** JoAnn Crohn 21:05  
Yeah, I think books are a really great tool or like your partner, too, is a really great tool.

**B** Brie Tucker 21:10  
Yes.

**J** JoAnn Crohn 21:10  
Especially if like you're the mom listening and you have a son and you don't feel exactly comfortable talking about that anatomy. Like -

**B** Brie Tucker 21:18  
you offload that to yours to their dad, if you can, I certainly certainly would. And I and I am 100%, an advocate to have like we talked about using the words, although I will tell you a funny story. I did have a child and it doesn't matter. Okay, I'm going to back this up with you tell your kids whatever words do you use for their anatomy, but the actual words are better because trust me, eventually they're going to get that bad information. Yeah, about what that word actually means. And so whatever. But I remember teaching, you know, again, my daughter vagina, my son, penis, and sure enough middle of the grocery store checkout line, nice, sweet old lady says hi to my kid. And she tells her she has a beautiful vagina. And asks if she wants to see it. So no matter. it doesn't matter what you're teaching your kids, they're gonna find the most quiet moment in church when like,

you know, violence, they'll say bye penis hurts. I don't know, they're gonna yell it out.

J

JoAnn Crohn 22:06

I've shared this before. My dad and mom taught me these correct terms. And I was three years old and we went to a museum actually in San Diego in Balboa Park. We walked in the room with all the apes. And I said very loudly, Daddy, look at all those penises! And my dad has told that story to everyone. So you know what?

B

Brie Tucker 22:28

Glorious!

J

JoAnn Crohn 22:29

Teaching the correct vocabulary? You're going to have stories for ages.

B

Brie Tucker 22:33

I know right? endless, endless hours of conversational fun.

J

JoAnn Crohn 22:36

Yes, my dad actually told the story to my kids, too. So my kids bring that up to me.

B

Brie Tucker 22:41

Yeah,

J

JoAnn Crohn 22:41

as well!

B

Brie Tucker 22:42

yeah. So again, like our main point of this to kind of recap for you guys is that kids are going to typically start asking about this once they start getting around other kids. that that's when you got to start prepping for it because it's got to come.

J JoAnn Crohn 22:54  
Yeah.

B Brie Tucker 22:54  
Be open. Be honest.

J JoAnn Crohn 22:55  
Be open about it. Be honest. Don't show fear. And if you do show fear, you could be like, because there are times when the questions were asked at very inopportune moments. So don't think you have to answer them right away. Yeah, like I mean, we walk into a Fry's into the grocery store. And that's when my son's like, when do babies come up? And I'm like, let's hold that thought. And let's talk about it when we're outside of the grocery store.

B Brie Tucker 23:19  
Yeah, I mean, and it's okay to say like, because it's just not a conversation that I want to have while I'm trying to do shopping. I want to be able to give you my full attention.

J JoAnn Crohn 23:27  
Yep, exactly.

B Brie Tucker 23:28  
Um, you can say that it's a conversation you'd rather have in private and that's fine, too. Because there are such things as boundaries. Some things are considered in polite and certain families. And I say that a very, very loosely, people you do what you what were you doing family? Yeah, you do what works for your family. And if your family decides it's not an outside of the house conversation, then you just tell your kid, this is something we talked about, but not outside the house.

J JoAnn Crohn 23:51  
Yeah...

B Brie Tucker 23:52

if that's what works for you.

J

JoAnn Crohn 23:54

I would feel I feel there's some shame in that saying that. It's like not a public thing. I don't know if I would go that way. But that's just me and my very, like sensitivity to shame. I would say like, maybe like in the car.

B

Brie Tucker 24:06

Yeah. Okay. Well in the car. Yeah, really are Yeah. Okay. Yeah, I guess I'll say the house is a little bit like, yeah, like it when I say it that way. I guess I just mean it as I wouldn't want my kid. If it makes me uncomfortable. I don't want to be uncomfortable when I'm in the middle of something else. Like don't ask me when I'm in line at the at the post office.

J

JoAnn Crohn 24:24

Oh, yeah.

B

Brie Tucker 24:24

I'm happy to talk to you about it at certain places, but it's not here. Yeah. So every time you asked me at the post office, I'm gonna say no, we're not gonna chat about this right now.

J

JoAnn Crohn 24:31

Yeah, that's, like, I don't I don't want to have this conversation right now around other people like listening in. Right. I want to make sure you have my full attention.

B

Brie Tucker 24:38

That's what I think is Yeah, that's your out people. Yeah. You want my full attention. So that's something be honest with the terms. I feel like that's something that we haven't heard too. We were talking with Brittany, you need to just be honest. And you know what, another great thing too that you'll hear when you have that episode that I've taken and it's in my bank, so I'm gonna say it anyways or now. It's okay to say I don't know. I don't know that answer, but let's look it up.

J JoAnn Crohn 25:02  
Yep.

B Brie Tucker 25:03  
So that your kids know that you don't go down to the other kid at the end of the street who is getting his information from his older brother or older sister?

J JoAnn Crohn 25:11  
Who's totally wrong!

B Brie Tucker 25:13  
right! who has no idea what they're talking about? Goodness gracious. Yeah. Yeah. The thing to think back to your childhood the stuff that you thought was right that he got wrong. Oh, lordy.

J JoAnn Crohn 25:24  
But look for that episode with Brittany It is such a good one. And you're gonna come away from it with so many great takeaways. And we hope that our experience in this ca like we're coming from two different perspectives me who's pretty comfortable about it Brie who's not so comfortable about it.

B Brie Tucker 25:39  
A little squeamish. We'll say Brie is still a little squeamish.

J JoAnn Crohn 25:41  
and we still get through it. And it's okay.

B Brie Tucker 25:43  
Yes. Okay.

J JoAnn Crohn 25:45

So until next time, remember the best mom's a happy mom, take care of you. We'll talk to you later.



**Brie Tucker** 25:49

Thanks for stopping by.