

Shy Kids

Deena [00:00:20] Hello, big little bestie. Welcome to After Bedtime. And today we are talking about why shy is not a bad thing. In fact, it is a superpower. And we are going to unlock all the secrets to raising secure, confident, self-assured kids.

Kristin [00:00:41] Finally. Here we are. It's after bedtime. The kids are asleep, and it is time to get down. I'm Kristin.

Deena [00:00:48] And I'm Deena. Were the duo behind the ever popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

Kristin [00:00:55] But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun.

Deena [00:01:07] Kristin.

Kristin [00:01:08] Oh, it didn't work.

Deena [00:01:12] Like I had to shimmy to get that out. Like, it's just I'm forcing it so hard.

Kristin [00:01:16] Can you try it again now?

Deena [00:01:17] [sing song] Kristin!

Kristin [00:01:20] I feel like you gotta mean it! You gotta mean it!

Deena [00:01:21] Let me try again. Sorry.

Kristin [00:01:23] Not that I do it better anyways.

Deena [00:01:25] But, Kristin. Why do you have to shimmy when you do it? Should I be shimmying when I do it?

Kristin [00:01:35] [sing song] Deena.

Deena [00:01:39] My voice literally just like, stops.

Kristin [00:01:41] It's like, yeah, it's can't do this. I feel like some people are singy people. Yeah. To be fair and like, I have a horrible voice and I should never sing, but I'm a singing person. Does that make sense?

Deena [00:01:56] Yeah. You started off in a singing thing, like. Yeah, every time. I love that. I can't do.

Kristin [00:02:02] Thank you. I think it's midly annoying, but, like, some people just have to break out in song. You just need some joy.

Deena [00:02:08] Big little bestie. Thanks for accepting me as I am.

Kristin [00:02:11] I was going to say thank you for accepting me as I am. And apologies.

Deena [00:02:17] Yeah, I'm so sorry. That probably hurt your ears.

Kristin [00:02:19] Welcome to another episode of After Bedtime. I'd be, like, mildly delusional on today's episode of After Bedtime because Deena and I low key had when I say back to back, Zoom calls. I mean 8 a.m. until 3 p.m.. There was not like a minute that was not a zoom call.

Deena [00:02:42] I had to take call Zoom calls into the bathroom, you know, it was like that.

Kristin [00:02:47] And then the anxiety were like, am I really on mute?

Deena [00:02:49] [Crosstalk]

Kristin [00:02:55] So welcome to a delusional episode of After Bedtime.

Deena [00:02:59] We are Tired, but we're together.

Kristin [00:03:01] I feel good.

Deena [00:03:03] I love that for you.
No

Kristin [00:03:05] I feel like I'm in a fake good phase because I was just so looking forward to this where, like, I didn't think I would make it here. And then now that I'm here, I'm just so stoked to be here. I just needed I needed. This is what I'm saying. I needed this like it was a long day of work. And then I'm going to be very honest right now and be very honest and try not to cry. Not my best work of parenting after work, not my best move. And like I've been having a good streak, like a really good streak, you know, where I'm just like, I'm doing this like, I might not be doing work and I might. There are other things that are failing, like certain things are failing, but, you know, I feel like I was like, on good, good ground. And then tonight I was just like a little bit overstimulated over touch, like, you know, I was just. And what I need is like a bestie session. I just need a minute to be not working and not with my kids.

Deena [00:04:03] We all have those moments. And truthfully, that was me last week. So I feel you here. It's all of us. It happens. And you are a good mom.

Kristin [00:04:15] You know that annoying thing where you have to, like, take the advice that we give? That's what I'm like. Literally. Okay, What would I say? Like, it's okay. It's okay to snap. It's okay to have a bad day. We're going to come back from this tomorrow to do all the things that we said. So this is my version, by the way. We always say you repair with your kids. I did that. And then you restore and big little bestie like this session is me restoring. I need to be in our basement right now with a glass of wine with my best friend and all of my big little besties. And just relax for a second while my husband does all three bedtimes. There's nothing wrong with that.

Deena [00:04:58] There is nothing wrong with that. I am bone tired, but I'm in that weird phase. Tell me if this has ever happened to you where your period is two days late. Like it's for sure coming. I am PMS-ing. That's why I'm so tired. But my mind keeps going. But what if.

Kristin [00:05:15] Oh, of course.

Deena [00:05:15] Like what if you're pregnant?

Kristin [00:05:17] Not only is it every time, but it's like. It's like five days before even. Yeah, but, like, that makes sense. Yeah. Two days late.

Deena [00:05:24] I'm so tired. My periods have gotten so bad after having kids.

Kristin [00:05:28] I know this about you. And you keep going to doctors. Yeah. I mean, I feel like this is a thing. And I mean, as your best friend and feels so helpless. And I just feel like it's really like it is something every month, like, you know, it's. This is real.

