

Episode 18. Kids and Family Values

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SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian

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- K** Kira Dorrian 00:02
What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting?
 - D** Deana Thayer 00:09
I'm Deana Thayer,
 - K** Kira Dorrian 00:10
and I'm Kira Dorrian.
 - D** Deana Thayer 00:11
Welcome to Raising Adults, a podcast about Future Focused Parenting.
 - K** Kira Dorrian 00:16
Well, hello, listeners. Happy New Year and welcome to season two of Raising Adults. We are excited to be back with you. We have a very exciting season ahead. Lots to look forward to. And today we're going to talk about family values, which is a really important thing to have when you're a Future Focused Parent, but also really ties into the exciting

thing that we are going to start offering our podcast listeners. So I'm going to let Deana talk about what that is. And then we'll talk about a few little admin-y things and then we'll move on to talking about family values.

D

Deana Thayer 00:49

Perfect. Yeah, we are really excited about today's episode because it's so foundational to everything we do. Basically family values are your why and what we're launching and rolling out this year is attribute of the month. So we will be able to send to you, to everyone who registers to receive this, a character trait to focus on for the month, or one that you can just learn about and talk about with your family. And it is so comprehensive. I'm so excited as I've seen the draft of it ready to go, we're including the definition of this attribute, we're including a quote around it. We're including resources such as a book you could read with your children about this character trait, ideas for modeling it to your children, things you can talk about as you parent, I mean, it's pretty comprehensive, and I'm really excited about that. Additionally, we'll have some extra suggestions for faith-based listeners if they want to have books that more match that paradigm or a scripture etc. So it's really beautiful, and it's gonna dovetail so well with the fact that every time we launch an episode, we're talking right at the top about our why. Your family values form that and we want to help people think about what their family values might be. So it's going to be super easy to sign up to receive this. And it will just literally come to your email inbox. And we're super pumped. In fact, the January one is ready to go. And I'm, I don't know, I'm just pretty over the moon about it. We've had a lot of overlap in our own family values, Kira and I, which you'll get to hear about in a little bit, and so we're excited to share with our listeners.

K

Kira Dorrian 02:24

Yeah, so if you are interested in receiving the attribute of the month, it is ready and available. It goes live today because our season two goes live today. It's totally free. We just wanted to offer this to our listeners. And we wanted to give you a year of values to think about. Also because Deana and I often talk about slowly implementing change, we thought it would be really cool to just be able to dive deep into one value each month and be able to integrate it into your home. So if you're interested in signing up, you want to go to futurefocusedparenting.com/shop. Now, it occurred to me to me when I was talking with someone the other day that some people might think that our website is futurefocusparenting.com without the E-D. It is not. There is an E-D. So if you've been emailing info@futurefocusparenting.com and we haven't replied, it's because that doesn't exist. So you want to go to futurefocusedparenting.com/shop and it will be the first thing in the shopping section for you to look at and sign up. And as I said, it's in the

shopping section, but it is totally free.

D

Deana Thayer 03:31

Perfect.

K

Kira Dorrian 03:31

Yes. Now in other exciting news, Deana's and my books are live. They are available on amazon.com for purchase, you'll also be able to link to them through that futurefocusedparenting.com/shop page. And they are workbooks. So we're going to talk just a smidge about each of our workbooks and if they're of interest, either for you or for a friend, they kind of go nicely together. So I guess I'll go first because mine kind of comes first...

D

Deana Thayer 03:57

chronologically... Right. And I've mentioned this before. So I have a workbook for expectant couples who are most likely expecting their first baby. Or perhaps if first baby didn't go so well between them would be looking at maybe having some better strategies. And the workbook is really designed to get them thinking about how they're going to function as a team, to continue to build and strengthen the team part of their relationship, also thinking about their family values, and then thinking about some of the basic needs that just naturally get compromised by having a baby. How is everyone going to shower? How is everyone going to get to the gym? How are we going to work together as a team to meet each other's needs so that everybody feels loved and cared for? And like they're getting those basic needs met? And then in the last section, we go into some future stuff looking at how are you going to discipline? How are you going to talk about the big issues? So there's just lots of cool stuff in there and it was trialed with a bunch of couples and they had really great feedback. So that is now available on amazon.com. It is called Future Focused, E-D, Parents-To-Be. Future Focused Parents-To-Be: Planning Beyond the Birth. And so if you either put in my name or put in Future Focused Parents-To-Be. Parents hyphen, to hyphen, be, it'll pop up in Amazon. Deana? Let's hear about yours. Well, you could, just like Kira said, buy these actually together for someone you know in your life. Or maybe it's yourself if you're expecting because that first one has some great questions to be thinking about in advance of baby coming. And then my book is really about some strategies around infant sleep. So as our listeners know, I'm a sleep consultant. And I have just found some pretty tried and true principles over the years and it's become really important to me to train around principles rather than prescriptions. So rather than saying it has to look this certain way, and anyone who's researched infant sleep knows there's

