

Office hours podcast

[00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosen, sweet mom of three young people, peaceful parenting coach, and your cheerleader and guide on all things parenting. Each week we'll cover the tools, strategies, and support you need to end the yelling and power struggles, and encourage your kids to listen and cooperate so that you can enjoy your family time.

I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful, not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents just like you, stop struggling and enjoy their kids. Again, I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Let's dive into this week's conversation.

Hey everyone. Welcome back to another episode of the Peaceful Parenting Podcast. Today's episode is a special one. I've never done this before. It is a sneak peek inside the office hours of our Peaceful Parenting membership. About six years [00:01:00] ago, I started the Peaceful Parenting Membership. It is a wonderful virtual community.

And in it we have office hours twice a week, , scheduled times where you can drop in and say hello. Ask me or Corey a question. Get some support around a challenge you've been having, and also get support from other members and get to know other members. It is such a wonderful space. It's my favorite part of the work that I do is getting to connect with all of y'all on a regular basis and some days.

If I'm, if I'm ever feeling down, uh, I get on in office hours and I, and I leave feeling connected and rejuvenated, and I think the members would say the same thing. It's drop in, it's twice a week for an hour, uh, different times throughout the week to accommodate different time zones. And this, this podcast, you'll get a sense of, of what that looks like and people sharing their wins.

Getting support from other members, getting support from me and just bringing us whatever parenting challenges you're experiencing. It's a safe, really safe [00:02:00] space, really non-judgmental space, and I just love it and I wanted to share it because I. I think that you might not know what a great spot it is, and

you might not know that the Peaceful Parenting membership is even available to join.

If you would like to join us, I'm gonna say this link again at the end of the episode, but if you would like to join us and or you wanna learn more information about. The membership, you can go to reimaginepeacefulparenting.com/membership for all the details. Not only do we do the office hours inside the membership, uh, twice a week,

every month inside the membership, we also have a theme, a monthly theme. And usually, not always, but usually we have a guest expert on that theme. And we do, a session on the theme of the membership for the month. The guest expert does some teaching.

I do some teaching. We do a q and a about the theme. And this month's theme was, uh, friendship Troubles.

And I'm actually going to be sharing that guest expert coming up as a podcast, so you'll [00:03:00] get a taste of that as well. And we also have a library of peaceful parenting lessons on demand inside the membership and inside the membership portal. We also have all of the content for the last six years.

All of the guest expert interviews and the, monthly theme lessons and teaching and resources and all of the office hours. If you like to listen to these, there's plenty more inside that to listen to and I just hope you'll join us. It really is a special place and I'm happy to be able to share a little taste of it with you today.

All of the members gave me permission to share their questions and their voices, and I am grateful for that. So thank you to the members who agreed to let me share this as a podcast. Again, visit reimaginepeacefulparenting.com/membership to learn more or to join us. I also wanna give us a shout out to our sponsor, YTO Player.

Yto is a screen free audio player. Where kids can listen to prerecorded materials from Yto Books, [00:04:00] podcasts, radio,

or you can make your own. Yo OTO cards of MP threes that you have. It's wonderful to have a way for kids to listen to audio content without being connected to the internet and without screens. I can't say enough good things about the Yo Oto player. I learned about this from Corey, who absolutely says it's one of the best parenting tools that she has.

So check out [reimagined peaceful parenting.com/yto](https://reimaginedpeacefulparenting.com/yto) YOTO to learn more. Okay, let's dive into the office hours. Okay.

Speaker: How are you? Okay. I'm

Sarah: fine. I'm good. Yeah. Just had a nice morning with my daughter. We went for a walk and got a coffee. It felt like not a work day, and then I was like, I better get to work now.

. Do you have a question? Yes I do.

Okay. Well, you can just go. We'll see. I'll see if anyone else joins us, but we might as well start. Okay.

Speaker: Our son is eight years old and our daughter is nine. And we have [00:05:00] summer vacation now since a bit more than a month. Okay. So the issues that sometimes come up more often now, you know, that they have between them that we have together.

Because they just spend a lot more time together and they're a bit bored sometimes. And what I'm not sure how and it ends up, sometimes it, for example they're like agreeing on playing a game that for example, she wants to do and he wants, you know, that like to make an agreement, like, we will play this and then we will then do that later, which is fine.

But he will sometimes like be very pushy. Like, I really want to play basketball, for example. And I know she really hates basketball. And at first she will say, no I want to do something else then. But then he doesn't want to give in with anything else. So she will agree just because she really wants to play the other game and then she will promise it and then she won't do it later. Or she will try the beginning and then she will stop. She says, no, I don't feel like it. And then he gets super upset and very angry

and it, it's very extreme and it has happened a lot of times already. Right. And I've been talking to her and say like, you shouldn't promise something that you can't live up [00:06:00] to. Like it's, yeah, try to say no and try to think of things that you can do because if you promise something, it's really supposed that you do it.

You know, of course something can come up sometimes, but it, you know. But she doesn't really seem to learn that, and he's also really pushy. So I've also been talking to him like, look, don't try to make people promise things that they can't

be up to two, because then you get disappointed afterwards, but it keeps happening again and again.

Do you have any ideas? You know, but what else could I try or,

Sarah: well, it sounds like you're doing all the things that I would suggest already in terms of coaching them, and you might, you might talk to them about how it erodes their sense of being a trustworthy person that you know that people aren't gonna believe you, or at least for your daughter, you know?

In other things, even if she does mean it and she is planning on it, people might not believe her, so it might slowly start to hurt her in the future. So you could talk about that if you haven't already. And, you know, and in terms of your son , I would talk to them together about maybe there are maybe there are things that, [00:07:00] other things that you could play that you both wanna do. I mean, maybe that's part of the problem is that they need some help coming up with some things that they both like to do so it doesn't feel one sided for each of them. Yeah. And then the other thing that I would say is maybe you say like, we're just not gonna do the promising later thing. Like it's not working and it's causing a lot of fighting.

What do you think?

Speaker: Yeah, for example, they could agree on we play this and immediately after something else, but not Right, not for the future. Yeah, I think that's a good idea. I will try. Yeah. I mean, it comes up all the year, but it now it happens. So super often because they play all the time together.