Deena [00:05:47] It's painful every month. And it's, like, different painful— Then I went to PT for a long time right after I had my second baby, and that helped with all the things like right in the immediate recovery. But now I have this lingering thing where the periods are so, so painful. I've been to three doctors and I feel like they all kind of just dismissed me a little bit where they're like, Oh, yeah, well, that can happen sometimes. And I'm like, okay, but like at this level feels really alarming. So if we could just dig a little deeper here.

Kristin [00:06:17] If I may. Like, I watched you push a baby out unmedicated and you barely flinched. Do you know there's contact? I watched you get a tattoo on your ribs and you asked how they started.

Deena [00:06:34] [Laughter]

Kristin [00:06:39] No, it's more like. I mean. Oh, I'm sorry. But also, are you pregnant? It's what we're discovering.

Deena [00:06:46] I don't know. So. But TBD I'll circle back.

Kristin [00:06:49] We'll circle back with all the best years, because I'm sure we're all I'm dying to know. So I'm surprised you haven't taken a test yet, though, because I feel like it's very us, like big little bestie. If you are like us and you maybe have a touch of anxiety. So maybe every month for a while there, even five days before leading up, like taking test after test after test, I think we were both in a phase there.

Deena [00:07:15] I have a test in my bag there. But I'm waiting for the morning pee.

Kristin [00:07:21] I knew it, I knew it. And this like I did this like three months ago, by the way. It was like, I don't even understand why — do remember this one, because to be fair, it was very late. But like, it's not that easy for us. Like, we need assistance, we need IVF. But still. But still there is just something in you that is just like, I need to get test. Take a test.

Deena [00:07:46] Okay, I'll circle back.

Kristin [00:07:48] All right, great. I can't wait to find out. And speaking of pregnancy tests and circling back shy kids, lets talk about shy kids. Sorry, Was that.

Deena [00:07:59] Was that your segue?

Kristin [00:08:01] Was just. Okay, You're normally in charge of the segues and you have talked about how delusional we are tonight. We're just operating. We're just operating on a really like the hamster is in the wheel and just come on.

Deena [00:08:21] She needs an IV.

Kristin [00:08:23] What we're stuck. You know, we're just trying to rub the two brain cells together. The last two.

Deena [00:08:30] Let's do it.

Kristin [00:08:31] Okay, shy kids, let's go. Okay. So I want to start by talking about. The concept of shyness in general, because I feel like for our generation when we were younger, right, it was always like you wanted your kid to be outgoing. Outgoing was the best thing ever. And now I feel like it's kind of amazing because our culture, our society, is embracing this idea that you don't have to be one way. Like, you can be a lot of different ways. And even if you're talking about just being introverted versus outgoing, like, that's cool. Neurodivergent like, there's all different kinds of ways that we can be these days. And it's not so much where it's like, You better get out there and you better be the most social. It's like you can be yourself.

Deena [00:09:34] Exactly. There is such a wide spectrum of how we can all just be humans.

Kristin [00:09:40] Yeah, isn't that exciting. That's true.

Deena [00:09:42] It's true. Refreshing!

Kristin [00:09:43] Yes. To introverts.

Deena [00:09:45] It's really nice.

Kristin [00:09:46] Yeah. And so this idea of shyness, because I was labeled as shy all the time and we still as parents, I think it's so tempting because we don't want our kids to have a hard life like we want them to flourish. And I think while we're sort of doing it and I don't feel agreed, you know, I feel like we're doing it for adults, like I feel like adults. And now with Instagram and social media, we're like, be you have different bodies, have different personalities, introverted, extroverted, neurodivergent. And when it comes to kids, I don't know if you feel the same way, but it's like we still have that pressure inside of us as parents that we don't necessarily pass those values down.

Deena [00:10:36] I agree. And it feels like with shyer kids, there's still that pressure. Like, No, no, get out there, try it, be confident, be a leader, you know, like, try it out.

Kristin [00:10:47] Yeah.

Deena [00:10:47] I think that the myth we need to bust is that outgoing kids are the confident ones, And I get it. I see why that would be logical, because those kids are the ones who they'll just jump into anything they look like leaders like they'll just join right in. And but here's the thing. Shy kids are actually incredibly confident and self-assured and self-aware. And it's an incredible thing because when you really dig down under it, kids who seem shyer, what they're actually doing is noticing how they feel and they're honoring

their needs. They're not ready to jump in there yet. They're assessing what's going on. They feel safest by you. They're taking their time before they just jump in.

Kristin [00:11:37] And what a skill to have. And by the way, no one kid is better than the other, right? Like the kid who jumps in and just goes in. Like, that's actually what we're trying to debunk here, because for so long that kid was seen as the better kid or the outgoing kid or what all kids should be doing. All kids should just blindly go in.

Deena [00:11:53] Like the gold standard of children.

Kristin [00:11:55] And there are different types of people in this world and there's different types of kids. And like in our business, right, there's a creative, crazy type me and then there's like the logical one that's not going to let the like, who's literally keeping the whole thing afloat. You need to have both kinds of people.

Deena [00:12:16] Each kind of kid has their own superpowers that are going to be incredibly important if you can harness those later in life.

