

Episode 61. Reflections from a Raised Adult with Cienna Duma...

Fri, 10/9 9:03PM 34:41

SUMMARY KEYWORDS

parent, mom, deana, hear, kids, talk, decision, conversation, dad, watched, listener, school, life, people, coach, feel, podcast, relationship, marc, listening

SPEAKERS

Deana Thayer, Cienna Dumaal, Kira Dorrian, Future Focused Parenting



Future Focused Parenting 00:03

What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting? They take their listeners from surviving to thriving. I'm Deana Thayer, and I'm Kira Dorrian. Welcome to Raising Adults, a podcast brought to you by Future Focused Parenting.



Kira Dorrian 00:23

Well, hi, everyone, and welcome to today's episode of Raising Adults, Deana and Kira here. And we have a very special guest with us today. Today, we are going to talk to Deana's daughter, Cienna, who, as all of our listeners know, is in her first year of college. And the reason we're going to talk to her is because she is a raised adult, which is very exciting. And oftentimes, I think that as parents, especially as Future Focused Parents, we're constantly trying to do what's best in the long run. But you don't know what that's actually going to look like. And there's a little bit of like crossing our fingers, and hoping that when we get there, we made the right decision. And I think it's going to be really helpful for you to hear from someone who's been raised this way. And what were the benefits? And what were the parts that maybe were hard, but now she can see the benefits? And that that will just help you continue to do what's best, instead of what may feel easiest in the moment. So Cienna, welcome to the show.

C Cienna Dumaal 01:22
Thank you, glad to be here.

K Kira Dorrian 01:24
Deana, do you want to just say hi, because no one's heard you yet.

D Deana Thayer 01:27
Yeah, because I am also here. And I'm glad my daughter is here. But for obvious reasons, I'm not going to primarily interview my own person. And I'm super excited. I'm proud of her. I'm excited for you as our special listeners to hear kind of what this end product can look like. And just hopefully it's an encouragement to you. So but you probably won't hear from me a ton because I'm gonna let Kira chat with her. And I really want you to hear from her and hear from her experience of the good, the bad and the ugly of what is it like to be raised by a Future Focused Parent. What's great about that, what is she thankful for? But maybe, where are the places I fell down? Because I do that too.

K Kira Dorrian 02:03
Right? Well, we all do, right? And so before before we start Cienna, before I start asking you some questions, I have to take a moment and tell, tell you listener, lovely listener. And by the way, if you're new, welcome to the laundry room, you should see the three of us, we will post a picture. We are planning to take a picture. It is cozy in this laundry room today. So if you're a new listener, welcome to the laundry room, we're so excited to have you with us. So I just want to say so you know, I hadn't seen Cienna since she left for college. And so when Deana and Cienna showed up today, I was like, before we start recording, you have to tell me everything. And we sat down on the couch. And I asked a million questions, which is completely unsurprising. But what I want to share with you is what I watched Deana do while Cienna was talking to me, because it was so lovely. And it's such a testament to the relationship that they have and the kind of parent that Deana is. So Cienna's telling me all these things. And I'm sure most of it is stuff that Deana had heard, because they have a great relationship and they're in constant conversation. And Deana's eyes were on her the entire time. Like she was really listening. And I see parents all the time where their kids are talking. And their eyes are wandering, and they're just seemingly not that interested in what their kid has to say. And this woman sat there so interested in what her daughter had to say, even though I'm sure a lot of it she'd heard before. So it's, it's just, it was a beautiful thing to see. And I just encourage you listener to really give some thought to that active listening, are you actively listening to your people? Because

even when they're tiny, that active listening is going to turn into them wanting to tell you things, which is why Cienna and Deana have this beautiful, filled with conversation relationship. So on that wispy gonna note, Cienna tell us a little bit. How's college going? Let's just start there.



Cienna Dumaool 03:53

It's going great. It's been really beautiful. It's been really fun. I've realized a lot of things. I'm excited to talk about them.



Kira Dorrian 04:01

Tell me something that surprised you.