plenty of methods out there. Oh, you got to do this. You got to sleep train, or you got to just do demand feeding and let your baby sleep whenever, and this is not that way. It's not a method. It's a model. It's some principles you can think through. And it's super easy because it spells an acronym and it spells the word infant. So my book is called Future Focused Sleep Strategies: The I.N.F.A.N.T. Model, and it's a workbook as well. So at the end of every chapter, there's questions to think through about how you would apply that certain principle, maybe that letter of the acronym. And what I love about it is I'm already hearing feedback that people are using this model to do sleep in totally different ways. So it's showing me that it truly is accomplishing what I was hoping and that is that it's not a prescriptive method. It's a model for thinking about sleep. But truly, if you follow these principles, it works. I've had people have better sleep in less than a week so it can really get babies sleeping better, which we all know means then the parents are sleeping better too. So they really are great books to have as a tag team, actually.

K

Kira Dorrian 06:55

Yeah. And what I really love about both of them, I mean, and this is just because you and I are so similar. So of course we would write our workbooks similarly, but they're really workbooks. They're not us talking at you, and going on and on for pages. It's really for you to engage as a new parent or as an expectant couple, to look at these questions that we present and really get to hone in on what matters to you, what are your values? How do you want to parent? It's all based in that future focused strategy that we, that we talk about all the time.

D

Deana Thayer 07:26

Well, and let's be honest, if you're a new parent, or even if you're at the tail end of pregnancy, who has time to read this gigantic 300 page tome on philosophies? So what I love about both of our books is not only that they're workbooks and they're interactive, and they're short, they're really accessible. I mean, you could read them in a day or two easily, even in between nursing sessions. But what I also love is we move so quickly from the philosophical to the practical. So yes, you're going to get ideas about why this stuff works. But then we're going to move right into, here are the tools.

K

Kira Dorrian 07:54

Yeah, exactly. So they do make a perfect gift for an expectant couple. You could buy both of them. So they have one for before baby's born and one for dealing with sleep once baby's born, or if you know a family that have just recently had a baby, it can make a great gift too. So go to amazon.com or go to our website. Again,

futurefocusedparenting.com/shop. Okay, last bit of exciting news. We are being published today on a very big blog called powerofmoms.com and April Perry, who started this blog, she's super amazing. And I actually was in touch with her like six years ago, because she had this incredible quote, and I was building my Hypnomothering program at that time, and I wanted to include it. And so I wrote to her and said, hey, I love this quote from your blog. Could I include it please, in my program? And she said, absolutely. And so when we launched Raising Adults, we wrote to her to let her know and they have published a video that we created about chores and how to get kids to do chores, and so we highly recommend checking that out. It is powerofmoms.com. And you'll see us there. The title of our video is, practical ways to implement chores with your children. And then later this season, we have some exciting stuff happening, we're going to be doing our first set of interviews, we're going to have some guests on the show that we're really excited about. And actually, our first set of guests is a father and son team, who wrote an amazing book that really, really goes well with our February attribute of the month. So we will be putting that episode out there in February. And we're also going to be interviewing some other really exciting people. And then finally, we're going to be interviewed on a really big podcast as well. So everything's starting to roll and we are just super excited. This is gonna be fun to have some other voices brought in to either echo or backup or provide a different perspective about things we've already talked about. So that's going to be really fun. So the last thing that we wanted to mention before we dive into family values is we were sent this really cool product and were given an opportunity to test it, and as you know, I mean, this is what podcasts do right? They advertise cool stuff. But Deana and I have always agreed that we would never advertise something we didn't personally think was very cool. And so they sent us some Sleep Phones. They're called Sleep Phones. They're like these soft headbands, really, right. But they're earphones and we actually wrote an article about hypnobirthing and how hypnobirthing expectant parents can use them as part of their relaxation. We of course have used them to listen to our podcast.

