

4 Mindset Shifts You Can Make Today to Be a Better Parent

Alaine: [00:00:00] Welcome to Raising Deaf Kids. I'm your host, Elaine Jacobs. Parenting is a hard job. Between taking care of our families, working, side hustling, it can all get away from us. Today, we're going to talk about some shifts that we can take going into this next season to parent better and show up for our families in a more intentional and calm way.

Alaine: Let's discuss.

Alaine: Hey, welcome to Raising Deaf Kids. Are you tired of spending your precious time after the kids go to bed googling and scrolling Instagram for answers like, how do I learn sign language? Do you feel overwhelmed by all of the decisions that you have to constantly make for your child? Hey, I'm Elaine. I'm a mom of three littles, two of whom are deaf.

Alaine: I remember what it felt like to learn that my child was deaf for the first time. It felt like the rug got torn out from under my [00:01:00] feet, and I was falling without a net in sight. How did I get through those crazy early years of learning new ways of life without completely going insane? By creating solid foundations for my child of communication strategies, academic skills, and routines at home.

Alaine: And I can't wait to share it all with you. Together, we're going to build a strong foundation that will support your child and help them thrive. So put down that to do list, close out that ASL app for now, and let's get started.

Alaine: Hey, do you think navigating hearing loss is kind of tough? Then my free guide to five unexpected challenges of raising kids with hearing loss that professionals don't tell you about is for you. Finding out that your child has hearing loss can be overwhelming and unfortunately, usually leaves you with more questions than answers.

Alaine: The good news here is that with the [00:02:00] right information and the right support, you can navigate this journey with confidence. And dare I say, even with some fun. This guide will tell you what to expect when you get a hearing loss diagnosis that most professionals won't tell you about or simply don't know to tell you about.

Alaine: Go to the resources link in the show notes and download the guide to 5 Unexpected Challenges of Raising Kids with Hearing Loss today.

Hey, everyone. Welcome back to the show. So today we are going to talk about some mindset shifts that you can take to parent better and not only parent better although that's our focus for today, but also just kind of show up better, more calmly and more intentionally in your life. And I know that is something, you know, that parents moms especially seek all the time.

And I'm the same. I have three, you know, younger. Kids and it's a lot, you know, it's a lot working, keep you at the business, keep you at the house, you [00:03:00] know, keeping up the kids. And there's so much to teach the kids to, I mean, there's so many things that I'm like, they need to learn this before they leave the house, you know, and they're still young, but gosh, like the time feels like it's flying by like every day.

And every day I'm like, Oh, I didn't teach them this. Oh, I didn't work on that. You know, and there's a lot to do. During the day. But there are some shifts that I have had to make so that I can show up better for myself, for my family. For you guys, the clients who I coach and, you know, for people around me and my community, and I have been basically in burnout mode as well.

So, I've kind of been there and back. So I understand if you are kind of in a. It was season of life where you're just kind of like, [00:04:00] I'm done with it. I'm tired. I'm tired of all this. I need to change or everything is going to implode because I had been there too. And really what happened was it was just years of me not setting up boundaries to Do enough things for myself and taking on too many things at one time, which I am a master at.

Like I like staying busy. I've been that way my whole life. I've always been involved in lots of different things and I love it because I am interested. In learning and doing so many different things, but that can come back and bite you too, because you know, you get into it and then all of a sudden you, you know, look back and.

You know, every day is filled up with something, but then you aren't taking care of the most important person, which is yourself. And that was my story. You know, I'm taking care of my family, which I actually love doing. I've [00:05:00] always wanted to have kids and have a family. So, you know, I love what I do, but really the problem is, was that I was, you know, Taking all these courses, learning all these things, starting this coaching business, trying to take care of my family.

And I was getting lost in all of it. And really what happened is I ended up going into burnout. I was so tired all the time. I was cranky all the time on edge all the time. But like, honestly, when I was in it, I couldn't really put my finger on why. I couldn't see. The force through the trees type of thing.

And so I actually, at that point, started going to a therapist. This was like, maybe a couple of years ago actually use better help, not a sponsor, but I had really good success. I had, I got a really great therapist through that program. I highly recommend and she and I worked together for a whole [00:06:00] year on the reasons why I got into burnout and the underlying reasons, because there's always underlying reasons why you feel like.

You have to be doing everything or why you feel like you can't take time for yourself. I guarantee there are layers and layers of underlying reasons that you need to heal from to be able to get out of that burnout. So I highly recommend if you're in a burnout stage, finding a therapist, talking through it and let them honestly like work you through that.