Cienna Dumaool 04:03

I, oh my gosh, I'm gonna sound like you guys scripted me here. But maybe that's the goal. I, it's been really surprising to me to see for the first time how my family is different than other people's families. And a lot of my friends have wonderful relationships with their parents too. But there is something distinctive about mine. I'm sure you guys would say that's the future focused bit. But that's, that's actually honestly been one of the things that's been the most surprising is getting to see my family through other people's eyes for the first time. Because I grew up around people who have known me my whole life. I went to a tiny little school. I don't know if my om's talked about it, but almost everyone there had known me since I was five. And so my family was not weird to anyone there. And so getting to school and getting to hear oh, that thing your family does is not something that I've ever heard of, was really odd but really cool. And it's been really really rewarding to hear my mom's style of parenting and my dad's style of parenting complimented from other people my age.



Kira Dorrian 05:06

So like, give me an example of something that someone was like, wow, I didn't know families did that.



Cienna Dumaool 05:11

I think, I can think of two. The first time I said, I either said something, or someone actually overheard this happening. But I said something about talking to my mom about sex, and about relationships. And especially my female friends, were very surprised by the fact that

my mom and I have open conversations around relationships and around our bodies. And I think a lot of that came from the fact that my mom is a birth worker, and I never shut up about that. Anyone at school will know I'm like, hello, my name is Cienna. My mom's a doula. But, um, I, that was something that really surprised people was the fact that we have open conversations around that. And then the first time, I got on the phone with my dad, and I said what had happened in my day, exactly how it had happened. And I was with my friends. And they said, you didn't cut anything out. Like I, they were with me the whole day. And they knew that what I said to him was actually what I thought, and it was the same way that I would tell my friend a story at dinner. That's how I tell my dad stories over the phone. And those were one for each parent that I think were surprising.

K

Kira Dorrian 06:26

I think that's great. And such a testament to both your parents that they've created these open dialogues, a safe space for you to talk. So here's my question about that. Specifically, what do you think they did that led you to that? What were the choices that were made when you were maybe even small, that you can look back and be like, it's because of those things that I felt like I could talk about my day, I could talk about sex, I could ask questions.

C

Cienna Dumaool 06:51

I think, honestly, before your kid will talk to you about anything, you have to talk to them about it. And I think that I was raised in an environment where my parents were starting conversations. And so I felt like I could start them at this time in my life. So it started when I was four. And my mom brought out the dorky sex books. I don't remember what they were called. Do you remember what they were?

K

Kira Dorrian 07:15

I think they were called the dorky sex books.

C

Cienna Dumaool 07:17

Oh, no, that's the official title. But it started by my mom, having those conversations with me so that now as an adult, I can come to her with my stories and my questions. And by my dad, not filtering things with me. Obviously, some things aren't appropriate to talk to your kid about, but I think I was watching my dad treat me like someone who was worthy of having a conversation and who was capable of having a conversation. And I think I would watch him tell things to his friends. And I knew that if he were to tell me that not a

lot would look different. And I think that that's really important to treat your kids like a) they're capable of talking to you and b) they're worth talking to. And I had parents who, who have done that equally. And because they were starting conversations, now I do. But it was really work that was done on their end. It wasn't me as a precocious five year old being like, let's talk about sex. Yeah, honestly. No, it was, it was 100% work that they did.

K

Kira Dorrian 08:28

That's awesome. Okay, so then, what are the things as you kind of come into your own adulthood, you're on your own? What are some of those future focused choices that your parents made, that you're really reaping the benefits from now? Not so much in relationship with them, but at school, even compared to other kids, or not. Just things that you're like, wow, that, my mom or my dad was thinking about that when I was six, or seven or eight. And I can see now in college, how that's paying off.