Kristin [00:12:23] And that kid who's standing off to the side, you have to think about this in 10, in 15 years. Now, listen, that person wants to just like in 10, 15 years, jump off the side of the rock when they're 15 years old or take a lot of risks. And that's a whole different kind of kid. And you're gonna let that kid fly. And that's kind of the foundation of everything we're doing here, like at BLF and what this generation is like. That kid is listening to their inner voice and their body and their risk takers and they're going for it. And that's not better or worse than the kid who's maybe sitting in a car at age 15, 16, 17, or they're at a party and just because everyone is doing something, they're not going to blindly suppress what's happening inside of them and just get out there and go do it right. They're going to stand off to the side and they're going to assess the situation and they're going to maybe like cling to their safe person, maybe their best friend, or maybe it's you on the phone, by the way, with them and they're going to go mom like something doesn't feel right. And so why not foster that at this young age of being like, this is exactly what you want your kid to do when they're 15, 16, 20, 25.

Deena [00:13:46] So when they're little, you're exactly right. Kids who seem shy, they are secure kids, they understand what's happening in them and they are honoring their needs. And we do want to foster that without making them feel bad.

Kristin [00:14:01] Just like we're fostering the other kid who's like going out there and you're like, Go do it, Daddy. You're like, Woo hoo! Yay, Mary, stay right next to me, you know? Sure, that's a great.

Deena [00:14:13] Basically what happens is when we label kids as shy, we're basically telling them this is what you are, and so this is how you should be acting, right? You are a shy kid. You should be acting shy, and that can get internalized, become their inner voice and basically become this self-fulfilling prophecy.

Kristin [00:14:34] Yeah, I mean, that deeply resonates like as a very, very shy kid who is now like, pretty introverted person. People are always so surprised that both of us are introverted, by the way, because we're on social media and we're like, duh, I'm I'm standing alone in the room with just my phone itself. Perfect job for an introvert, but we still get to have community. And like all these friends, it's amazing. It deeply resonates because I remember as a kid I was so shy. I was nervous too. I really was not actually a

risk taker. And I just remember, like in early childhood, every adult was always telling me and they were talking about me while I'm standing there and being like, Well, she's just really shy. She's just really shy. And it just became this thing where I remember everyone who knew me as a kid said that I sat in a corner and I would read a book, and so I was quote unquote, the perfect kid. I was the perfect kid. I was so easy because I was silent and I was in a corner with a book. And what happened, unfortunately, is that as I got older and more people kept telling me, like, get out there, get out there. You're fine, you're fine, you're fine. Go do it. It's fine. It's fine. Get out there. Get out there. But my body was like, I don't like this. Like, I just kind of want to I kind of want to be inside. Like, I don't know that I really like being out here with all these people. I kind of want to. Whatever. What I learned was by doing this year after year after year, was really to stop listening to any inner voice. And that sounds dramatic, but it's true. I really learned, okay, be more like this person. Be more like that person. What is she doing? Oh, okay. Be more like your sister. Right. Okay. So she does this and that's how you do it. So what I learned was, by the time I turned 15, 16, 17, I was a nightmare. I was a nightmare. I was a bad kid. We've told this story time and time again. I was walking out of detention as you were walking into school. I was a bad kid. And the reason why was any time someone would say, Hey, come do this, I'd be like, okay. I mean, in the time that we were at a party or we're out or this is a bad decision, I'm like, All right, you guys are doing it. Let's go do it. Awesome.

Deena [00:16:54] You weren't a bad kid, you had totally disconnected from your internal compass, though.

Kristin [00:16:59] That's kind of you. I was really bad.

Deena [00:17:04] [Laughter] But really, you were someone who totally detached from your own feelings, your needs, and your inner voice.

Kristin [00:17:14] Yeah, and I do just wish then it sounds again. It sounds a little bit bigger. Like, obviously you can encourage your child to do things and we will get there later in the podcast. This does not mean, by the way, that you never encourage them to try new things or to be brave. No, it was what you were saying, which is this label of like shy and you shouldn't be this way. You should be more like this. Like, get out there, get out there, get out there. There has to kind of be this happy medium where it's like, okay, listen to that inner voice. What is it saying? Right? And okay, let's work through this together. Like, is this a safe moment? Is this an unsafe moment? And just kind of having your your parent, your partner to discover that together rather than just this blanket, get out there, go do it, Be confident, because that really, truly did lead to later in life suppressing any inner voice at all and just blindly following the pack.

Deena [00:18:15] It makes so much sense. So as a therapist, because when it comes to brain science, when someone is feeling nervous and they're not feeling safe, the more we push, the more they panic. Yeah, right. So when you can be their safe person, when you can take that pressure off, it's a game changer.

Kristin [00:18:32] Yeah. And you just allow your kid to be who they are while still fostering how to work through this hard moment together.

Deena [00:18:41] Exactly. You nailed it. Let's talk about then. How to. To foster this resilience, how to build confident kids and help them be themselves.