But they did. And I did that with a therapist for a whole year and I came out so much better now. I'm so much more calm. I understand what happened, why I got into burnout mode. I got myself. I healed myself from the burnout mode. With the therapist, you know, got out of it and started putting in place real things to do every day to take care of myself.

And now I am feeling good. I have so much energy. I love doing what I'm doing. And [00:07:00] when I feel myself going into, like, the burnout mode, I can stop myself. Like, I recognize what it feels like. And I can stop and, you know, say, okay, I need to, like, do more for myself and, you know, I need to do more of this or I need to do less of this.

And I'm able to communicate that better with the people around me. And so that's why I want to talk to you today, because there were a few shifts that I made during this process. That really ultimately help me parent better help me be a better wife to my husband, help me be a better friend, help me show up in the community and help me show up better for you guys as well.

So we're going to go through some of these things that helped me and some of these things that I, you know, just see as I'm talking to parents, especially moms of, you know, things that. You know, you may be missing that you're doing, or that you're not doing, and I have some shifts, easy shifts that you [00:08:00] can make.

To kind of get out of that burnout mode and to show up better for your family and for your kids, ultimately. So we're going to go through the four mindset shifts that you need to make today to be a better parent, or at least this week.

So the first kind of shift that we need to make to show up better for our families is we need to be building. Our foundation on the right thing. So this is where I see people going wrong a lot in thankful, this is. Actually something that I've worked on and I feel like I've always done very well. You need, what are you building your foundation on?

What are you building your emotional foundation on? What are you building your family foundation on? And this really kind of, Hit home. It was brought to my attention yesterday. I was reading through a Bible [00:09:00] study for the day. I'm looking at now. It's the Bible say that I'm kind of been going through this year.

Our mom heart moments daily devotions for life giving motherhood by Sally Clarkson is fantastic. Easy to do. And so the scripture that I came across yesterday, and that was Matthew 7, 24, 25. And it reads. I'm just picking up the book and reading from it. Everyone who hears these words of mine and acts on them may be compared to a wise man who built his house on the rock and the rain fell and the floods came and the winds blew and slammed against the house and yet it did not fall for it had been founded on the rock.

And this is really talking about, you know, while building your foundation on Christ, this is what this is talking about. But really what this hit home for me also. Was that I realized so many parents and moms out there are kind of [00:10:00] unintentionally building your foundation on things that are not stable.

So things that change all the time, for example, political beliefs change all the time. Even religious beliefs change all the time. People change all the time. If you're building your foundation. You know, of your home and your family based on what other people think you should be doing or what other people are telling you to be doing, that's the wrong foundation because that foundation will crumble every time.

It is not consistent. People are not consistent. Right? People. One of the good things about people is that we grow and change all the time and we're always evolving, but that is not a great thing to build your foundation on because people change. People. are not consistent because we do grow and change and change our minds all the [00:11:00] time.

Okay. Well, you can't build anything stable. You can't build anything emotionally stable. You can't build anything, you know, stable in your household. If everything that you're relying on is constantly changing and you know, people are telling you to do this and then next week they change your mind and tell you to do that.

If you're building your foundation on this, it's the wrong foundation. And I want to tell you that if you're building your foundation on what other people are telling you and what the outside world is telling you, and what is going on politically, and what is going on in the world, then nothing will ever be stable for you.

Give you another example, the little pig story, right? Little pigs who built their houses on, with sticks and straw got blown over. No problem. The little pig that took the time and built the foundation with solid brick. On something that is stable and unmoving, his house [00:12:00] did not get blown down. Okay? And that is going to be you.

If you are building your foundation on what everyone else is telling you to do, then you are going to be blown every which way, just like the scripture says, right? Every time new research comes out, every time someone gives you something else to do. Okay, you're going to keep being reactive to everything and life is going to continue to be unstable if you build your foundation on things that are not consistent.

that are moving all the time and changing all the time, you will never feel stable. So how do we build the foundation the right way? I mean, this could be a whole podcast episode. But suffice to say, number one, I would suggest getting to know God and getting to know Jesus because that's the most solid foundation you can ever have.

If you read through the Bible and you know, you read through the whole thing, Old Testament, New Testament, God is always the same. And he's doing the same thing now that he did thousands of [00:13:00] years ago in the Old Testament. And that's who I build my foundation on. Like I said, I have been working on my relationship and getting to know God and Jesus deeper and deeper and, you know, it really has proved to be a solid foundation for me because his word does not change what he, you know, tells us to do, does not change when everything else changes.