Right. They're together all day.

Sarah: Yeah.

Speaker: Yeah.

Sarah: And also, I think, I often say this to parents, like it's okay to suggest times for kids to play a part during the day, like having independent play time, because sometimes they're just too much time together makes all this worse.

And so maybe you have times during the day where everybody is playing independently and you just set that up.

Speaker: Yeah, they listen a lot to listening stories as [00:08:00] well. Yeah. It's also helpful because then they're like, or laying down and listening, or they're playing separately

Sarah: well, I think you're, I think you're on the right track for sure. Just maybe having more time when they're not together. Maybe stepping in and setting a limit or bound making promises for later. That, that hasn't worked in the past, and so that you think you, that they should take a break on the making promises for later thing.

Okay. Okay. That's a good idea.

Speaker: Yeah, we'll try that. All right. And also this situation as we had, you remember on the beach, it's already a while ago.

Sarah: I am just gonna break in here to say what the situation was that our member was updating us on, which is that when she was at the beach with her son, he always wanted to play a, a game with her. Um, sort of like a, a ping pong type game, I think.

And he would get really frustrated and angry at her because she wasn't very good at the game, even though she was trying her hardest. And she said it always ended up in a meltdown. Him yelling at her and getting really upset and she wondered what she could do and I suggested that, you know, before they start playing, saying to him, [00:09:00] um, something like, you know, I know you wish that I were better at this game, and I know you wish that you had somebody else to play with who could play it the way you wanted to, and I still really enjoy playing it with you and I wanna play with you.

And if you end up yelling at me that I'm not playing well enough, it makes me not wanna play the game with you. So I'm gonna suggest that we stop if you start to yell at me and get angry at me, um, that I'm not playing the game well enough. And I also suggested to her that he might have a full backpack and that's why he melts down.

Uh, over the frustration of her not being good at the game and that before they play the game, they could start with some roughhousing and some laughter to help him, uh, feel a little bit more relaxed going into the game and not get so easily frustrated. So she's about to update us on what happened when she tried those things.

Speaker: Yeah. Yeah. It worked really good. So I really I really told him like, if you get angry, you'll stop to play.

Yeah. But also I've been like doing, more like [00:10:00] roughhousing and these kind of things. Good. Maybe it's a backpack and this, and so I think that was also the case.

Sarah: Awesome. Yeah.

Speaker: That's great. It's been helping.

Sarah: Yeah. 'cause I know it was sad for you that you've, 'cause you wanted to play with him and have a nice time.

Yeah. Yeah. That's awesome. Thank you for that. Yeah. We've had in order Jessica, Angelica, and then Doug join us. So, Jessica, do you have a question?

Jessica: It's nothing really pressing so I can go to the back of the line. I'll just listen in for now.

Sarah: Okay. Hi.

Jessica: Hi.

Sarah: And then Angelica, do you have a question?

Yes. Okay. Okay, so we'll go Angelica, and then Jessica. Okay. Angelica. Hi. If you wanna introduce yourself and ask your question.

Angelika: Hey I'm Angelica. I'm from Germany. I'm a single mom by choice of two boys, ages three, and one, I have a question, but I can also just give you a short follow up.

Great. On, yeah. How did the meeting go? Yes, it went very well. Good.
[00:11:00] Yes, it went very well. Like I could see that I had a, I had a problem in kindergarten where they had unreasonable expectations. For my little son. And last week a situation escalated. It went one hour where they really forced him that he had to tidy up and it didn't go down well.

And yeah, and uh, she was quite defensive, this educator, and I could see that she was really under pressure. Like I could hear her voice break. I could see she

was close to tears. And so at some point I just decided, okay, I will back off. I think I made my point. I brought the printouts of this. To Achen and um, yeah, and also like the, the boss of the kindergarten, she admitted, yeah, we missed the point uh, to um, end the situation where he had already helped and then just leave.

And they suggested a very good solution. I think I, now, I should call 30 minutes before I come to pick him up, that if he has to tidy up something, they can do it, but without stress. Yes. And. [00:12:00] Also they, that he won't start anything new that is big with many parts. I think that's a very good solution. That's awesome.

Oh, I'm so glad.

Sarah: Sounds like it went better. Sounds like it went better than you expected. It could. Way better than I expected. Good. Way better. Yeah. Okay. Now my question. So I'm also glad that they had um, a Stuart Shanker resource in German. That's, That's really good.

Angelika: Yes. Very good. And the transition is very well, like it's not um, shaky or beard at all.

Yeah. Good. Yeah. Um, So my question, I've been trying to ask you this for like weeks and now my mom is here, so I have the resources to come that often to the meetings. I won't be able to do this in the Yeah. In the next weeks. So I am, my question is um, I listen to a lot of your podcasts and I am wondering like there was one, there was this girl who was afraid to go alone to the toilet.

Yeah. Mm-hmm. And um, there was the situation where the mom. Um, Had to sign something [00:13:00] um, for school. I think that she was allowed to go somewhere or something. Yeah. Yeah. The daughter had brought this paper home and she had already signed it at school, but yeah, exactly. And then the daughter wanted her to sign it again.

Mm-hmm. And she didn't because she thought, no, I'm just um, enabling the fear. Mm-hmm. And you said, yes, good thing you didn't sign it. I was like, no. Sarah said she shouldn't do it. I was very amazed by this. Yeah. Because there are other situations. You also had a thing in the episode where you talked to co about that you um, want to let go of the term setting limits.

Mm-hmm. Um, There was this with the nail clipper, this little boy that saw on Instagram who wanted to have the nail clippers, and the mom was so proud that

she had set a limit. Um. And you said, but why? Yeah. You can explore the nail clippers. It's safe. Why not? Yeah. And so I wonder like, where's the difference?

I think the nail clippers versus the [00:14:00] um, signing the paper. Right. I think that's not a lot about this because I'm very much with my older son, I'm very much on the side of not giving in.

Yeah. Because I also feel for him, it's enabling his. Fears, obsessions, whatever. Yeah. So

Sarah: I mean,

that's the difference. That's the difference is whether it's anxiety or whether it's an unreasonable, inflexible adult limit. You can play with the nail clippers because it's because I don't want you to, because it's more convenient for me.

