

# Spin Cycle - I Love You But Please Stop Touching Me

Sun, 10/11 6:25PM 9:26

## SUMMARY KEYWORDS

talk, touched, love, parenting, kira, boundaries, affection, lorraine, great, language, kids, episode, podcast episode, child, deana, listened, healthy boundaries, question, legos, mom

## SPEAKERS

Deana Thayer, 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.



Deana Thayer 00:26

Hi everyone, Kira and Deana here, Raising Adults podcast. Welcome into the cozy laundry room. If you're new and popping in on this shorter spin cycle, a special welcome to you. We do often take listener questions and turn them into just a brief episode, y soou get kind of a private q&a. And it may be something one of the others of you was wondering about too. So we hope it's helpful. And today, I'm going to let Kira read the question. It's a good one. I'm really excited.



Kira Dorrian 00:54

So this is from Lorraine. And she says, as a parent, I want to accept and appreciate my kids' affection and reciprocate whenever they need it, particularly because it's a love language for my daughter. But she can sometimes be invasively affectionate and clingy

and possibly attention seeking. So how would you handle addressing that without hurting a child's feelings and rejecting their love outright? And I love this question. I especially love that Lorraine talked about the love languages. Because I think that's so real. We all have these different love languages. And our kids do too. And so they're a little young sometimes to understand that. And so how are we making sure that we're speaking their love language, while still protecting our own boundaries and needs?

D

Deana Thayer 01:39

And we talk so much about how we're our child's first teacher. So also this responsibility of teaching them what's appropriate, I think plays in. So there's actually some layers to this one, it's a really good one, but also kudos to her. I agree. Kudos to her for even being aware of that as a love language and thinking about this question and the dynamic of accepting affection, and not shutting it down while learning those appropriate boundaries.

K

Kira Dorrian 02:03

Yeah. So here are my initial thoughts, Lorraine. First of all, I think it's great that you can recognize this as a love language for her. That actually is going to empower you to make some decisions that you might not otherwise be able to have such clarity on. So I think as best you can, you want to lean into it, right? Like, that's her love language. It's important. She's receiving love that way from you when you have the ability to do that. But then I think setting those healthy boundaries. So the the part that strikes me is the invasively affect, affectionate. You know, I think we as parents, especially as moms, sometimes we're like, oh my goodness, I just don't want to be touched anymore. Like I've been touched and touched and reached my capacity for the day. Exactly. So I think as long as there's a really good dialogue, and I guess this depends on how old your child is. But I would say like with mine, for example, at eight, I could definitely talk about love languages. And so you know, I can tell one of your love languages is physical touch and being loved and held. And, and I love that and I really want to make sure that I'm meeting that as much as I can. It's not one of mine. So that's a little harder for me. So if you ever see me, like shy away, or if I ask for some space, just know it's not that I don't want to love you the way that you need to be loved. It's that sometimes I need to protect my love languages too. Here's how I like to be loved. Let them in on that. This is a way you can really make me feel loved. I'm going to try really hard to meet you for affection. Can you try really hard to love me this way? I mean, what an amazing learning opportunity at a young age to set them up for their future friendships and relationships and, and all of that.

D

Deana Thayer 03:34

And then when they see that happen, maybe mom's shying away a little. Seems like she needs a break. They have other options. Oh, I'm feeling like I really want to love on mom. Oh, I know some other ways to do that, that will really speak to her. So that is so great. And I think it's also important to recognize that even with little ones, it is okay to teach them to have a voice. And we do that by being the example of having a voice and it is okay to speak up for what you like, and maybe what you don't like. So we were just talking before we recorded I told Kira my kids know to this day, I do not like my face to be touched. And I told them that from the time they were little but really politely because I love them, of course. And this is that balance she's asking about. How do you not squelch that? So I would tell them, I love when you hug me and I love that we snuggle and I really enjoy being touched by you. I don't really care for having my face touched. So if you would just at least not touch me there, I would really appreciate it. And you know what? They were more than willing because now I had equipped them to know, oh, this is totally fine. She doesn't love that as much. And the cool thing about this question is you have a daughter who wants to shower you with affection. So she probably wants to do it in a way that you like. Some kids don't have as much of that awareness or it comes over time. But I think by and large, we see kids, they really want to please their parents and they want to do things that are great for them too. And not only you know, this meets my needs, I don't care if I stomp on other people. I think it's important for us to believe the good about children in that way. They often want to do it in the way you like, so I didn't have, have them resist that or get upset about it. They were like, oh, well mommy doesn't like it when I poke her nose or touch her cheek or try to poke her eye out. That did happen a few times. And you know what? It was great. I still had to remind them here and there. Literally last night with one of mine. Yeah, but it's okay. They at least know. And now it's cute because now the siblings will defend...so the one who tried to touch my face last night. The other one was like, oh, remember, mom doesn't like that!