C

Cienna Dumaal 08:56

Um, the main one that I can think of, is the fact that I haven't had rules since I was 16. That was the biggest thing. The first, actually the first time someone said, your parents parent weird but cool, was because I told someone, I don't have rules. And I haven't since I was 16. And then I explained how it had happened, which I'll explain in a second. And the friend that I was talking to said, I'm going to do that with my kids. And that has happened so many times where I've talked to someone at school, and about a decision that my parents have made. And they've said, and they've literally written it down and said, I want to do that with my kids. And I just make it sound like all I do at school is geek out about my parents' parenting, which I would say is not true, except that it pretty much completely is. Um, but I think that that decision, which, which is one that you know, my parents had to make together. My mom can't make a decision about me not having rules and then, you know, not include my dad because it would be really awkward for me to not have rules at my mom's and then go over to my dad's and still be treated like a kid. And so that was something that he chose to lean into as well. But with something like that, you can't just suddenly take away rules at 16. And so I watched her for years, have these contracts, um, she had these lists of rules starting when I was 12, or 13, I think, that laid out explicitly, these are the rules that I still had to adhere to. And so every year for four or five years before I actually got complete freedom, I was gaining more and more. And so it wasn't something that happened all at once. I was watching her make intentional decisions about now you have control over your phone, now you have control over transportation. And with every freedom that I got, I was also getting more responsibility. And so it meant that once, when I was 16, and I had freedom, I also knew how to handle the responsibility of it. I think it would be irresponsible to give a 16 year old absolute freedom with no

introduction. I think something like that needs to be eased into. And I watched it happen, which was really cool for me to, to watch that intentional step in her parenting. And I think that it's to this day, the best example of Future Focused Parenting because I was actually watching it happen. And I was signing these contracts every year on my birthday. And when I turned 16, there wasn't anything to sign. And it was exciting. And I knew that it was intentional. Because I graduated a year early, I skipped eighth grade. And so that system got bumped back a year. And so I knew that it was intentional, because if I had graduated on time, I would, my rules would have gone away at 17. But because I graduated a year early, she knew I was going to need more time to prepare, because I had less time before I was going to actually go be an adult and go be on my own. So that was really cool for me. And my dad leaned into that too, and letting me have freedom. And I, I remember the first time that they told me, you don't have a curfew. And you just need to figure out what time you need to get home in order to go to school in the morning. Or if you have, if you have work in the morning, you need to figure out what time you need to be home. And if you don't sleep enough that's on you and not on me. And I appreciated them letting me take responsibility for that. Because it meant that if something went wrong, it was on me, which is what my life is like now in college, if I don't get to bed on time, I just, I just don't sleep as much. And that isn't on my mom or my dad. And so having practice with that was really beneficial for me.

K

Kira Dorrian 12:31

It's just so nice. You're saying everything we say and how great that was for you. I mean, it's, it warms my heart. Okay, let's talk about the stuff that maybe in that, in the moment felt really hard that you were like, ugh, you know, and that now you can see how that paid off? How that made sense. Are there things? Because I mean, obviously every child is at some point going to be like, you stink. So what were those moments? And how many of them did you kind of circle back as now in adulthood and go, oh, that was actually, thank you, thank you for doing, thank you for making my life miserable in that moment.

C

Cienna Dumaal 13:09

I think the main one, and this won't be surprising to my mom was with my school. And I loved the school that I went to. And I am grateful that I went there. And I'll start with that. Spoiler alert, I'm grateful. But I, that was definitely the hardest point for, for my mom and I was there was a point where I left my school and then my mom, and my dad made me go back and I hated them for that. Let's not mince words here. Um, I, I was not a fan of that decision. I didn't want to go back. I didn't understand it. I think that it was partially that I wanted that decision to be mine. And partially that my school is hard. And I, and I love, and I loved it. But also, there were challenges that came just with the nature of what my

school was and is. But looking back, I think this speaks for itself. That, the next year they they gave me the decision of where I went to school. That was my junior year. And I chose to stay at that school. I think, I think that speaks for itself. And then also that now, again, anyone who listens, like let me talk to you about parenting, birth work, and my school. Um, but I, I loved my school and that is, and we got to a point I think right before I graduated where finally I was like, thank you for making me go back. Because it, there was really not a better place for me to have been for the last three years of my high school. But it took me until the middle of my senior year to actually be able to admit that and I, I could not have graduated from anywhere else. That school made me who I am. But it was not easy in the moment and I hated her for it, not gonna lie.