So the girl with the, it was clearly an anxiety, like her brain was stuck on. No, you have to sign this. 'cause the teacher told me that you have to sign it. And her worry brain had taken over. Like her amygdala had taken over and she wasn't hearing that.

Her mom was saying like, no, I already signed it at school.

And so if we and of course this is all like our not science and that, you know, maybe sometime she would, depending on what's going on in the house or that she didn't have the. [00:15:00] The wherewithal for a meltdown, she might have signed the paper.

Yes. Like I'm not saying like that's the end, you know, that's the end of the line. If you sign that paper, all is lost. So Lynn Lyons calls the worry brain, the cult leader, right? Yeah. And the more you give in to the cult leader, the stronger it gets the more powerful it gets.

So doing things like, for example, my sister has an 8-year-old daughter she found like a snail on her sleeping bag or something when they were camping. And even though they've washed the sleeping bag, her daughter is insisting that she will not use that sleeping bag.

She needs a new sleeping bag. And I'm like, well, if you want, you can get her a new sleeping bag, but. It's not a question about whether the sleeping bag is actually dirty or not. It's her anxiety and you're giving into the anxiety if you get

a new sleeping bag. But like, I'm not gonna judge you if you feel like life is easier.

If you just get a new sleeping bag instead of continuing to fight about the sleeping bag. However, that doesn't help her anxiety. Like getting a new sleeping bag isn't gonna make the anxiety go away. It's actually gonna make it [00:16:00] stronger because the sense of relief that you get when you get a new sleeping bag is so great that part of your brain is going, see, it was an emergency and now we feel so much better because we don't have to use that sleeping bag that had a snail on it.

Right. So in terms of the. The nail clipper thing was not at all. I mean, I guess it could have been a parent's anxiety of why the why they weren't using it, but I just got from that, that the parent was being controlling. Right? Yes. They thought their idea was better than the two year old's idea, and with the permission slip, it was that the daughter was anxious about.

Getting in trouble at school for not bringing the paper, even though her mom had already signed it. So the mom not signing it was a message to the daughter. You can handle this even if you're worried about it. Does that make

Angelika: sense? It makes total sense. But for these situations, for me, are very easy to differentiate.

Yeah. But me with my [00:17:00] son, for example, this morning I made pancakes. And he wanted like, what do you call this? Like one fourth of the like to have like a pizza of slice uhuh and then to have another one on top. And the one that I gave him to put on top, it had a very thin, like, it was broken, but very, like, it was fine, it was just broken.

He had a fit, like, because that one was a bit broken, was not perfect. And I was resistant to give him another one because I feel like that's perfectly fine. Sometimes things are not perfect. Then my mom was there and she said, I take it. I thought, okay, I will just be flexible and accepted. I told him, you know, my position on this.

If it's fine, you usually you should eat it. But for this, I make an exception. Yeah. Because I feel if I give in to all of this, then the next thing is, oh no I, this spoon is not right. I want to sit on the other side of the te, you know what I mean? Okay. So I think there's a

Sarah: difference too, between how old [00:18:00] your child is.

Yes. But being almost four. Mm-hmm. There's so little that. So he has very strong ideas about the Yes. What he likes. Yeah. What he wants. Yes. And he has very low agency for what he can make happen in his life. So, and there are already a lot of things that, so with small children, I mean with all children, but like older children don't tend to be as particular unless it's anxiety.

I guess that's like. A 4-year-old would be very particular about which pancake to go on top, only because they're four and they have strange ideas about things, but like a 10-year-old freaking out about the edge of the pancake is gonna be more of an anxiety thing. So I think like little kids, like 10 year olds have a lot more agency and control over how they are.

Four year olds don't. And so I tend to like bend over backwards a little bit more for a 4-year-old in terms of what they want and their preferences. Like, I wanna sit in this spot, or I want the blue cup instead of the [00:19:00] red cup. Because there's already in life so many things that we can't change that, you know, we can't change that they have to wear a seatbelt or, do you know what I mean?

Yes. Like there are enough things in life for a 4-year-old that. We are gonna have to say no about just because they're four and it's safety or, you know, things that are impossible. And so I feel like being flexible about it and I don't wanna waste food. So I think that might be part of it. Say, you know, you were willing to eat the pancake that he didn't like, or your mom was, or the baby your the baby brother, and you could give him a different one, great.

But if those were the only two pancakes, and it would mean throwing that one out to. Nobody else wanted it, then I might set a limit about that. I might be like, you know what, there aren't any other pancakes. Nobody else is eating pancakes. If you want another pancake, this is the pancake, you know, with a lot of, but if everyone else is eating pancakes and you could give them a different one that is more liking, go for it.

Okay. So [00:20:00] I think it's a matter of like. A 4-year-old versus a 10-year-old. And is it anxiety or is it that I'm four and there's very little I can control and I have very particular ideas about what I want and I don't have much control over my life. Versus a 10-year-old who is much gonna be more like you know, anxiety driven things like a, you know, the snail on the sleeping bag.

Angelika: I get your point, but with him it can get out of hand. Like at some point it was like he wanted to control how I sit. Like I was not allowed to cross my my, my legs or, and then that's, and I would

Sarah: say if I were you, I'd say I don't like other people trying to control my body.

I wanna control my own body. Just like you wanna, that's what I called you. Yeah. Just like you wanna control your own body. So I think it's really a case by case. Yes. How is it affecting? How is it affecting other people? Like that's always what we think about when we set a limit, like health or safety, or how does it affect community [00:21:00] or property?

You know, like those are all things to take into consideration and you don't need to say no to everything, to say no to some things to help him learn that you are not gonna do every single thing.

Angelika: I had the thought maybe also to give him more agency. Why did I choose the pancake? Why did I not hand him over?

Like the plate Yeah. So that he could choose his own. Yeah. Then I would avoid this, then I would not have the conflict. Right.

Sarah: Yeah. That

Angelika: would be, I love that.

Sarah: And I guess if you have a child who is really wanting to control a lot of things, maybe it does need mean that he needs more more agency in general.

And more choices and more like where can you give him decision making, you know? Okay. So Alfie Cone. Has a great quote and it says that children should have the power to make decisions that make us gulp a little bit.