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Deana Thayer 10:30
Selfishly.

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Kira Dorrian 10:30
Selfishly, but they're also great. I have found, my husband snores and they're really good for blocking out snoring. So what's really cool is Sleep Phones has actually given a discount code, a 10% off discount code for their product to our listeners. So this is exciting, cuz this is like our first one like this, right? With like a special code just for us.

- D** Deana Thayer 10:50
Just for us. So if you go to SleepPhones.com, so sleep phones with a P-H, dot com and type in the coupon code, Raising Adults 10 and Raising Adults is all in caps. So RAISINGADULTS10, they will give you 10% off your order. So that's pretty cool. Super cool.
- K** Kira Dorrian 11:07
Super cool. All right, let's talk family values. I'm so excited. And so I think one of the things we've laughed about is that you and I both made actual lists of our top 10 family values.
- D** Deana Thayer 11:21
We did.
- K** Kira Dorrian 11:21
And, and I think most people have a family value system, even if they're not aware, necessarily, specifically of what it is. Everyone's sort of parenting to some kind of value system. I think that just comes naturally. But you and I were both nerdy enough to sit down and like, I should really make a list. And so I know ours are extremely similar in their setup, you have one major difference, and so I'll talk about mine and then you talk about...
- D** Deana Thayer 11:44
Okay,
- K** Kira Dorrian 11:44
Your difference. So, mine is a list of the actual values, and then a definition for each one. And yours has a bonus. What's the bonus?
- D** Deana Thayer 11:55
There's a song!
- K** Kira Dorrian 11:56
There's a song!

D Deana Thayer 11:57
For each one.

K Kira Dorrian 11:58
For each one! So let's just take a second and pull out our lists.

D Deana Thayer 12:02
Okay. And let's compare so that our listeners can get a chance to hear like what their lists may or, or may not look like. And what I think is so great about having an actual list of family values, I mean, this is why I did it, I would assume this is why you did it too, is it's your foundational why. You can keep coming back to it. And you can also teach your children, these are our foundational family values. And whether you're praising them, like, hey, you are so tenacious, we value tenacity in this family, and you're coming back to that value, back to that value, or you're having to redirect or discipline, you're doing it around the family value. Like, hey, that wasn't kind, we value kindness in our family, right? So either way, everything you're doing around shaping your kids comes back to these foundational whys. Exactly. And since we talk about that on the podcast and start every conversation, whether it's about screentime, or manners, with a why, today is really all about the whys that you create, and how do you do that. And I love that we were nerdy enough to make a list. We're not saying that has to work for everybody. But I literally even had ours posted.

K Kira Dorrian 13:05
Oh, yeah.

D Deana Thayer 13:06
And so they were visible. And that wasn't just for my children. Because we started these before they could read. It was also for me to refer back to those.

K Kira Dorrian 13:13
Absolutely. Alright, so my first value, our family's first value...and Dave and I sat down and came up with these together, we actually had a long drive to Portland once on our own. And we came up with our family values. And for the most part, it was interesting, we agreed. We didn't always agree on the exact definition, that took some honing. But it was

amazing how in line we were already and I would venture to guess most of our families would find that if they sat down to do this, they would be very much in line.

D Deana Thayer 13:40
And very pleasantly surprised with hey, what is important to us, we do actually agree on.

K Kira Dorrian 13:44
Yeah, and I think the other thing that happened, and I don't know how this was for you, but the other thing that happened was, we started with a bunch of them. And then we found that a lot of them were encompassed by one word.

D Deana Thayer 13:54
Yeah, so they would fall under one of the other umbrellas, so to speak.

K Kira Dorrian 13:57
So we could kind of squeeze them all in.

D Deana Thayer 13:59
Yes.

K Kira Dorrian 13:59
Or tweak our definition to make sure it had you know, the other things in it. Okay, so our first family value is love and we define that as, we hope it comes easily and work at it when it doesn't.