K

Kira Dorrian 14:57

So how was it presented to you? Because you know, I'm, I know that you guys have such a great dialogue. And, you know, Deana and your dad are not, you know, authoritarian parents, right? So how did they present to you like, we, we're hearing you? You know, you're, you're almost fully grown. But we have to make this decision. How was that presented? And how did you then respond to that? Even though you hated her? Was there a part of you that there was enough trust there? You know, do you understand what I'm saying? Like, I just want to hear like how that all went down.

C

Cienna Dumaool 15:30

Yeah. So this was, again, looking back, this is something where I, I look back and I go, they, they had my best interests at heart. And they were thinking intentionally about how to present it to me. So what was said to me was, we hear that you don't want to go back to the school. But we've decided that this needs to be our decision. And this is our, this is a decision that we're making is that you're going to go back there. And I, and it was explicitly said, we're not trying to make you unhappy. But we also need you to know that your happiness is not our end goal as parents, and which sucks to hear. And as a 14 or 15 year old, I was so mad about that. And I remember talking to my friends to be like, can you believe my parents said they don't want me to be happy? Um, which wasn't what you said. And I, and I realize that now, okay, but at 14, no, that's what I heard. But, and I realize now that what they were saying wasn't we want you to be miserable. What they were saying is that our goal is what's best for you and not only being happy, and there's a difference between wanting your kid to be unhappy, and not only wanting them to be happy. I think, could I have possibly as more adverbs there, wow. Okay. But I, I understand now that what they were saying is, even though this will make you unhappy, we know that it's what's best for you. And that was something that was explicitly said to me. I think you knew at the time that I wouldn't understand it. But looking back, that's exactly what it was. It was

something that was the best for me, even if it made me unhappy at the time. I realize now that if I had, if they had done what would have made me happy, it probably wouldn't have gone as well. And, and I think they knew that, but, but again, they saw the bigger picture. And I didn't.

K

Kira Dorrian 17:26

Well, I mean, it's a testament to like when your mom and I talk about chores, right? No kid is like, you know, what makes me really happy is doing chores. But we know that what's best for them in the long run is that they learn how to do these things so that they can live a life that feels simpler, more easy. Like, I know how to do this. I know what responsibility feels like. So it's that, that same idea across the board that, of course, we want our kids to be content and happy in life. But sometimes actually, there's short term pain involved to get them to that spot. And now you are right, you are happy. So yeah, I think that's, I think that's great.

C

Cienna Dumaal 17:59

And thanks for your mention of all the adverbs. You can see now that this is my offspring, because I talk all the time about being a word nerd. And she very much cares about grammar, just like me.

K

Kira Dorrian 18:11

So anything that you feel within that future focus, because obviously that's our topic, you know, every week, we're talking about how do we take this thing and apply a future focus mentality? Any words of wisdom to parents out there or things that you know, now that you're through this experience that you look back, and you're like, actually, that could have been different? Or it would have been nice if that was different. And I know that you and your mom often talk about feedback and that she welcomes it. So I know, Deana's super ready and not going to be offended at all. But I'm curious, you know, as we talk about this thing, where the pitfalls, do you think and what would you have liked to have been different?

C

Cienna Dumaal 18:50

I think that the best thing about having been parented in a future focused way, is also the worst thing. And that's that we have a lot of conversations. And...

K

Kira Dorrian 19:02

Can I just interrupt you? Because when my children were born, right, I'm a mental health professional. Right? When my children were born, I was like, I know exactly what they're going to be in therapy for. It's going to be, all we ever did was talk about our feelings. So I love hearing that. That is so funny and so true. Go on.