You know, like shouldn't [00:22:00] just give them choices about things that don't matter.

And of course, like we're not handing over health and safety decisions to them but like, you know, where can you actually give him real choices about things? Okay. Thank you. And that's also, I mean, it's such an art, right? But that's where I think we think really think about collaboration.

Angelika: You know? No, I think you. Your point of there were other pancakes. It was not, that was the last piece of pancake. Yeah. And the the other option would've been to make a new dough, you know?

Yeah. Yeah. And make totally new pancakes. That was not the question. There were other pancakes available. Yeah. And and that's why I gave in the end, I think. So, but yeah, thank you for differentiating this. And I found, and I also make

Sarah: another point too, is if we're always holding the limit around things that don't matter like that, like, you know, because we want them to learn to accept limits.

We are powerfully demonstrating being inflexible. Yes,

Angelika: exactly

Sarah: right. But for me,

Angelika: I guess it's not about holding the limit, it's more [00:23:00] that I feel like when he's stressed, he tends to. He feels uncomfortable and his fix or the uncomfortable feeling is trying to comfortable stuff. Yeah. So, and I don't,

Sarah: so maybe address the uncomfortable, maybe you would like, get him laughing, you know.

Get him laughing. Give him some snuggles. See if you can help him with the stress feelings. Yes. In another way. Yes.

Angelika: But that's why I am holding back on giving in to everything. Yeah. Because I feel it's not really fear, it's more not. Yeah. Wanting. Having a not so good solution for dealing with uncomfortable feelings.

Yeah. That's why I'm a little bit holding back. It's not that I like want to be, but I, you yeah. I think giving him agency about choosing which pancake he can take is also in a positive way. A way to deal with his stress. Yeah. The other thing

Sarah: to think about,

There are other parenting experts out there who talk about holding a limit when you know your child has a full [00:24:00] emotional backpack, and that they need to cry to release the feelings that they are, um, that they're, that are stuck inside them.

And they might say something like, hold the limit about the pancake, and then your child cries and empties their emotional backpack.

I don't agree with that. Like I feel like that's artificial and it's arbitrary and kids can kids understand that it's arbitrary? Yes. And I always think if you know that your child needs a meltdown and you give into something like, okay, you can have a different pancake. There's gonna be something else in five minutes.

True that you can say yes to and you can use that true, right? Yes. I think being arbitrary with kids is really poisonous. Yes. Through the relationship because they know when we're being arbitrary. True. Yeah. Thank you. Yeah. You're welcome. Thank you very much. Yeah, you're welcome.

Okay. Thank you. You are welcome. Okay, , does anyone have any comments? I mean, that was a actually a lovely, juicy conversation that we just had, Angelica, so thank you for bringing that up. I love like teasing [00:25:00] these things out, right? Because it is more of an art than a science.

At this point, another member jumped in, but she didn't wanna be in the podcast. I'm just gonna paraphrase what she said, uh, so that we can have the full conversation. She said she was glad to hear me say that because she worried that she was too flexible with her child, and

she felt like it was necessary to be flexible because. That her child was very strong-willed and very complex and already had a hard enough life, and she didn't wanna add to making their life harder. So she was often very flexible about things such as the pancake. She said she might eat it herself or something like that if the pancake wasn't right.

Speaker: I

Sarah: love that. And your child is extremely strong-willed, and so there are gonna be a lot of things that you can't be flexible about. Yeah. Yeah. And those are enough practice to learn to adapt and learn to handle disappointments. And empty the backpack. We don't really have to create moments for that.

If we had to err on the side of, so, so the research about authoritarian versus permissive [00:26:00] parenting permissive parenting isn't nearly, and I know those are the extremes of what we're talking about here.

But permissive parenting is not as damaging as authoritarian parenting. And I feel like more, if you had to say you couldn't walk that perfect line down the

middle of being too flexible or too inflexible, I think being too flexible is a lot less damaging than being too inflexible.

The member then added that she had a mother who was very permissive and very loving, and she really appreciated how her mother was loving. And she also felt though that her mother was too permissive and. Through this conversation, what she was realizing was that it was, that her mother was depressed and that she, she, the member, felt like her mother didn't give her enough guidance.

So it wasn't that her mother was too flexible, that didn't feel good to this member when she was growing up. Uh, that that bit, the, the flexibility and, and lovingness felt, felt wonderful, but she felt that her mother was. Because she was depressed, she was too hands [00:27:00] off, and that made the member feel a bit alone when she was growing up.

So that was part of why she was a little bit worried that that being flexible wasn't good. Okay.

Speaker: Yeah, I do understand what you

Sarah: mean. Yeah. So, , it was maybe that you felt she wasn't as involved in the dis in the thinking about it. Yeah. Yeah , because I think that really resonates too in terms of like some parents are permissive because they're overwhelmed and they can't deal.

And I think a kid that would feel scary to a kid, like it would almost feel like they don't care or they can't take care of

me

And here the member agreed that it did feel like her mother couldn't take care of her.

Yeah. And I think if you're permissive because you've thought about like, I just wanna be like really flexible with my kid. That's going to be a different thing than being permissive because you're too overwhelmed or depressed Yeah. Or whatever, to be able to pay attention to the, what you're saying.

What you're being [00:28:00] permissive about.

And then our member noted that it all comes down to be aware and conscious of the big why about the decisions that you're making as a parent.

Sarah: A great conversation. Anyone else wanna add to that conversation I see Angelina welcome.

Jessica has a question and then we'll get to you, Angelina, if you do have a question.

Jessica, can you talk now?

Jessica: Yeah, Angelina can go ahead. I'm in the, I'm eating lunch right now. Okay.

Okay. I was gonna

ask if there's time, but she can go. Do you have a question, Angelina?

Angelina: Yeah, I do. Okay, great. Hi, how are you? I am good. I'm doing good. How are you?

Sarah: Good. It's nice

Angelina: to see you. Hear you, I guess. So I have my daughter is five and a half and my son is three and a half. And I've been trying to work on your, like your sharing. [00:29:00] Module kind of thing with them.