Kristin [00:18:50] Because the kid is already confident. That's the ironic part, is that the kid who's off to the side is no less self-assured than the kid who's jumping in there. They are both the most self-assured, confident kids ever. And how do you foster both kids to just be uniquely themselves?

Deena [00:19:13] You've nailed it. There are things that we can start doing today to help our kids just tap into that confidence and shifted into like full on, thriving mode.

Kristin [00:19:24] But can I just ask you can I just ask you we both know this, we're about to shift into this, but as a parent. Low key, even though we know all of this and even though we're in 2023 and even though we're accepting of ourselves, I still I struggled with this a lot, like when my kid couldn't get on the bike and they were so nervous to get on the bike or they can't get into the party. It's hard being in these literal situations. We know what we want for our kids long term, but like being in that exact scenario, your kid is clinging to you. You're at a birthday party. This is hard.

Deena [00:20:01] It is so hard, especially because you're at this adult who has lived life. You know, it's not dangerous. Yeah. And all you want to do is see your kid, have fun and thrive and do new things that you know they're going to love.

Kristin [00:20:13] Yes.

Deena [00:20:14] It's so tempting.

Kristin [00:20:15] Okay, so what do we do exactly in the moment? Like clinging, not getting out. They're so scared. So nervous, so shy. We're just are there just kind of like assessing the situation? What are we.

Deena [00:20:25] Doing? Number one thing? Yeah. Okay the feelings. Let them know that it's okay to feel scared and it's okay to feel nervous. You can let them know and then flip it around, Be like, You know what? I feel nervous sometimes, too. That has such a big impact.

Kristin [00:20:41] When I hear. May I pause for a second? When I hear my husband throw out a you know, when I was a kid, I used to feel nervous, too. When I would go down this slide, who, boy, oh, boy, oh, boy. That is the game changer. You know why? Because they feel less alone in it. And even as an adult human being, I'm like, I want someone to say that to me where I'm like, they're feeling scared. They're feeling nervous.

Deena [00:21:08] You feel less alone. And real talk you don't F-ed up.

Kristin [00:21:12] Yes, Like I used to feel that way, too. And it opens—

Deena [00:21:14] It's all of us.

Kristin [00:21:15] It opens like the conversation where it's like, Oh, man, you're so strong dad, you felt that way too? My favorite tip.

Deena [00:21:22] So the next thing that we can do.

Kristin [00:21:25] Oh, wait. What are you doing?

Deena [00:21:34] Oh, my God. No. Sit down. Jump on. Get in here.

Kristin [00:21:38] Get in here.

Speaker 3 [00:21:38] You literally called it that. You can't be mad.

Kristin [00:21:42] I'm not mad at this.

Speaker 3 [00:21:48] Don't call it after bedtime if it's not for after bedtime.

Kristin [00:21:51] Do you have the monitor like may I ask you? Okay, great.

Speaker 3 [00:21:55] Yes. Good.

Kristin [00:21:55] Okay. Wow. Big little beasties.

Deena [00:22:00] Squad in the.

Speaker 3 [00:22:01] House. Hello, Everyone.

Kristin [00:22:02] Is a true surprise for everyone involved.

Speaker 3 [00:22:06] I skipped the boardroom for this one.

Kristin [00:22:07] Oh, were you just like. You over-rode? You put all the kids down. You were just feeling a little. Oh, lonely or?

Speaker 3 [00:22:12] A little lonely, little bored.

Deena [00:22:15] I get that. Okay.

Kristin [00:22:16] It's great.

Deena [00:22:17] Speaking is truth.

Speaker 3 [00:22:18] And I wanted to come. Here with my besties. I'm a big little bestie too.

Deena [00:22:23] You, sure are.

Kristin [00:22:25] Wow. Okay, well, we're just going to, like, dive in.

Speaker 3 [00:22:29] Go for it.

Kristin [00:22:30] Sure.

Speaker 3 [00:22:30] What are we talking—what are we talking about?

Deena [00:22:33] We are talking about shy kids and how it is not a weakness. It's actually a strength.

Speaker 3 [00:22:38] Know, it's super strength. It is a great.

Kristin [00:22:40] I wanna hear hear tip two.

Deena [00:22:42] I would love to. I would love to. Very happy you're here.

Speaker 3 [00:22:45] What was tip one?

Deena [00:22:47] Okay their feelings. And so now tip two is when your kid is feeling shy, they're feeling nervous. They're feeling scared. You are going to be their safe person, okay? You're going to be the home base. Let them stay with you. This helps her brain feel safe and calm down when you let them know. Listen, you can stay with me until you feel ready.

Kristin [00:23:10] And honestly, we're like fast forwarding 15, 20 years. That's literally what I do and everything that I'm thinking about with parenting where it's like, okay, they're at the party, they're uncomfortable, they're in a car, right? And what we want them to do is to think, All right, I need to go outside. They need to call my mom. I need to call my dad. I call my best friend. I have a safe person that I'm going to go talk to that's not going to like dismiss me. They're not going to think they're going to hear me and they're going to hear my feelings and I'm going to call that trusted person.