C

Cienna Dumaal 19:20

No, it's, it's wonderful, honestly, that I am, I, when I first got to school, I went through a rough patch about six weeks in, where I was, probably, I was on the phone with one of my parents for probably three hours a day. And I think that's probably underselling it. Which was wonderful that I knew that if I was struggling, one of them would pick up at any hour of the day, I called my dad more than once at 1am. Because I, I know that my mom gets up early and she will not pick up for me at 1am. But, and that meant a lot to me. And so things like that I'm so grateful for. And the fact that we talk about sex and I talk about my day without a filter, that is beautiful. But also, it means that my mom, I'm, I'm only going to talk about my mom on this one because she's who's here. But I, my mom has really invested in my life. And that's really great. But at times, we've talked about it being an over investment. And sometimes there were things that needed to be my own, that became hers as well. And so we've had that conversation a lot as, as I've become a young adult, and we've navigated the awkward, I'm an adult, but also your kid. Um, we've we've navigated that awkwardness, basically. And that has been the hardest part is sometimes I would, I talk to her about her personal pronouns, and the fact that sometimes I would be talking about something that I needed to do, and I would get a call from her a couple days later, that was like, so when are we going to take care of this? And I, I had to say, Mom, this isn't a we, this is an I, and I'm going to take care of it. And I need you to trust that I'll take care of it when I'm going to. And we've already had this conversation. This isn't the first that she's hearing about it. I'm not just dropping a bomb on her.

D

Deana Thayer 21:14

No, it happened just this morning. But the difference is now I catch myself. I'm like, so are we thinking we need to... then I'm like, oh, are you thinking...?

K

Kira Dorrian 21:22

I think my favorite part about this is that we are back in like word nerd land. You're having this conversation about pronouns, mom, the pronouns.

D

Deana Thayer 21:32

But we do, I mean, as communication people, we do really believe words are how you create meaning. And so it's important to me that I'm being a helpful meaning maker with her. And so I had to pay attention to that. Like, it's not a we anymore. She's over there 300 miles away making her own decisions. So I don't, I don't get the same vote.

K

Kira Dorrian 21:51

Yeah. So I'm sorry. Did you finish your thought?

C

Cienna Dumaal 21:53

Yes.

K

Kira Dorrian 21:54

Okay. So I'm curious, then Deana, from your perspective, hearing that, what do you look back on? And where do you see that? And where do you feel like, oh, I, I can see how that spot, or I wish I'd, I wish I'd overall done that a little differently. Any thoughts on that?

D

Deana Thayer 22:09

Yeah, it's really hard to pull apart for me. But here's the main one is that when she talks about over investment, for me, what that looked like is when things were happening for her, I was getting worried about the reflection on me. Or how it would present me as a parent, instead of going, you know what? As I teach her to... in my opinion, maturity is twofold. It's making decisions and taking responsibility for what comes of those. And so I wasn't really letting her own her own maturity if I was worried about the fallout of a decision impacting me. And so that's where it leaks over into instead of just being concerned for how that goes for her going, oh, also, how does that Boomerang back? And we have to realize, separating out oh, you know what? That's my issue. And I need to remove myself from that. It's very hard. This sounds really, I'm just making normal sentences, but it's not an easy thing to do. And so it's a slow like, extrication process. And for me, I think it's like, the pronouns are one of the last things to go, it's like, because we were we for a long time? What are we going to do? She still lived under my roof, or was dependent on me for transportation or paying for an activity or whatever. Now, it's not the same.

K

Kira Dorrian 23:19

It's interesting, because I, you know, my kids being so much younger, I am so aware of that, and constantly trying to, to juggle that, and especially as a parent coach, oh, my goodness, it's like you go out in the world and you tell people you're a parent coach, and your kid just acts like, I don't know, an eight year old. And suddenly you're like, oh, I'm a parent coach. And, and my, my children are supposed to be perfect, but they're not perfect. And is it a reflection on me? And it, and it gets really complicated. Even if you're not a parent coach. It gets really complicated, because it is really easy to feel like our kids are a reflection of us. And let's be honest, actually, in some way. They are. So where's that line between yes, they're a reflection, but they're also their own people? Thoughts, Cienna?