D Deana Thayer 14:11
I love that.

K Kira Dorrian 14:12
What's yours?

- D** Deana Thayer 14:12
Well, and I, I suppose this goes without saying, but I will say it. The difference you'll probably hear in some of mine is that because we're a Christian household, some of these are going to be more specific to that. So our very first one is righteousness, which I said, in our family, we honor God with our actions, words and even our thoughts.
- K** Kira Dorrian 14:29
Is there a song you want to sing?
- D** Deana Thayer 14:33
I'll sing the song for number three.
- K** Kira Dorrian 14:35
Okay. Okay. So our second family value is gratitude. We are truly thankful for what we already have and take the time to notice it.
- D** Deana Thayer 14:42
Lovely. And I know we overlap on this one. Our number two was integrity. In our family, we do what is right even when no one is looking.
- K** Kira Dorrian 14:49
Excellent. Okay, number three compassion. We show kindness and concern for others and seek to understand them.
- D** Deana Thayer 14:56
Interestingly, we have an overlap there, but it doesn't come till number five for me. But you're going to hear a lot of similarities, everybody. So number three, I'll do the song for this one. This one is obedience. So in our family, we obey authority. This includes parents, teachers, church and civic leaders. We also had a little saying in our house that we obey right away, all the way, in a willing way. What I loved about that is that means if any of those components were missing, it wasn't really great obedience. So say you did it, and you did it with a happy attitude, but you did it like two hours later, well, then you didn't obey right away. So that isn't really what we're looking for. So having that little easy

rhyme - right away, all the way, in a willing way - really helped them know hey, these are all the things that are expected of me and here's how it looks. And we did have a song for it. So... Here we go. We're gonna, I'm gonna sing the song. I think actually a lot of people will probably know it, but it's funny because there's some clapping in it and I'll tell you a funny story about that. So this is the song. Obedience is the very best way to show that you believe; doing exactly what the Lord commands, doing it happily. Action is the key, do it immediately. Joy you will receive. Obedience is the very best way to show that you believe. Okay, now here comes the

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Kira Dorrian 15:38

Here we go. Bum bum bum.

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Deana Thayer 16:06

That's the critical part. So here's the clapping: O-B-E-D-I-E-N-C-E, obedience is the very best way to show that you believe.

K

Kira Dorrian 16:16

Bum bum.

D

Deana Thayer 16:17

I love it because your bum bum bum right before you start spelling, my kids actually did that. I mean, you have to get it.

K

Kira Dorrian 16:23

You can't not do the bum, bum, bum.

D

Deana Thayer 16:25

And the best was even when they couldn't spell they'd be trying, O, C, D. And then at the end, they would sometimes not clap, but they would say it, so they'd, I-E-N-C-E clap, clap. I literally have them on video doing that. And it's still so precious to me. So yeah, we always had a little jingle. And I did find that it helped kind of cement those family rules for them. And because that's what we call them at the time, just because that was a paradigm they could understand better. But our family values then were stuck because they could hear even a little tune in their head when they thought about it. And so it was

great.

K

Kira Dorrian 16:54

Yeah, I love that. And I'm actually given that Dave and I are musical theater actors, it's surprising to me we don't have a ditty.

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Deana Thayer 17:01

I feel like you should.

K

Kira Dorrian 17:02

And I do want to point out and I know you're going to talk about this when we do the assertiveness episode, which is coming next week, FYI. We're going to talk about assertiveness next week but I, I like to sometimes, I think it's worth pointing out where we are different because we make this big show of like, we're so different but oftentimes we're pretty similar. So that is one I will say to my listeners and all the listeners that obedience didn't make it on our list because it's not a family value to us. And it's an area where you and I have slightly different views and we're going to talk about that.

D

Deana Thayer 17:32

Yes, we will. And okay, so my next family value is integrity. Now read your definition of integrity for everyone again. In our family we do what is right even when no one is looking.

K

Kira Dorrian 17:43

And my definition is we say and do the right thing, even when no one is looking.

D

Deana Thayer 17:47

Oh! Remember how she just said there are areas we're different? Just remember that.

K

Kira Dorrian 17:53

I felt it was important to point that out before I read this.