Deena [00:23:40] Exactly. This shifts their brain into such a different place. Once they feel safe, they'll feel ready to explore faster. So another thing that we can do is narrate. Narrating is when we kind of look around, we help them. We're like, Oh yeah, look, that kid's going down the slide. And oh, yeah, the girl over there, look, she's reading some books. We're helping them feel calm, feel comfortable without pushing them to get out there. But we're inching forward by just noticing what other people are doing.

Kristin [00:24:12] And like, this does not sound like— I'm looking at Tyler. This doesn't sound like is like Johnny is going down the slide. Like Johnny is having such a good time. Don't you see that you should.

Kristin [00:24:29] He's having so much fun. No, it's more a neutral narration of what is happening in the room at the party. Wherever you are, you're at the park just narrating even somebody else who might be feeling nervous. Right? So normalizing what is happening around them. Look, Johnny's going down the slide. Oh, look over here. Margot is sitting with her mommy. Maybe she's feeling a little nervous, too. You're just kind of narrating everything that's happening in front of them to make them feel more comfortable in their environment.

Deena [00:24:54] Right the whole time. Just letting them stay with you until they're ready to go explore.

Tyler [00:24:59] Yep.

Kristin [00:25:01] Nailed it.

Tyler [00:25:02] Great job, guys.

Deena [00:25:03] Okay, Another game. Another gamechanging tip. Honestly, do not sleep on this one. Is prep letting your kid know before you go somewhere. Especially if you know that they're a little more cautious. They're a little bit more reserved. They want to check out

things and feel comfortable in new situations. Prep. Let them know what they can expect, what's going to happen, who's going to be there. Because for all of us as humans, unfamiliar new things, they are scary. We don't know what's going to happen. But if we can mentally prepare and understand what we're walking into, it is a game changer.

Kristin [00:25:42] And for toddlers, that next level because like the memory, it's just not there. So even if they've already done it, even if it seems redundant, we want to keep doing it over and over and over.

Tyler [00:25:53] You know, and I'm not the only person that feels this way. Perfect example of this as an adult is how many of you guys check out the menu before you go to the restaurant?

Deena [00:26:02] You are not wrong.

Tyler [00:26:04] I check out pictures of the restaurant. What does it look like there? Where is it? Where am I going to park? What am I going to eat?

Kristin [00:26:10] This is low key why I don't do new things, by the way, is the parking situation. By the way, I'm not going to go to a new restaurant.

Deena [00:26:16] This is low key why I'm still married because my husband does this part.

Tyler [00:26:20] I do the parking too.

Deena [00:26:23] He knows me so well.

Kristin [00:26:24] Yeah. And like, for me, it's just more like the creature of habit, you know? You're not going to go to a new place because you don't. You don't. I don't know what the parking is like. I don't know what's going to go into it. So if I were able to be prepped, like, okay, this is what the parking situation is, I'd do better.

Tyler [00:26:37] Here's the thing, though, is that I look at the menu and I'm like, man, I feel so comfortable. And I go into the restaurant, super comfortable in the restaurant, and then I'm like, I don't know what I'm going to eat.

Kristin [00:26:50] You like panic, every time. And then I have to pick your meal every time.

Tyler [00:26:53] No, you don't. You let me order the wrong thing and then go, Mm-mm shouldn't have done that time.

Kristin [00:26:58] I'm like, listen to your body. What do you want? And then you order it. And I'm like, in my head of my questionable choice. And then you do it.

Tyler [00:27:06] Like, half the time you say it out loud, too.

Kristin [00:27:07] Yeah, of course. The second the waiter walks away, you're like, That was a mistake. That was the worst of the worst choice.

Tyler [00:27:13] You know, huge mistake.

Deena [00:27:15] You know, I'm just sitting here feeling grateful for once that I have a husband who literally knows exactly what to order for both of us. I don't say a word. I don't use a brain. So looking at a menu, even I close my eyes.

Kristin [00:27:29] Wow.

Deena [00:27:31] So a little bubbly water. I just relax.

Kristin [00:27:32] Mike. You're doing a great job, Mike. You're doing great job.

Deena [00:27:35] Good job, Mike. B If I order wrong when I say I, I mean he orders something I don't like, guess what? He just gives me the plate I like. It's really nice. Yeah.

Tyler [00:27:46] This isn't even like that. That won't even work for us. Because, like, if Kristin had to order for me, she'd get it wrong 100% of the time.

Kristin [00:27:55] Hmmm.

Deena [00:27:55] Next tip!

Kristin [00:27:55] [Laughter] This is our final tip and it's most game changing tip and this is called Tell the Story. We talk about this time and time again in our course on her Instagram page. Tell the story is after this scary moment, that nervous moment, especially if it's gone well. But even if it hasn't gone well, we're going to tell the story. Okay. So this is what it sounds like. Earlier today, we were at the park. You were feeling really nervous and kind of scared. You were right in Mommy's arms. Then you were watching people go down the slide. You really wanted to do this slide, but you were crying. You were so nervous. It's okay to feel nervous. I feel nervous, too. Then we walked over to the slide and you wanted to try it. You still felt nervous, but you tried it. And when you went down, you liked it. You liked the slide, you loved it. You can feel both nervous and brave at the same time.