C

Cienna Dumaal 24:02

Yes, thoughts. I'm sitting over here, I'm like raising my hand and bouncing in my seat. But, um, oh yay, I get to talk about Marc, this is the best part of my day always. Um, so my brother and I have had some really interesting conversations since you guys have started this podcast. Because and it's, it's that exactly, but from the other side of there's pressure being the child of a parent coach. And we've had conversations about this with our mom of there's, there needs to be a line between work and, and our home life, which is hard because you have made your home life your work life, because your job is parenting. And so Marc and I have said to her before, we don't want to be ground zero for podcast material, and some things need to stay our business. But Marc and I felt that because if we're struggling in our relationship with our mom, we don't want it to become a reflection on her career, you know, and that's a lot of pressure as a kid. And, and Marc and I have talked about that, about, we want our, our business with our mom to be our business, but we also want her to succeed. And so we want her to look like a good parent coach, which means that we need to look like good kids. And that's yeah, that's just an interesting side note. And I think it's still something we're very much figuring out. But what a unique situation to be in as a kid. I, there aren't like support groups for kids of parent coaches.

D

Deana Thayer 25:36

Maybe there should be.

C

Cienna Dumaal 25:37

But maybe, but, but no, that's just that's just been an interesting dynamic. And I think we're still figuring it out. And I think that on the whole mom does a fantastic job. But it has, it's been a thing we've needed to talk about for sure.

K

Kira Dorrian 25:49

Yeah. I mean, I, your mom, and I definitely have moments for both of us where we're trying to walk that line of protecting our children's privacy, protecting our privacy, being authentic, and still being good at our jobs. And that is very blurry and complicated. Yeah. But I will say this, like off of what you said. Like, you and Marc are great kids. Like you are, you're great kids and, and no matter what complications come up, nothing changes the foundation of who you are as people. You're wonderful kids, and your mom is a wonderful parent and a wonderful parent coach. And whatever intricacies are existing in your relationships don't reflect on that. But it's easy to feel like it does. Right. It's like, well, parent coaches must have perfect children and they must be perfect parents. And I can tell you the day I had two days ago will tell you that that is not true. But yeah, it is, it is an ever, ever complicated thing.

C

Cienna Dumaool 26:47

Oh, one more thing. Earlier you were talking about some of the things that I noticed that my mom was doing, and I've actually never talked to you about this.

K

Kira Dorrian 26:56

Oh, exciting...drumroll...

C

Cienna Dumaool 26:59

Um, but I noticed the books you were reading. And that is... Yeah. Yeah. And I yeah, I've, I have never talked about this with her ever. But I was seeing her read parenting books. And I don't... the, *Shepherding a Child's Heart* and then like, *Shepherding a Teen's Heart* and then *Shepherding a Young Adult's Heart*. There's so much shepherding, but, but and then, and, and just a plug for my mother, she does this with everything, I see her read books on everything. If there's ever something going on in our family, she's learning about it. And that's just a plug for you as a person and not just you as a parent. So anyway, my mom is great. But, um, I was, I was literally watching her learn about how to be a better parent to me. And as an, as someone who's becoming an adult now, it is, it is hard y'all to, to be motivated to learn about things that you don't need to learn about, especially because I'm in college. I, my mom walked in on me reading the other day, and she was like reading for pleasure, right? Because we don't have, we don't have time to learn about things that aren't required. And I don't, I don't have to learn about things other than speech communications and theology. And so actually doing that is a lot of work. And I watched my mom put in that work, which was, was really special and something that now is, now

sticks with me as, as someone who has watched you become a good parent. I know why, you know?

D Deana Thayer 27:05
As you were growing up? Well, now we're both crying.

K Kira Dorrian 28:36
I'm fine, I'm fine. Listener. I just want you to note, the chick that you're listening to today is 17 years old. This is an articulate, smart, what are you studying? Tell us again, tell us all the things. How old are you? Where do you go to school? What are you majoring in? You guys are going to love this...and your favorite food.

C Cienna Dumaal 28:59
Okay. Oh, okay. Wonderful. I'm 17. I go to Whitworth University in Spokane. And my full major title is long. When I added my second major a couple months ago, I said the full title for one of my friends and she said, you need to never say that out loud again. Yet here we are. So I'm majoring, I'm double majoring in communications on the speech communications track, and theology on the history and culture track, with a concentration in Women and Gender Studies. And I'm minoring in biblical languages. So that's the big boy.