- D** Deana Thayer 17:55
Pretty critical.
- K** Kira Dorrian 17:55
Okay, next, what's your next one?
- D** Deana Thayer 17:57
So our next one is concern for others. In our family, we think about other's needs and wants, not just our own.
- K** Kira Dorrian 18:02
Love it. Our next one is creativity. We know when to follow our own path and think outside the box which definitely is going to come up when we talk about assertiveness.
- D** Deana Thayer 18:11
It definitely will. And here's that overlap I mentioned a minute ago. Kindness is our fifth one. In our family, we will treat people the way we would like to be treated. We will do this with our actions and words.
- K** Kira Dorrian 18:21
Love it. Next on our list is generosity. We give of our time, talent and wealth to those who need us.
- D** Deana Thayer 18:29
You're gonna hear that theme again in a minute too. Okay, so our next one's stewardship. In our family we will take good care of the things God has given us.
- K** Kira Dorrian 18:35
Next, we have friendship, we show up for the people we love in good times and bad and celebrate their success as if it were our own.

D

Deana Thayer 18:44

I love that last part. It's so important, being able to celebrate with other people even if you didn't win. Our next one is tithing and sharing; we will give back to God by helping the church and others with our resources. So similar to your giving and generosity.

K

Kira Dorrian 18:57

Very similar. And then my last one, I will, I'm going to give you.... oh man, Dave and I just completely disagreed on the definition of this one. So it's courage. This is our final value is courage. And so this is Dave's definition. He says, we face our fears and help others face theirs.

D

Deana Thayer 19:15

Can I hear yours? Do you remember it?

K

Kira Dorrian 19:17

Yes, mine is better. No, that's not fair. Except it is. Um, so mine is we welcome fear in the car, but we never let it drive. Because I think that we, I say to my kids all the time you, fear is normal. Fear is a bodily experience that's telling us the stakes are high. That doesn't mean we don't do it. So courage. The way I would say it to my kids when I talk about it is courage is being afraid and doing it anyway.

D

Deana Thayer 19:47

Do it scared. One of my favorite little phrases. Thank you, Ruth Soukup. All right. So our, we had a few more. Well, I'll go quickly. Wisdom - in our family we value learning and work hard to gain knowledge. Hard work - in our family, we work hard at whatever we do and stick with it until we are done. And then our last one, and I thought you had one like that. Tenacity, right?

K

Kira Dorrian 20:06

Tenacity, I missed it. Oh, yeah, tenacity -we go after what we want and embrace failure as an opportunity to learn.

D

Deana Thayer 20:13

The last part, again, critical. And then our last one, again, matching with our paradigm. Prayer and the word - in our family, we stay close to God and each other by talking with him and reading his word. So and all of mine had like a scripture with them. And then of course, the song. So we had our little ditties. But what I love is that, even though there's some overlap, and then there's areas where they're a little more disparate, we took the time to actually make a list. And that's kind of what we're talking about today is at least encouraging you as our listeners, and as parents who want to be intentional, to really think about your values, even if you don't end up writing them down. I would encourage you to think about them and what do they mean? How would you define them? And then how can you go back to that as you parent?

K

Kira Dorrian 20:49

Right, because it, at least for us, and I'm sure you would agree with this too. So often, in parenthood, you're faced with these, like situations where things collide. And having that foundational family value set can oftentimes really help make that decision. So I talked in the last season about the birthday party collision, you know.

D

Deana Thayer 21:12

Yes.

K

Kira Dorrian 21:13

And, and how we had to deal with that. And at that time, we were really looking at our family values and talking about, you know, how in our family, what we value is friendship. And that can apply to family members as well, right, the people who are kind to us, we want to be kind to them. And so we were using that as an opportunity to kind of come back to why we're going to make the decision we're going to make, and we see it with other things too. Like we've had it where one kid wanted to do an activity and wanted to quit before the season was out. And we talked about tenacity, you know, we value tenacity in this family, so you need to finish what you started. Then we can discuss whether or not you stop but you don't get to quit in the middle, because it's important to learn to be tenacious.