Deena [00:28:55] Exactly. And as a therapist, this is so key because what we're doing every time we do that, we are taking that feeling of nervousness. And now we're also pairing it with being brave and trying something new and overcoming the fear. So next time they're feeling nervous, that's what gets triggered is the nervousness. But also now that brave feeling. And now that I'm going to give it a go feeling.

Kristin [00:29:24] Right, because before that, it's like two separate incidents, you know, in toddlers brains and everyone's brains, by the way. It's like, okay, I was feeling scared. I was crying. That sucked. And then you move on and it's like, oh, later on I went down the side and then that was funny. And when you're telling the story, what you're doing is you're sort of merging these two events in their brains over and over and over. So you're telling these stories of these times where they felt nervous and they felt brave all at the same time. So it becomes this inner dialog where they start to understand like, okay, sometimes when I feel nervous, I also feel brave and excited and fun and joy at the same time. Like those two things can be hand in hand. And luckily you're in the room because I feel like we just experienced this. We've been doing this for seven years or I've been doing this. Have you been doing tell the story for seven years?

Tyler [00:30:23] Definitely not.

Kristin [00:30:24] [Laughter]

Tyler [00:30:27] But I'm doing it now. I know we're getting there.

Kristin [00:30:29] You know.

Deena [00:30:30] It's true.

Tyler [00:30:30] We all got to start somewhere.

Kristin [00:30:32] But I feel like I've been putting in the work of like really trying to, you know, after bike rides, being nervous at parties, really putting in the work for seven years on like, okay, you were feeling nervous and then you tried it and telling the story. And we recently had something where our oldest, she's seven and she is a part of an activity and the activity has a performance and we won't go to too much detail. But she didn't want to do the performance and it was because she was feeling kind of nervous and kind of scared. Right. And at first, remember, you came to me and you were like, She's not doing it or she's not doing it. She's not doing it, you know? And I was like, Whoa, I kind of want to explore like, what's beyond. They're like, What's behind this? Let's just be curious, right? So the next morning, go to her. What's behind this? It turns out, Mom, I'm feeling nervous. I'm feeling excited. But there's going to be a lot of people there and I want to do it, but I'm just kind of scared. Right. And that was the moment that she kind of in that conversation put it together herself where it's like, I'm feeling nervous, I'm feeling excited, I'm feeling nerv-cited. I did and I think I want to do it. And it was that seven years of constant repetition of like sometimes you feel nervous, sometimes you feel excited. You can do both. You can feel nervous and excited. And it was this distinction of, listen, if she didn't want to do it, like if she came and she was like, I don't want to do it, mom. Like, that's not my thing. I don't like this and be like, great, awesome, totally amazing. But since it was well, I'm just I'm feeling scared. I'm feeling nervous. And we've taught her her whole life. You can absolutely feel nervous. And if it's something you really want to do, let's try it. I'll be there with you every step of the way. She put that together all by herself, just through telling the story over and over and over for seven years straight.

Tyler [00:32:34] Yeah. And it kind of disconnects the whole, like, fear, nervousness from not being able to do something. It's the old saying of bravery isn't not having fear, it's not the absence of fear. Bravery is being afraid and doing it anyways. And that's kind of like what you're doing by telling the story over time, over time. It's like I can be afraid, I can be nervous and I can still.

Kristin [00:32:54] Do it, especially if it's something that you want to do.

Tyler [00:32:57] Yeah, even more so.

Deena [00:32:59] Yeah. It just takes me to, like, right back to my childhood where I became such a perfectionist. Like, I didn't have a choice. I was forced to just keep going to override the nervousness, to override feeling shy. I like. I was a shy kid too, but I didn't have a choice. I was kind of forced out there to keep going, push it down, be a leader, be the best. And I just wonder what it would have felt like if I could have just listened to my body, honestly, because for so long I just kept going and then like, pushed it all down. And what ended up happening was I felt like physically sick, doing a lot of the things because I didn't have a choice. Like, I wish I could have had this amazing space that you guys give your kids to just be who they are and feel what they feel and like. Listen to that and honor

their needs. And I just went to like a breaking point, honestly, a lot of times, and no one would have known because I looked perfect on the outside.

Kristin [00:34:11] You did, as someone who was there. Yeah, You did look perfect. Yeah, yeah, yeah.

Deena [00:34:17] I really think that if I had had the permission and space to feel what I feel and honor my needs, I just. I would have had less suffering in my life, honestly.

Kristin [00:34:28] I feel like that's exactly what we're all trying to do. And what makes me so excited about this next parenting generation, because it's finally at the point where it's like, be you, be yourself. Like you want to be a leader, go be a leader. You want to be out there and just like wild and do it and just like unabashedly, don't even think about it. Go do that. If you want to be off to the side and kind of like read a book and go inside, do that. And that's not necessarily how we all were raised. It's like this blanket understanding of being out there and being social is better. And now we're finally at a point where, like our kids can be who they are, Like they can just be who they are.