Okay. So like they don't have to share things that are really special for them. Uhhuh if it like, is kind of like belonging to the house, then they, you know, right. Yeah. Then they can take turns when they're done. When they're finished. Yeah. So my thing is that they, what I'm having trouble when one of 'em has the other one's.

Like toy, you know? And so, and they won't give it back.

And you know, of course, like, let's say my daughter took my son's truck and

And say, did you know, ask, say, can I have that back please? And so he asks her and she's like, no. So then I'm like, do I take it from her? Right? So

Sarah: I would say to her oh, you know, that's, sorry, I forget your son's name.

Ezekiel or Zeke, that's Zeke's truck. He's asked for it back. Would you like to give it back to him or do you wanna give it back to me and I'll give it to him? [00:30:00] Because then you're giving her a choice at least. And sometimes it's easier to give it back to you than it is to give it back to him. And you could even say, do you wanna put it down on the table or do you wanna give it to me or do you wanna give it back to him?

Angelina: Okay. Okay. Yeah,

Sarah: because then she's not like the direct, give it back to him. Is like setting up a little mini power struggle of him winning.

Angelina: Okay.

Sarah: And then if she says, I don't wanna do any of those things, I would say, oh, I get it. You're really wanting to play with his truck. At the same time.

Remember, in our family, and maybe you've already done this, remember in our family we always get to, we get to be in charge of our own things. You know, when you have, when, if Zeki has one of your things, I always support you. And if you don't want him to play with it member and just try to appeal to her sense of like empathy and justice if you can.

If that doesn't work, I would say, well, this is a real problem. You know, Zeki wants his truck back. [00:31:00] And in our family, you know, we have that rule we just talked about. What do you think we could do to solve this problem? So basically I'm like trying to think of a whole bunch of things before taking it back from her.

But in the end, if she's not giving it back, I would say, you know what, sweetie? I'm just, I've gotta take it from you. And even though I don't know, obviously that's like the last resort, but I think keep it is gonna send the wrong message.

Angelina: Okay. Yeah, that makes a lot of sense. I haven't tried giving her a choice of, yeah.

Giving it to him or to me or, yeah. Or putting it out

Sarah: on the table. Or you could even get creative and you could say like, oh, this is actually a nothing I've ever thought of before, but maybe this would work. You know, the game like cold and hot game.

Angelina: Like, or you,

Sarah: like if you hide something and then someone's trying to find it and you say if they're getting hot or cold, if they're getting close to it.

Angelina: Oh, yeah. Yeah.

Sarah: And if they're getting far from it, it's cold. So you [00:32:00] could say, oh, I have an idea. Let's play a game. You hide that somewhere in this room where we are, and then we'll play hot and cold until till we can find it.

Angelina: Okay. Oh, that's a good

Sarah: idea.

Angelina: She would love that.

Sarah: That kind of, it just, it's a really easy way to get outta the power struggle and kind of, it would be fun too, right?

Yeah. But basically and then also the problem solving and see what she says. And I guess it's possible that she could say something that Zeki would agree to.

Like maybe she could say like, I'll let him use my blah, blah, blah. Yeah. I mean, I imagine it's not really about the toy, but you never know what she could come up with.

Angelina: Yeah. Okay. Okay, cool.

Sarah: Yeah and also, I was gonna say, somebody else came on the line once like last month, who came on the call and they were saying that the long turns were causing a lot of havoc in their house. And they had little ones also. And

I said, you know, if long turns are causing like a lot of havoc, it's not going [00:33:00] to kill everything.

If you set a 10 minute timer

Angelina: Yeah. Like,

Sarah: if it's working great, but maybe it's something to work towards or maybe it's, you know,

Angelina: I don't know. Okay.

Sarah: Like, like I did time to turns with my kids and they're best friends now. So it's obviously not gonna like, ruin everything.

Angelina: Yeah. And then also about like, when they're saying such mean things to each other, you know, and I bring up like our family rule is, you know, we are, we're kind to each other.

I also say like, we're, our words can either hurt people or help people. And in our family, we wanna help people with our words.

But that doesn't,

Sarah: well, I mean, I would try and model something else. Like, so I would say, I hear you're really upset with your brother or your sister, whatever whoever it is.

You can tell him, you can tell 'em how you feel without attacking.

You

can tell [00:34:00] 'em how you feel without, using unkind words you could say, and then I would say whatever it is that like model it.

Angelina: Okay, I can do that. So

Sarah: I would just, you know, say something and I would lead with empathy.

Like, oh my goodness, you must be so upset to be saying that I would say, you know, oh my goodness, you must be so upset to be saying that. I hear how upset you are. At the same time you can tell your brother how you feel or you can tell me how you feel. Maybe not, you know, I don't know.

I generally think if we have a five-year-old, we take their mean language. But you might wanna, this might be something you work on with the siblings but you can tell me how you can tell him how you feel without using unkind words. What do you think you could say? Or you could say this.

Angelina: Okay.

Okay. I could do that.

Sarah: And definitely the leading with empathy part. Like you must be so upset to be saying that.

Angelina: Yeah. Okay.

Sarah: Hello, Jessica. You have a win? Yes. Hi. So my win is, uh, I'm Jessica. [00:35:00] I have a 4-year-old son and an 8-year-old daughter. And my win is, he was, um, having a hard time yesterday. Uh, he, he had, um, he had his dad's phone and he threw it on the floor. And he went into his room and he started dumping all his toys out after we had just cleaned them up.

Jessica: And typically I don't care that his toys are all over, but I had specifically cleaned them up because I had the cleaner coming to the house. So we cleaned up all the toys and then he goes and dumps 'em. And you know, I was like, Hey buddy, you gotta help us clean these up. And he's just like, no. And I was getting really, really frustrated and like the thoughts of.

I want to hit him so bad, like, I know this will stop. And you know, he's got little plastic bins that we put all his toys in and I was like, I could just pop him on the butt, he'll cry, but he'll, you know, he'll start picking up and he'll do what I want him to do, but I didn't. Um, it was just like a thought that kept going through my head and I knew that, yeah, I knew that this would be like a safe space to share that because, you know, obviously, um, it's not, [00:36:00] um, I guess.