D

Deana Thayer 22:01

Mm hmm. And that's huge. Because what happens then is it, and you just described this, it can also help you prioritize. So, say you have two things that maybe both are good, and maybe both are valuable. But you can look at your values to help decide which one

should take precedent.

K

Kira Dorrian 22:16

Yeah, I actually think it makes the decision making so much easier if you're very clear on what the, what the non negotiables are, right?

D

Deana Thayer 22:23

I agree. And it can set you up well for these moments in parenting, which we're all going to have, where you can then do prepared spontaneity, because you're gonna get thrown curveballs for sure. But if you know your values, and you know what you're aiming at with your goals for your children too, then even when maybe that exact situation wasn't what you were expecting, you know where your parenting from as you handle it.

K

Kira Dorrian 22:45

Yep. I actually talk about that in my book. One of the questions that's in my book is I have people pick a word or a phrase that would define the person they're trying to raise. I want my child to be blank, kind, grateful. Beautiful. Smart, successful, you know, whatever you want it to be. And then I have them look at what does that mean to you? Where have you experienced that in your life? What's that look like in your life? And what are the steps you need to take as a parent to raise a child like that. And again, coming back to that utter foundation of this is who I'm trying to raise, and always keeping the course. Even as life kind of jostles you a little bit, your eye is on that future focused prize, that adult that you're trying to raise.

D

Deana Thayer 23:30

Absolutely. And what's really interesting is we talk about this all the time in a faith based home because we talk about having an eternal perspective, and not just this temporal focus, and it's the same kind of thing. So even if you don't have a faith paradigm, it can work because your eye is on the end goal. And that helps inform how you handle what comes your way in the present. And it is revolutionary. I mean, it really is because it's very different than handling things just as they come up and hoping for the best. When you know, hey, here's how I'm hoping it turns out, here are the foundations I'm operating from, whatever comes your way you have those things to fall back on. And it, it's a game changer.

K

Kira Dorrian 24:08

Well, it's sort of like what we were talking about the other day when I called you about one of my kids. We had one of my kids had this... I'm not gonna say which one, one of my kids had a, has had a little bit of an issue with being selfish. And I was telling Deana about it, that it showed itself in this very, very small way, where one was essentially manipulating the other to get what they wanted. And, and you put it really well you were like, they probably don't understand the impact it's having yet age wise but understand how to do it. And so that combo pack can be pretty yucky. And, and so we were talking about and kind of trying to troubleshoot it together. And but then you said, I won't paraphrase what you said, you say what you said.

D

Deana Thayer 24:54

Well, we were talking about things that I know are important. And so as we just talked it through, and literally we talked it through spontaneously. So this is a great example. I'm glad you brought it up. And I was able to remind Kira, you know, one of the things that's important to you is you like giving your children a chance to rehearse and practice a skill as they're learning it. And so tell her what we came up with this great compromise.

K

Kira Dorrian 25:15

So it was happening a lot around picking the TV show. So one child was manipulating the other to get them to pick the show they wanted. And so what we came up with was that I would, unfortunately, because we are talking long game, right, this is a great example of the long game. So my kids are in an age where they can go upstairs, they can turn the TV on, they can pick their show, I don't have to be involved in that. But what we decided was that they needed some rehearsal, and they maybe needed some oversight in a way that they, I didn't think they had needed up until this point. So for the next week, the one who was being manipulated was going to be completely in charge, and I was going to be present so that I could watch and help the other one graciously say, that sounds like a great idea. Yes, I'd love to watch that show. Or just simply, okay. Even if it's not something that they wanted to watch. And then the second week, they would go back to taking turns. But again, I would be present to help the one be gracious and the other one be assertive.

D

Deana Thayer 25:22

And what's so great about that is it matched family values on multiple levels, or important things that I happen to know are important to you. One is they're getting to practice, but

they have support while they practice. So it's not just hey, you're thrown out there, sink or swim. And both parties get to practice what's been challenging for them, one gets to practice having that assertiveness which we know is important to you. We'll talk all about that in our next episode. And so you have one child getting to practice that assertiveness and how do I do that in a kind way, but still be strong. And another person handling graciously receiving something that maybe isn't their favorite. So it was just so great.

K

Kira Dorrian 26:18

But one of the things you said at the end of the conversation is that you love that something so small got picked up.