Deena [00:35:17] How incredible is that? Okay, Let's shift into some questions from you, big little besties. Thank you so much for always submitting questions, by the way.

Tyler [00:35:36] My favorite part. [Airhorn sound]

Kristin [00:35:39] I'm anxious to hear your answers.

Tyler [00:35:40] We don't have a sound effects board, so I'm going to be the I'm going to be the air horn since you don't have the sound effects.

Deena [00:35:45] This first question is from Abby and Tyler, I'm very curious of your answer. Actually.

Tyler [00:35:50] I'm hear.

Deena [00:35:52] Your most helpful reframe from marriage counseling.

Tyler [00:35:56] Oh, helpful Reframe from marriage counseling.

Kristin [00:35:58] Oh, I love that.

Tyler [00:36:00] That's actually a great question.

Kristin [00:36:01] Yeah. Abby. Okay.

Tyler [00:36:03] Thank you, Abby. I appreciate the question. I think I think viewing it like everybody goes through their ups and downs in the relationships and sometimes you're like, they're just they're just out to get me right now. They just, like, want to stir me up. There's trying to wind me on up, and Kristin. Kristin trying to wind me up right now. The biggest reframe you can do is what if they're not? What if they are just doing it just because that's how they feel? Yeah, like, what if she said, Oh, the trash didn't get taken out? What if she's saying, Oh, the trash being taken out versus you idiot! You didn't take the trash out. I told you.

Deena [00:36:39] Piece of crap.

Tyler [00:36:39] I asked you five times to take the trash and.

Kristin [00:36:43] I can assure you I'd never trying to wind you up.

Tyler [00:36:46] I'm pretty sure sometimes you do.

Kristin [00:36:48] No, I'm really not.

Tyler [00:36:50] You turly don't. So I think that's the best reframe is like. Giving the benefit of the doubt. Don't think the worst in the situation. Think of them just thinking the best.

Kristin [00:36:59] Yeah. Yeah.

Deena [00:37:00] All I know is we went to marriage counseling a handful of times, and I just remember him walking out and he was like, I would pay for that again.

Tyler [00:37:11] Hell, yeah. That's a win.

Kristin [00:37:12] It's a win it is a win. So you guys are not, like, weekly. I mean, we're in weekly couples therapy. I feel like people should probably talk about that because I feel like in the DMS, I see all the time where we're like, Your marriage is perfect and your marriage is and like, absolutely like every marriage is work.

Tyler [00:37:31] We're incredibly lucky that we can be in, like, couples therapy together. 100% I think a lot of people maybe not be able to, but I think like just remembering like slowing down. I have a problem with that is like just letting my brain speak first before I've had a chance process. But if you can like, stop for a minute, remember, your partner is your partner. That's like a huge crux of a lot of stuff.

Kristin [00:37:52] I just think like taking the stigmatism away from going to couples therapy.

Tyler [00:37:56] And just having those, like, very uncomfortable conversations.

Kristin [00:37:59] Yeah. Yeah. Were big shover downers.

Tyler [00:38:02] Big shover downers!

Kristin [00:38:02] I need to go to couples therapy to talk about it then we like are fine.

Tyler [00:38:06] Exactly. Thanks, Abby.

Kristin [00:38:09] Next question is from Susan. Hey, girl. Hey. Hey, Susan.

Tyler [00:38:14] Hi, Susan.

Kristin [00:38:15] Hi. My 2.5 year old now goes to, quote unquote, her office under the staircase to poop. Is this a sign she's ready to potty train?

Deena [00:38:25] Okay. Well, I mean, yes and no. So, yes, we as humans, as we start to get ready to potty trained, we start to want privacy. That's just a thing that happens where we start to retreat to private places, a corner we turn away from everyone else. It's just like a human thing. So maybe. And also, like, maybe not, because this is not the only sign for being ready to potty train.

Kristin [00:38:51] Well, like some kids, I know they do the opposite. They will just, like, stare you in the eyeballs. Like, I don't care. Yeah, they don't need privacy. They just stare you, right in the eyeballs. It is not always a sign that they already potty trained, but, like, it can be. Like if they're not doing it, it doesn't mean they're not ready.

Deena [00:39:09] Right. It's not the only sign.

Kristin [00:39:11] Not the only sign. But sure, if you're noticing that and a couple of other signs. You might want to potty train.

Deena [00:39:17] Okay, last question. This one is from Amy. Tyler, we're going to just we're going to throw this one to you, actually. What is your favorite Bravolebrity.

Tyler [00:39:27] Thank you for this perfect question. Like, this is what I need right before I go to bed is perfect because I already know. It's Captain Lee from below deck.

Kristin [00:39:36] Oh, yeah.

Tyler [00:39:37] The original. The captain that launched a thousand ships. On the original, Below deck. Now there's five below decks. It's great because you used to have to wait a whole year for the new season. Now they just go back to back season to season. I have below deck all year. It's perfect.