I don't know. I guess I feel uncomfortable sharing it around like other people. Um, one of my friends, she spansks her kids all the time and it's like, no big deal. It's just common. But, you know, I don't, um, and I don't, I just let it go. But yeah, I didn't, even though I really wanted to. Um, but I wanna say like, also, like, I didn't feel like.

Like typically before, like I would feel like this heat rising in my body and I would feel like super triggered, like really tense. Like I didn't feel any of that, but I, I knew I was triggered because I was very frustrated. So maybe something I'm doing is working that like my whole body isn't taking over.

Right. It was a little, it was a little milder than maybe typical. Yeah. Yeah. But definitely like the thoughts of. I wanna hit him. I wanna smack him. Just because, like, I knew that would make it stop. I knew it would make it stop

because he's like, no, I'm not cleaning up. I don't wanna do that. But I also, like, I got the think, you know, as I focused on like, okay, focus on the cleaning, focus [00:37:00] on the cleaning.

Like, not him. So, you know, I cleaned everything up, my husband was helping me again and then I was like, you know what, buddy? We're gonna go to bed 'cause you're really tired. And he really only, um, I don't force him to take naps on the weekends. He takes 'em during the week, um, at daycare, but I don't force him on the weekends unless, you know, he was.

When he gets like really whiny and cries about like every little thing that happened, like, oh, you stepped on my toe, or, oh, you took this. Or just like everything. Like every single thing. He was crying and I was like, I think he's tired. Sure. And you know, it took about 30 minutes of Nope, we're gonna lay down.

Nope, we're gonna do this. Like screaming, crying. I don't wanna do this. I'm not tired. I wanna go play. Let me see Daddy, I want daddy, I want mommy. I want this. Just, you know, everything under the sun. He finally, you know, relaxed, calmed down, fell asleep for two hours and, you know, was fine after still. Yeah.

He must have been tired if he slept for two hours. Yeah. Still like, you know, kicking, hitting all of the normal stuff he does that we're working on. But yeah, he was, uh, he was not like, just [00:38:00] completely, you know, I guess wild. So good. I was, I was glad that I did not resort to that because I knew that I would've felt like immediate shame after it happened.

Yeah. Like it's immediate. So I didn't, I did not. So well, it's, I'm part of myself for that, whether it's yelling or spanking. I think everybody, in times when, um, things are tricky and you know, your kid's being challenging mm-hmm. It's hard not to resort back to how you were parented. Right? Yeah. Even just like the cultural norms, because spanking is still like super common in the us Yeah.

Sarah: Mm-hmm. Alaska, GE saw was like 70% of American parents make their kids. Yeah. So, you know, you see it around you. Um, it's, it's shown as normal and not harmful. And I think you said you were, you were spanked growing up, right? Yeah, yeah, I was. It's hard, it's hard not to revert back to that. So good for you that you, didn't you Yeah, and also I think there's [00:39:00] probably a conscious thing of like, ugh, it would be so much easier if I could just yell at him or spank him and get him to do what I want, right?

Like the control aspect. Exactly. Yeah. Like what went through my head was like, I know that I could get him to listen if I did this, because it would sh i, I mean, I guess essentially shock him or scare him enough that he would Yeah, he would start crying and he would do exactly what I, what I'm asking him to do.

Jessica: Yeah. But I, they're so like, that's exact, the exact thought that went through my head. Yeah. Yeah. Because kids are so desperate to stay in their parents' good graces. Um, and when, when they get scared, then they'll often do stuff to try to do what you want so that it doesn't, a bad thing doesn't happen again, you know?

Yeah. Yeah. So that was Oh, good. You? Yeah. Thank you. Mm-hmm. It was rough.

Sarah: Let's take a quick break to hear about the Yo Oto player. Yo Oto is a new sponsor of our podcast. I only promote products that I really believe in, and yo Oto is a great product. I wish they were around when my kids were growing. Yo Oto is a screen free audio player for kids. It uses physical cards to play [00:40:00] stories, music, podcasts, and other audio content, encouraging independent listening and play.

You can buy the cards for your favorite books from the classics like Charlotte's Web or Raw Doll, or newer books like Captain Underpants. You can also make your own cards of podcast stories or music from MP three files. Yto also creates original content like radio and podcasts for kids. The possibilities for listening are varied and endless.

Yto also features a nightlight and okay to wait clock and other functions like white noise and an alarm. It's not connected to the internet, so kids can't go where you don't want them to go, and no one is listening in on them. And did I mention it screen free? I learned about Yto from Corey. Here's what she says.

The Yoko player is by far my favorite parenting tool that I've ever purchased, and I recommend them to everyone who has kids. They're an amazing screen-free audiobook player that have been an absolute lifesaver for teaching my kids to play independently. Both my kids carried their Yoko players around the house, listening to books while drawing, doing Lego, and even relaxing in their [00:41:00] rooms before bed.

We also take yo Oto players everywhere with us, short or long car trips, sporting events, restaurants, and even doctor's appointments. On a recent vacation, their yo Oto players got them through an eight hour drive and were used every

evening in our hotel to help my kids relax. After very busy days, yo Oto has an impressive and ever-growing collection of books you can buy and have absolutely helped inspire a love of reading in both my kids.

Thanks for the firsthand recommendation, Corey. And I also just wanna highlight that you don't have to buy their books. You can buy blank cards and record your own content. To learn more, visit [reimagined peaceful parenting.com/yto](https://reimaginedpeacefulparenting.com/yto). That's [reimagined peaceful parenting.com/yto](https://reimaginedpeacefulparenting.com/yto) YOTO. I hope you check them out and I'm just so happy to have them on as a sponsor for the podcast.

Let's get back to the podcast.

Jessica: Um, I guess I do have a question about my daughter. So summertime, she's eight. It's summertime and it's just, I don't know, I feel like it's [00:42:00] just, so, just, there's no schedule. I mean, there is a schedule, but it's just so like loosey goosey I guess.

What to your, um, what's your childcare situation? So they, so Miles is still in daycare. Um, for now, he's got till the end of next month and then he starts school. When she starts third grade, he'll go into pre-K, so he'll be there and then they go to the afterschool program. Um, it's basically just a daycare for school aged kids, you know, at the school and we pay for it.