K

Kira Dorrian 05:31

Well, and here's what's great about that. It's back to what you said before, but you're giving them choices. Like, I love it when you hug me, like, hugs, let's do it. Right? You can tell your child, I really love it. When you like, Rhiannon strokes my arm, it's the sweetest thing. I love that. So like, I love it when you stroke my arm, I love stroking your arm. But as your example, but you know, I just don't like it when anyone touches my face. And making it clear. It's not about when you touch my face, I just am not fond of my face being touched. So please don't touch me there. And I think what's great about this is what an amazing setup when it comes to consent, which we talked about a couple seasons ago, like teaching your kids that it's okay to say I like that. I don't like that. And to say I have boundaries around my physical space, and the way that I like to be loved and all of those

things. And then the last thing I would say, and this is, this is really my third thought I want to be clear, this is not my first thought this is my third thought. My third thought is, as best we can, having set boundaries and have these conversations, because those are the two most important things I want to say. But once we've done that, it's kind of like, I cannot stand Legos. Like, I'm terrible at Legos. I just don't get it. I just don't I like them. They make no sense to me. But I still play them with my son. So I think as long as we've said like, you shouldn't be compromising your boundaries, right? We should have, we shouldn't have invasive affection. That's not okay. But once we've done that, we probably do need to err more on the side of meeting their affection needs than not, because we do that with lots of things. You know, Rhys went through a dinosaur phase, I learned all about the dinosaurs like we do that. So that does that make sense?

D

Deana Thayer 07:12

I still know way more about marine mammals than I ever needed to. But hey, I have a great appreciation for sea creatures. What can I say? So I actually couldn't agree more. We have to, we have to lean toward that. Because I also think there's a part of worse long term fallout for withholding that. And of course, with healthy boundaries in place, but I think there's more long term fallout from withholding it than offering it whenever possible.

K

Kira Dorrian 07:37

Yeah. So I hope that answers your question, Lorraine, thank you for writing in. We love hearing from all of you.

D

Deana Thayer 07:43

Yeah, that was a good one. And if you, if you like wrestling, and you like topics like this where there's some layers, we have a few coming up, so I just want to highlight a couple upcoming podcast episodes. On February 3, we are going to be talking about really unpacking how to figure out your why. You hear Kira and I all the time talk about our why before various topics and the intention with which we approached that topic. But what we're going to do is take a deeper dive that day and talk about what factors go into picking your why. What should it look like, all the way to the nuts and bolts of really how do you do it? How long should it be? Where should it be? How do you craft one? You're going to get all the tools. And then on the 10th we're going to talk about Kira's soapbox, resiliency, or not. So we are going to really look at this idea of, kids are adaptable, kids are resilient, they'll bounce back, and whether that's even a worthy goal. And what does true resilience look like? So it'll be a great episode to do some major myth busting. We hope you'll tune in. Yes. So Monday is the find your why. And then the Monday after that, we're

gonna, we're gonna talk about, I can't even say the word, it makes me so mad. We're gonna talk about the R word.



Kira Dorrian 08:52

The R word. Yeah. So make sure you tune in. If you haven't subscribed to our show. Oh my goodness, please subscribe.



Deana Thayer 08:59

You can find us everywhere. It's easy. And if you've listened to an episode here or there, it's time you subscribed.



Kira Dorrian 09:03

That's right, the time is nigh. And if you write us a great review, we're gonna put that in our story. We got an amazing one just last week and we put it up there so if you, if you're liking what you hear, don't forget.



Deana Thayer 09:15

Yeah. Right. We'll feature you in our, in our Insta stories. Yeah.



Kira Dorrian 09:18

All right. That's it from us today. Peace out. Thanks for listening.



Future Focused Parenting 09:19

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