Kristin [00:39:57] What is your second favorite Bravolebrity?

Tyler [00:40:00] Captain Sandy. [laughter]

Kristin [00:40:01] Oh my god, what is your favorite non below deck? I think, by the way, like all men if they, if they watch Bravo, it's below deck, which is great. I mean, we all love below deck. Who's your favorite Bravolebrity that's not a below deck? Who's, like, your favorite housewife?

Tyler [00:40:19] I don't have a favorite housewives.

Kristin [00:40:21] Okay, Come on.

Tyler [00:40:21] Okay.

Kristin [00:40:23] Dig deep.

Tyler [00:40:24] I wasn't prepared for this.

Kristin [00:40:25] You don't have to prep for this. It has to come from the heart.

Tyler [00:40:27] Okay. Favorite housewife is the new breakout star, Jenna Lyons.

Deena [00:40:35] Okay.

Kristin [00:40:37] That's not who I thought. I thought you were going to go save Bren. Okay. I thought you were going to. And then you went. And they're both stars. Yeah, they are.

Tyler [00:40:45] All just golden. Yeah.

Kristin [00:40:47] I feel like people are really upset over the new Housewives of New York City, and I'm very here for it.

Tyler [00:40:54] I don't care anymore.

Deena [00:40:55] They just want more drama.

Tyler [00:40:56] I just. They want more drama. I don't want more drama. I can't take it.

Deena [00:41:00] I do because I'm a Gemini. Make it crazy.

Tyler [00:41:03] I'm a Pisces. I need some peace. And the show I need very, un-entertaining to you.

Kristin [00:41:09] Like, I'm just happy to watch. Anything that you will throw my way.

Tyler [00:41:15] Jenna Lyons in Lyons. She's great. She's just herself. She's just an icon.

Kristin [00:41:19] Her apartment.

Tyler [00:41:20] Is great. I love it.

Deena [00:41:21] I mean, is that not the theme of the show tonight? Just be you!

Tyler [00:41:30] She did. She did it.

Deena [00:41:32] She did it. Okay. And I'm just going to say it. I'm so proud of us for letting our kids be who they are and honor their bodies and honor their needs and listen to their feelings.

Kristin [00:41:43] All I'm hearing is listen to your body. And I'm like, I'm so hungry. I'm so hungry. It is 9:45 p.m. and I'm looking at this monitor. It's 9:45 p.m..

Deena [00:41:55] I have pasta meatballs in my car.

Tyler [00:42:03] What?

Deena [00:42:03] You know, I brought some food. It's in my car. I forgot it in there. I'm so hungry.

Kristin [00:42:07] Not that you forgot, though. Let's be honest. I don't know this about Deena, is that she's a car food person. I like that when she rolls up like we went to Vail one time and she rolled up with, like, at the valet, you know, And like, a whole dish of pasta is just sitting in the passenger seat.

Tyler [00:42:24] Like a bowl of cereal.

Deena [00:42:25] Kristin, you know me. When I travel on an airplane, I have airplane pizza. That's right. That's right.

Kristin [00:42:32] Airplane brussel sprouts. Like they're homemade, though, you know, like in a foil. Yeah, it's like a full meal. And she just travels with the meal. So when you said that, I was like, Oh, yeah, you got to get your car. What are you and I? 9:45 p.m. right now. I'm going to go to bed.

Tyler [00:42:48] I don't know. I'm sure we have lunch or we have some leftovers.

Kristin [00:42:52] Okay. Maybe this is or we'll take it offline.

Tyler [00:42:53] I'll take it offline.

Kristin [00:42:54] Okay. Big little besties. Thank you so much for joining us on this wild, wild ride of this episode and also of parenting. We are so grateful for you. We can't wait to do this again next week. We love you.

Tyler [00:43:10] Thank you for letting me bust in here, my big little besties!

Kristin [00:43:17] If you are struggling with toddler or preschooler tantrums, push back discipline, picky eating, just all the confusing things. This podcast can only scratch the surface if you need help. Our course winning the toddler stage is here to help. It is aptly nicknamed the Toddler manual because it truly has every single thing you could possibly struggle with under the sun between the ages of one and six within one. Of course, we're not going to do a bunch of workshops. You have to buy the sleep guide and the picky eater guide and know this guide and the that guide know everything you could possibly need for ages. One through six is all in this one course. We were never meant to do this parenting thing alone. You deserve to have help. We are here for you. You can find that course at big little feelings dot com. And be sure to follow us on Instagram and Facebook at big little feelings. We give free tips every single day. They might change your life with one free tip.

Deena [00:44:21] Thank you so much for being here with us. This has been Audacy Production Executive produced by Lauren LoGrasso. Produced by Daniela Silva. Edited by Bob Tabbador and theme music composed by Liz Fall. Then studio lighting designed by Shane Sackett and designed by Jackie Sherman. Special thanks to Audacy Executive Vice President and Head of Podcasts, Jenna Weiss-Berman and thank you for being here with us. We can't wait till next week.