Um, but right now there's two different options. . It's called like a camp, but it's not really a camp. It's basically, again, a camp for big kids at the school. They'll go, they'll go swimming twice a week. They'll go to the movie, you know, the local movie theater once a week.

So they do different things. Um, and that's pretty fun. Then there's another option that is, I guess they call it like a camp, but basically again, it's just a.

Um, it's just a big kid daycare where, you know, they, and they do go different places. So it's, she can go to either one of [00:43:00] those places. Um, so it just depends on like what she, we give her the choice, like, do you wanna go to this place or this place this week?

So we give her that choice.

So you gotta choose per week and you can, she can change every week. So yeah, like, okay, so what's feeling, so what are you

Sarah: saying?

Jessica: What's feeling part about? Um, so she. So I always told her, like during the school, it's like no sleepovers, no play dates on school nights. We're just not doing it. It's too busy with school and getting home dinner, all this stuff.

It's just too busy, too much going on. So now that it's summer, every time she leaves her, she still does dance during the summer, she's like, oh, I wanna have a play date. And I'm like. She's like, well, and I was like, well, she's right. There's not school and everything, but you know, it's six o'clock at night and we still have to work because you, you, nothing's changed for you.

Like you still have no,

Sarah: still have work every day. Yeah. So I think, I think it would be totally reasonable to say like, during the week we're not, we're still not gonna do play dates or sleepovers 'cause it's just too late and, you know, yeah. I've gotta get up. Your dad's gotta get up. [00:44:00] Um, and like mm-hmm.

Let's plan something for the weekend. Yeah. Right after say, no, we're knocking out a play date today. Which day do you wanna have it on? Saturday or Sunday? Like, let's plan something. Yeah. Or maybe that's good idea. Friday after daycare. Mm-hmm. Saturday or Sunday.

Jessica: Yeah. So we did, I mean, we talked about it. She yelled at me, she swore at me, she told me to shut up.

And, and those moments, I always wanna like, say something back, but I, I don't, I just shut up. I just am like, okay. And then. She usually gets over it and comes to talk to me. I think it was that day she was just hungry and then literally as soon as she ate dinner she was fine. Um, but yeah, those moments are always really frustrating 'cause I'm like trying to, trying to reason with her and tell her like, like explain to her.

You've, we can do it on this day and this day and this day, but just the days that you have dance, you get out at six o'clock, like it's time to, you know, take a bath and mm-hmm. Just be with family, I guess. So it's, yeah. It's just so hard trying to [00:45:00] explain it to her, but Yeah. Well

Sarah: it might just been, the timing is wrong.

It's so funny 'cause after office hours, Corey and I are taping, um, a podcast and the topic is. Um, w uh, what, when you shouldn't say anything as a parent. Okay. I'll wait for that one. Parents.

We're gonna talk about is like when your kids, you, you know, you can't explain every anything when they're, um, when they're upset,

Jessica: right?

Mm-hmm. Yeah. I actually did that yesterday when I was, when my son was like. Trying to put him to sleep for his nap. 'cause I knew he was tired and he just kept saying, mommy this, mommy this, mommy this, mommy this. And I just, you know, at first I was like answering him and then I remembered, I was like, I should just not say anything at all.

And so like, I would just say every time he asked me something, I would just say, it's time for bed. Your body needs sleep. It's time for bed, your body needs sleep, it's time for bed. Like, I stopped engaging because yeah, I realized that that's, he was just trying to delay the process. So, yeah. Um, but a lot of the times I'm like, Ugh, it's so hard, especially with my daughter [00:46:00] when she swears at me and, and tells me to shut up.

It's, I don't know, I guess it stings a little bit coming from her. Mm-hmm. Because she know, I mean, she knows what she's saying, but in that moment she's just really frustrated. So.

Sarah: Well, um, it's funny 'cause Sophie Sophie's on the call. Hi Sophie and Hi Calista. And last week Sophie was saying that um, her son was having a meltdown and he.

Had said to her, like, finally he, he was like, I'll come with you if you stop talking. Or he might have even said like, yeah, in a ruder way, but she Yeah. Said, was that okay that I did it, that I didn't, that, you know, I think it can be hard when it feels like our kid, my point is it can be hard and it feels like our kid is ordering us around, like, yeah.

You know, stop talking, shut up. It feels like, well, I can't, you know, they're, you know, they're being rude or I can't, I can't do that. Mm-hmm. They're telling me to. Yeah, but I think it's to stop talking and it's a good thing to stop talking.

Jessica: Yeah. So should we address that like later on or just kinda let it go?

Because we know that they know better. [00:47:00] Like, 'cause I know that she knows and she doesn't do it all the time. It's just when she's really frustrated. Yeah. It's like, is that something I should address or just kind of be like. I know that, I know that, you know how, how you talked to me earlier wasn't, wasn't okay.

Mm-hmm. And you know that, right? And she would probably say something like, yeah, I know. I'm sorry I was having a hard time. Or, yeah. You know, something like that. Because sometimes she will, I would say. Probably like 80% of the time she will come to me and apologize, mom, I'm sorry. Or she will come and apologize.

But there's sometimes that she doesn't, so I know that she knows.

Kalista: Yeah.

Jessica: It's just that like, should I address it or should, should I kind of let it go? Because I know that she knows or Well, if, I don't know if she apologize

Sarah: to 80% of the time, I'd say you'd probably don't have to address it.

Jessica: I mean Yeah. Yeah,

Sarah: she does.

Yeah. So I was just okay about that. Um, it could be, you know, sometimes it could be that, that. She just, you are talking too much and maybe experiment. Yeah. Like trying to stop talking earlier so you don't get the shut up.

Jessica: Yeah. You're probably right. I probably do. 'cause I think I'm [00:48:00] trying to like reason, like get her to understand and like you've said before, like there's no, that's not gonna happen in, in a triggered moment.

So Yeah. I need, I probably do. So I can't wait for your podcast to come out. I need to listen to it. Thank you.

Kalista: You're

Sarah: welcome.

Kalista: Lunchtime, um, yes. So, um. I just wanted to kind of, um, ask, I'm sure, um, you have thoughts about this. So my daughter, Olivia, um, swear, hi everyone else. She's two and a half. Um, she, um, I don't know.