So that would be my suggestion is to, you know, enter in a relationship with God and Jesus. Because that's the most solid foundation you're going to have.

Something else, if that's not an option for you right now, then, you know, you need to figure out what your convictions are and what goals you want for your family and then become firm in those and let that guide your decisions and not what everyone else is telling you.

Not what grandma's telling you, aunts, uncles, what do you want [00:14:00] to do as a family? What are, you know, what is your family boundaries? What is your family life? What do you want for your family? What do you want for yourself? Those are the convictions that build your foundation and that you build your family on, okay?

Not on what everyone else is telling you to do. So that's a great mindset shift. That may take a little more than a week. That may be a longer term goal, but that's a great shift. The first step to take is building that foundation on convictions or goals or something that's stable and not what everyone else is telling you to do all the time.

Number two mindset to, mindset shift to do is a realization that We have to go through the hard we cannot avoid it and I am asking you and begging you Please don't avoid [00:15:00] going through the heart that was working out yesterday as you will notice through this podcast Every single mindset shift came actually yesterday from something that I was doing and something that I heard That captured my attention and I was like, oh, yeah, this is really applicable.

And oh, yeah, I hear other moms, you know Struggling with this all the time. So this is one of them. So yesterday I was working out and Something that the trainer says I do like an online thing something the trainer said Got me thinking yesterday during the workout the trainer said you have to go through the hard to get to the easy parts And that's so true, but the problem is where I see a lot of you struggling is that you're trying to avoid the hard stuff and you can't.

And actually by avoiding the hard stuff, avoiding the hard conversations, avoiding, you know, coming up with the solutions to the hard stuff, it actually just causes more [00:16:00] hard. The avoidance actually causes more problems than just going through the thing. The shortest path is through truly. And also.

Believe it or not, the easiest path is through, you know, life is not easy. It is not easy for a Christian, it is not easy for a non Christian. If you're a Christian and you thought life was supposed to be easy when you got a relationship with God, someone lied to you. Okay. That's not biblical. That's not what God says.

Life is not easy. No matter who you are, no matter what you believe, having kids with hearing loss or special needs. It's not easy. Putting your head down and seeking support and community and just living it every day and going through it every day is What you've got to do. You've got to make your way through the hard stuff.

Okay? Get the support, get the community that you need and know that you are making [00:17:00] progress every day and it will get you to the easy part going through this hard stuff. There's always something easier and a blessing on the other side. I remember that resilience is forged under fire. Resilience is forged under fire.

And when you go through the hard stuff, you're also showing your kids how to meet a problem head on, solve it, and move through it productively. Okay, so this is where I see a lot of you guys struggling and getting stuck, is that hard stuff comes your way, and you just don't want to do it. You don't want to go through it.

And to be honest, the internet has kind of told you, That you should just avoid all things hard and all things bad and life should just be easy and I'm sorry, but the internet lied to you and social media lied to you because that's not real life. That is a deception. That's a fake life, right? Real life is hard and has struggles, [00:18:00] but then you go through them and you come out on the other end better.

Okay, but you have to go through that hard stuff first. Go through the hard, meet it head on, don't avoid it. Third thing that we can talk about is the mindset shift is act like the leader that you are. So many parents don't recognize the leadership role that you have in your homes and in your community.

And this is very specific also to women. So interestingly, I was listening to a podcast episode yesterday. I told you every single one of these came from something I was listening to yesterday, which also you know, is saying Go read, go pay attention to what's going on and go listen to the podcast because you never know you know, what's going to inspire you or, you know, what you're going to hear.

I was listening to a podcast episode yesterday. It's the, that sounds fun podcast with any up downs. And yesterday [00:19:00] on her episode, her guess was Sophie Hudson. And they were talking about women in leadership in the church. And, you know, I think this. Is even though they're talking about the church, this can be expanded into other areas of life too.

Interestingly, our culture tends to talk about men as leading and being in leadership, but everything that women do is serving. Like what we do at home is serving our homes. What we do at church is serving the church. But almost never or very rarely do we talk about that women are leading in their homes, women are leading or in a leadership role.

We don't in their churches or in their communities or in their jobs. We don't use typically don't connect the word women with leadership. We connect the word women with serving. But it is leadership, and that's what that episode was talking about. I will link that episode in the show notes because it was a really great episode.

But what I want [00:20:00] you to know is you're not just serving in your home, you are leading in your home. You are leading at work, even if you're at the lowest paying job in your office. You are leading by your actions and how you show up and what you do and the integrity that you take with that. Okay, you're leading when you go to the grocery store and people, once again, see you acting with integrity.