D

Deana Thayer 26:52

Yes.

K

Kira Dorrian 26:52

And that's exactly what we're talking about. Right? So here's, here's the takeaways from that story. One is that it would have been so easy to just dismiss as a oh, well, they're kids and they're fighting.

D

Deana Thayer 27:02

This particular thing isn't a big deal.

K

Kira Dorrian 27:04

But to me, it drove to a deeper character trait that I was uncomfortable with and wasn't matching our family values. So I felt like it was a teachable moment that I needed to jump on. And I think that's part of that Future Focused Parenting paradigm is that you're looking at situations and going, if I let that continue, what kind of an adult am I raising, and not, and jumping in where it's necessary. So that was number one. But number two, in terms of the future focus, it means for two weeks, I have to go upstairs and be with them while they do this thing, and not get their lunches packed in the same timely manner that I'm using, you know, all those things. But I'm doing it because I have the long game in mind. Two weeks of my life is a very small price to pay for raising the adults that I want to raise, adults who are both assertive and gracious.

D

Deana Thayer 27:53

And I, I'm so glad you brought up the inconvenience factor because there are going to be times where it's kind of a pain to do the thing that is going to help result in these adults that we're trying to raise, so that's important to know. We want to have you all hear us saying, we're not saying it's always gonna be convenient.

K

Kira Dorrian 28:09

No, in fact, when we came up with it, I was like, ugh, you're right. I should.

D

Deana Thayer 28:15

She might have said it was gonna be a pain in her bleep. So, and, and that's okay. Because recognizing that is great. But she's right. I actually gave her a compliment, because I said, good for you. I mean, this is the thing. Maybe that specific issue seems small. But it goes to a bigger thing about character and selfishness and interacting with others and all those things that are so important for us as we try to develop empathy in our children and develop graciousness and, and assertiveness which is an important value I know in your home. And so I just thought it was great that you didn't let that one just fly under the radar. And were able to say this might be a microcosm in itself, but it leads to some really great ramifications. And so we've got to nip it in the bud.

K

Kira Dorrian 28:18

Yeah, totally. Yeah. And also, I think, for our listeners to hear that we still troubleshoot and problem solve, right?

D

Deana Thayer 28:59

Absolutely.

K

Kira Dorrian 29:00

Like, we know a lot about this stuff. And we have backgrounds that lends itself really well to doing what we do. But we're also parents, and sometimes we're like, oh, I, what am I gonna do here? So we're also troubleshooting all the time.

D

Deana Thayer 29:12

We are. We have lots to figure out as well on our own.

K

Kira Dorrian 29:15

So if you are interested in sending us a question, we have some room for spin cycles in this season. You know, we love to give your questions a spin. So I'm going to give you the email address really slowly this time, because I'm worried I may have misled some of our listeners. So it's info@futurefocusedparenting.com. And if you want to sign up for the attribute of the month, you can go to the shop page, it'll be right at the top there, you can click through. We, it's free. We take your name and your email. We don't share it with anyone. And we also take a little bit of information about your family just so that we can get a sense of like, how many kids you have and get a better sense of who our listeners are. But that's all it's for. Don't forget if you want the comfiest headphones in the world, to go to sleepphones.com and use that code RAISINGADULTS10. And for more information, just check out the website. And don't forget our books. If you're interested.

D

Deana Thayer 30:08

Don't forget our books, they're really important.

K

Kira Dorrian 30:10

Yep. All right. Thanks for being with us today. Oh, you have quote

D

Deana Thayer 30:14

I do. I have a closing thought today. And that is that consistency isn't one big decision. But it's making those same little decisions day after day. And I think that's critical with values because you're parenting that same way day in and day out. Sometimes it feels mundane. Sometimes it's a pain in your you know what, but it's the consistency over time that really produces some great adults.

K

Kira Dorrian 30:38

I love that. Don't forget to follow us on Facebook and Instagram. Our handle is [@raisingadultspodcast](https://www.instagram.com/raisingadultspodcast). We'll see you next week for the assertiveness episode. I'm looking forward to it.



Deana Thayer 30:50

Me too.



Kira Dorrian 30:52

Raising Adults is produced by Kira Dorrian and Deana Thayer, and recorded in my laundry room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 30:59

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