K Kira Dorrian 29:34
I have a BFA in drama. Oh, yeah. Favorite food?

C Cienna Dumaal 29:45
What is it?

D Deana Thayer 29:46
I know your restaurant.

C Cienna Dumaal 29:47
Oh, Chipotle. My favorite restaurant is Chipotle.

K

Kira Dorrian 29:51

Awesome. All right. Well, as we wrap up, I would just like to hear if there's anything you'd like to say to your mom. And then Deana, if there's anything you'd like to say to your daughter.

C

Cienna Dumaool 30:03

Oh, dang, I was really trying to avoid crying, that might not happen. Okay. Thank you for parenting me on purpose. I never felt like you were winging it, even though I'm sure you were at times I, I'm not stupid. I know that there were times where you did not know what you were doing. But I think that as a kid, it's important for me not to feel like what was happening to me was an accident. And so even if it was, it didn't feel that way. And so actually, if I were to tell you one thing, it was that you did a good job. Dang it. Um, because I feel like you seem so confident in, in your work and in your life. But I have heard you say that you don't always think that you do a great job. And you really do on the whole, do an amazing job of parenting Marc and I. Um, and you didn't ask for this, but I'm gonna say something to my dad, too. I said this to him the other day. So I wouldn't cry on the episode. Because I was like, I'm going on the podcast, and I don't want to cry when I say it on here. But my, my dad also did an amazing job of making me feel heard. And like the things that I had to say, mattered to him. And they matter to both of you, which is really amazing. And also, thank you and dad for not letting you guys's relationship Marc and I's lives. And I had divorced parents who cared about their kids more than their divorce. And I, and that has been the thing in all of my parenting, my experience being parented, that has meant the most to me, is that you and dad really put Marc and I first. And yeah, I'm gonna stop talking so I stop crying, okay.

D

Deana Thayer 32:00

It wasn't fair, she got to go first. Now I had to like work to hold it in so then I can make a sentence. But actually what I said earlier, it makes me glad you offered this opportunity because I was like, oh, I want to say this. And that is that even though it, it at times was an overreach and an overstep, to be over invested and to make my amazing high expectations for you end up feeling like pressure, I have to say that in all the ways that you do reflect me, I am so proud of that. Because I'm, I'm so thrilled to have you out in the world as any sort of representation of the stumbling, bumbling job that I tried to do. So I mean, you're an amazing person. And I am just so proud of you, and proud that I had anything to do with that. So you're, yeah, that's all. I love you.



Cienna Dumaal 32:52

Oh, I love you too.



Kira Dorrian 32:54

So we're gonna just mop up the puddle. Um, but thank you for being with us today, I really hope that it was helpful. I gotta say, it was helpful for me. I have eight year olds, I'm still like, I know this works. But you, you want to, you want to have that faith, that this is the conversation, it's going to lead to. That your kid's gonna want to be your friend and thank you and be grateful for the things even though they were hard. And you're gonna feel proud of who they are and who you launched into the world. And, and I just think that Cienna and Marc are great examples of that, as are both of their parents and what an incredible job that they've done. Especially doing that apart is a phenomenal testament to both of them. So thanks for being with us, Cienna.



Cienna Dumaal 33:43

Thank you for having me and making me cry.



Kira Dorrian 33:46

We will definitely have you on the show. Again, I know there's a couple topics you, you want to focus on and talk about, like what was it like to be parented around this particular topic in this particular way? And we're really excited to have you back so, thanks again. Well, listeners, if you have not yet subscribed to the podcast, please do on whatever platform you are listening on. And don't forget to follow us on Facebook or Instagram @FutureFocusedParenting. For more information on us or for private coaching, you can go to futurefocusedparenting.com and be sure to check out our shop section because we've got those online courses on there too. Thanks so much for being with us. Raising Adults is produced by Kira Dorrian and Deana Thayer and today, Cienna Dumaal and is recorded in my laundry room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 34:30

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