And acting nice to people, that is a form of leadership. So your actions lead others. You're not just serving in your home. You're not just someone for, you know, everyone to walk all over. You're in a leadership position in your home. If we're talking about mindset shifts to parent better specifically, you are in a leadership role in your home.

I want you to stand in confidence that you're a leader, no matter where you are. And that was a big mindset shift for me. When I realized, Hey, [00:21:00] I. And not just, you know, the lunch lady or the cleaner or whatever. I am leading my home. I'm leading the education for my kids in my home. I'm leading the meal planning and my hold in my home and nourishing the kids.

I am leading you know, other people, like we have people to You know, cut our grass or, you know, whatever, I'm leading those people to help us in our home. I am a leader in our home. And I also realized I am a leader here doing coaching and I'm a leader no matter where I am in my community because of the stance.

That I take. I want you to stand in confidence that you're a leader no matter where you are. You stand up taller and realize that at the most foundational level, you're leading your family and you're leading your kids. And the fourth [00:22:00] mindset shifts with maybe should have been at the top, but I was starting with the foundation up.

But the last one that I want to talk about is that you need to take time for yourself. And this is a big mindset shift, especially for moms. And this was something that moms, you know, further back in history kind of understood like parents didn't always just. Pander to their kids all the time. Right. I even remember, you know, my mom and my dad say, you know, our moms like, didn't know where we were all day because we were just going and playing.

And I even talked to my grandmother about this. I was like, did you really not know where your kids were all day? And she was like not really, but I knew, you know, they were with this neighbor or that neighbor. I knew who to call, but you know, I wasn't really sure at any given time whose house that they were at.

But I knew that they were somewhere within calling distance. Thanks. Right. So, you know, she wasn't standing over her kids, creating activities all day for [00:23:00] them, you know, pandering to them, getting them a million snacks. She like gave them the food, sent them to school, gave them the food, sent them outside literally or, you know, to go have fun.

And she did the things that she needed to do in her home and for herself. And motherhood has always been hard. And the thing about motherhood and parenthood that I think is a good thing is it does take you outside of yourself. So that you, you know, don't go so inward and just think that the world is all about you, that you realize the world is about other things that you're doing.

So, I think kids are really good for that, but we also need to understand that our society has, like, created this weird motherhood thing. Once again, I'm blaming the Internet and blaming social media. We're like, you have to do all these things and mothers in later years didn't feel this way and didn't feel like they had to do that.

And so somewhere, a shift happened that [00:24:00] you have to give all of yourself and you don't. That is untrue. Okay. You actually have to take care of yourself sometimes to be able to do for your family because you will get wrapped up in everyone else's needs. And as we're burnout starts or ends and everything implodes, we don't want that to happen.

You also might need to let go of some things to make room for yourself. Okay, another lie that we're told is that we have to do everything, and we don't. We're not meant to do everything. We each have individual gifts. This is my belief. We each have individual gifts. We each have, you know, different things that we do in life and then we bring the gifts together.

And that is how the world works. Okay. You're not meant to know a thousand jobs. You're not meant to do a thousand things. You're meant to do like what you feel you're called to do. So some of this taking care of yourself might be actually taking things [00:25:00] out that you really don't have to do, or you think you quote have to do, but you don't really want to do.

You don't have to do those things. Okay, you're in charge of your life. You're in charge of your schedule. If you really don't want to do something, take it out. Okay, and then create space. To take better care of yourself. So I'll give you some examples of some things that I do on like a daily and a weekly basis to take care of myself.

And this was born out of me being in burnout, realizing that I was doing nothing for myself and that wasn't helping me or my family. And so I thought about, okay, what are some easy things that I can integrate into my daily routine and into my day that don't really take. You know, a lot of, a lot of time out of my day, but that leaves me feeling refreshed, happy relaxed and able to like come back to my family.

So some things that I consistently do most of these I [00:26:00] do every day, to be honest, but every day, or at least weekly is I eat healthy and do that every day. I take the time to make myself a lunch. I take the time to make myself and cook myself a dinner. I also work out and in that I lift weights which makes you feel better and increases dopamine.

It also balances your hormones to lift weight specifically for women. On the days that I don't lift weights, I walk. I walk around in a neighborhood and I walk at a slow pace. Like I don't power walk. I am just walking. I'm noticing the trees. I'm getting outside. I'm getting light in my eyes. I'm I'm luring my cortisol and I'm just walking because I like to walk.