We've had like this warning struggle have been really, really hard, but obviously it's just part of, um, part of I think the stage of relevance, pushing, knock on a lot of things and wanting like. Things to know exactly her way. Uhhuh. Um, this weekend I started trying something. I am just curious if, if you, you've done this or if you've heard of other people.

Um, it, so far [00:49:00] it's been like a day, but it, it, it seems like it's working a little bit. Um, I was trying to be very al about like giving her time to kind of like boss me around. Mm-hmm. Um. And I don't know, it seemed to kind of like work, like she meet, got out her B leader. Yeah. Um, so I don't know, like, I just wanted to kind of like ask you that in like a specific strategy that you knew before.

Um, or if you have any like, thoughts about how I can sort of talk to her about it. I didn't make it a big deal. I just like went along with the play, but it kind of, I don't know, things were like a lot easier. Um, so I was just wondering if maybe like, it helped.

Sarah: How did it look like? Like what did it look like?

How did you, how did you go about it?

Kalista: Um, it just, I mean, it was nice because it was the weekend I didn't have anything to do. So like I, I, I was thinking about it and then like, she kind of started to like, do this play. [00:50:00] Um, and she just was like, no, put your leg here. No, but your arm here. No, we're gonna do this this way.

No, say that, say this. And I was like doing every single thing that she wanted. You need to do and like just letting her like step on me and like do whatever. Um, and I usually don't, I usually don't do that. So like, yeah. I think it harder surprising that, um, she would like on being allowed to like kind, know, step on me and like be the boss kind of thing.

Yeah. I mean,

Sarah: I think that sounds great. I'm just trying to like, I, I feel like it's something that. Um, we talk about in terms of like letting your children lead you and play and like doing, you know, I was thinking, I think we actually

specifically talked about it in one of the podcasts I did about, there's a book, um, the PI think it was called The Power of Play, and one of the authors is Tina Payne, Breon and Georgie, Georgie something, I forget her last name, [00:51:00] but Georgie was on the podcast and we, and that's one of the things they talk about in their book.

Is just like letting your child direct you and play and, um, and how that's really good for them. And, and, you know, I wanna say fine, but I also wanna say like, more than fine. Like, it's good. And it sounds like in your case it's good. Like it let her feel like in charge. And, and I think that we wanna just make sure that it's, um, it's just the, it sounds like you were doing this, but you, because you were doing it in play and the balance is that.

We don't want our kid to ever feel like they actually have to be in control, right. Because we are not in control. So, I mean, in control, I hate that word control, but do you know what I mean? Like, like we wanna make sure they don't feel like we're like, oh, I don't, you know, in like, in a reality of like, we're overwhelmed too much or, or, you know, um, that we don't, that we're not being a strong leader.

But this doesn't sound like anything like that. This just sounds like you guys were goofing [00:52:00] around and playing and she was ordering you around. So I would even maybe lean into it even more so that it's much more obviously like a play thing. Like what do I do now? Should I put my leg here? Like, like even just like leaning into it.

And there are also games that, that I am, I've, that I, I don't think I made these up, but I suggest like, you know, have your child pretend they have a remote control that makes you do things. You know, like those are great. Um, so I think it. I don't see a single problem with it if, and I think that, that if it helps her and you're happy to do it, and I, and I think in fact sometimes we err too far in the opposite direction to feel like we shouldn't do what our child wants us to do because we're afraid that it'll feel like it feels uncomfortable to us to let them, like, quote bosses around.

But I actually think a lot of times we're just like being flexible and trying to be, um, trying to be considerate of. What they want. [00:53:00]

Kalista: Yeah. I think it's just, it's so new, so I don't know exactly how she will react, but I, I'm just kind of like thinking maybe I'll like try and frame it for her and like, we can do this for 10 minutes, like after school or something because, um, I'm not gonna always be able to do it for like forever.

But I do feel like. She, we are, we've noticed like, well, how didn't I have noticed? But we are just doing a lot of like, no, don't do this. Don't do that. Don't throw that, that doesn't like come in your mouth. Like it's just on, it's like constant. And a lot of the times like we need to keep telling her, you know, don't put that in your mouth and don't do in that.

But at the same time it's like we are very aware that it must be super, it's always getting, getting blocked. Yeah. Yeah. It's always getting

Sarah: blocked. Yeah. Yeah. No, I get that. And I think you could, you could try to, um. Don't put that in your, you know, that's not for your mouth. You could put this in your mouth if you wanna put something in your mouth.

Like, if you can, you probably do that already, [00:54:00] but tell her what she can do after you tell her what she can't do. Um, and, uh, but I think it sounds great what you're, what you're doing. Welcome. Yeah, thanks. Let's know, let us know how it goes. Yeah, I would thank you. And you could, and you could get like, really playful with it, of, um.

If she would like it, you could like do the wrong thing and then, um, like say you're broken, you know, like you're a broken robot or something like that.

Kalista: I don't know. Mm-hmm. Yeah, she's obsessed with Bluey and there's like a episode kind of like that, so maybe she got the thing. Yeah. Great.

Sarah: All right. Thank you.

You are welcome. Okay, thanks. All right, everyone. Have a great rest of the week. Bye. Bye.

Kalista: Bye. Good to see.

All right. I hope you enjoyed a little peek inside of the membership office hours. It's really such a wonderful community. It's my favorite part [00:55:00] of the work that I do. I love the membership. I love being able to talk to you all a couple times a week. So if you'd like to join us.

Just visit [reimagine peaceful parenting.com/membership](https://reimaginepeacefulparenting.com/membership), and if you have any questions, feel free to reach out to me and hit me up with your questions. You can join for a month and see what you think. There's no commitment past a

month. It's a month to month membership, and we would love to have you inside the membership.

One of my members said, it's like having a parenting coach in your back pocket. And I'd like to add, and also a community of people who really get it, who are on this journey of peaceful parenting with you. Again, go to [reimagine peaceful parenting.com/membership](https://parenting.com/membership) to sign up and let me know if you have any questions.

Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform and leave us a rating and review on Apple Podcasts. Remember that I'm rooting for you. I see you out there showing up for your kids and doing the best you can.

Sending [00:56:00] hugs over the airwaves today. Hang in there. You've got this.