Okay? I also don't drink because drinking interferes with my health goals, my healthy eating goals. It also interferes with my ability to think. Right. I can't think [00:27:00] clearly to show up for my kids and my family the way I want to. I also can't think clearly to be creative in coaching and show up for my coaching, my business and everything that I want to do.

So I don't drink. And that is part of my self care. I also take a Sabbath. So our whole family on Sunday, we do it on Sunday. You don't have to take a Sabbath on specifically Sunday. Sunday just works best for us, but we take a day where we really don't do anything. Right. And our Sundays are like that.

We go to church, you know, we might visit friends or go to mom's house, but we don't do work on that day. You know, we come home, we relax, we watch TV, we, you know, play, we might all go walking together. I take that day of rest. You need that day of rest. I also end my work at about, at at least 5 p. m. Right. So in the afternoon, when the kids come home from school, we're making dinner.

I try to be present for that. And so I'm not [00:28:00] doing my work. I'm being present for my family. I also take evening showers, which is just something that relaxes me. I've always loved a nice warm shower and I wasn't doing those. I said, you know what, I'm going to bring those back. So in the evening after the kids go to bed, You know, I take a nice long evening shower and I also read at night.

So my husband and I just watch a little bit of TV at night and then we both read a few chapters of books before we go to bed and I love reading. And that was something that I was not doing once I had kids. And so I brought that back and I love it. I love reading and I love learning. So those are the things that I do every day.

And you may think that's a lot. It's really not because it all fits into my daily routine. Right, so I'm not, not taking really more time out of my schedule to be able to do these things and they're such simple, easy things, but they help me be more relaxed, more calm and make me [00:29:00] feel like I'm taking care of myself so that I can take care of everybody else.

And you don't have to do the things that I do, right? That's just an example. So what I want you to do is I want you to write down a list what you can do for yourself this week. What can you do for yourself that you want to do separate from your kids, you know, or anybody else and then put it in your planner, fit it into your daily schedule, put it into your planner and hold yourself to that.

And just try it out for a week or try it out for two weeks and then come let me know how you feel. And if it makes you feel better, do it. If, you know, one thing makes you feel better, one thing is a little hectic, take that, you know, hectic thing out, stick with the thing that makes you feel better and build that out over time.

You know, life comes at us fast and life is hard, especially when we have a diagnosis for our kids that rocks us and rocks our family. So I made these mindset shifts [00:30:00] and it's made all of the difference in my family and my personal happiness, my personal calmness. And I hope that you're able to

make some of these shifts too, and that it also helps you and your family as well.

If you're having trouble making, you know, these shifts or finding the time to do things, then I want you, you in the coaching program. The one on one coaching program is open. It's a 90 day coaching program where we create a roadmap. Just for you and the goals that you want to accomplish and then I, you know, coach you through those during the 90 days and we check back in, we make shifts and we keep going.

And we can work on communication goals with your child we can work on school goals and we can also work on goals, you know, for you, for organizing your schedule better, because really nothing else is going to matter [00:31:00] if we don't have the foundational things in place. First, if you're too stressed out to be able to do the language, then we got to.

Fix that part first. And we can also do that. It's, it's called navigate the journey. It really is about navigating the whole journey of green loss with your child. I can't wait to see you in the coaching program. Doors are open now. Go to [raisingdeafkids.com slash coaching](https://raisingdeafkids.com/slack-coaching) to sign up. For your call and we will talk about you know, what you're looking for in a program and if this is the right fit for us to work together and I can't wait to start working with you and your family.

I hope this episode today calms your soul and as parents who want the absolute best for our kids, and unfortunately kids, especially kids with hearing loss, don't come with a handbook. So I want you to know that simply by being here and listening, you are doing a great job as a mom or parent or grandparent because you are learning and trying to find better ways to help your child.

I am so proud of [00:32:00] your efforts and I'm so glad that you're here. I will see you on Thursday where we are going to discuss how we can make language learning easier. Oh, come back on Thursday and we will make language learning easier for you and your child. All right, I'll see you on Thursday.

Alaine: Hey, I hope this episode today blessed you big time. If so, would you take 30 seconds and leave a quick review for the show on Apple Podcasts? It lights me up to know that this podcast is helping you and leaving a review helps other parents to find this podcast too. If you have a friend who needs to hear this podcast episode today, be a pal and text it or share it with them.

Alaine: Now go check off the rest of your to do list and I'll meet you here every Tuesday and Thursday for podcast episodes to support your whole family in language learning and parenting your deaf and hard of hearing child with confidence. Adios!