

Spin Cycle - Getting on the Same Page

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SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian

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- K** Kira Dorrian 00:04
What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting?
 - D** Deana Thayer 00:10
I'm Deana Thayer,
 - K** Kira Dorrian 00:11
and I'm Kira Dorrian.
 - D** Deana Thayer 00:12
Welcome to Raising Adults, a podcast about Future Focused Parenting.
 - K** Kira Dorrian 00:18
Hi, everyone. Welcome to the second mini episode, our second spin cycle. We just can't stop giggling about that one, where we're going to answer a listener question and also give an update on the parenting on the same page episode, because the question really pertains well to that episode. So this question is from Katie. And Deana, do you want to

read it?

D

Deana Thayer 00:40

Sure. How do you plan this stuff with your spouse, that's what she wants to know. So if you're going to implement a change around your parenting style, or maybe make a course correction, or even say, start something, maybe you haven't been doing something and you want to start doing it. And we talked about it in an entire episode - parenting on the same page - but when you're introducing stuff, that is a little bit nuanced. What do you think about that?

K

Kira Dorrian 01:04

Yeah, I think that it really is going to come down to how well you communicate. Which is tricky because not all couples communicate very effectively or efficiently. So that, that can be tricky. But to my mind, it really is just about having that open conversation and also talking about the impact on each other when whatever this thing is, isn't working. So I mentioned in the parenting on the same page episode that sometimes Dave will be like, that's it, no TV for the whole day. And then I'm left kind of having to implement that. And so when we have talked about that, in the past, it's often been about, you know, when you lay that down, I have to implement it. And the impact on me is really challenging. Because you have to remember most couples, hopefully, if they love each other, right, they don't want to harm or hurt each other. They want to make sure that they're helping their partner out. So I think looking at communicating it around what is the current impact of the current situation? What would be the impact in a positive way of making that change? And how can you do it in a way where everyone's comfortable, which is kind of like when I talked about my husband and I with safety, you know, finding that the least comfortable person wins, right? Because everyone has to be okay. And so if he's more nervous about something than I am, I have to cater to that. Otherwise he's gonna be uncomfortable, right? So looking at, you know, where is that common ground around this topic? And and, you know, family meetings, I think are huge. We have them. Dave and I have a one to one. He calls it a one to one because he works in the real world.

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Deana Thayer 02:31

Yeah, that's a corporate term.

K

Kira Dorrian 02:32

Yeah. He's a manager. So he has one to ones all the time. So we have a one to one on

Sunday nights, where we look at the week, what's going on this week. Throughout the week if stuff comes up, we'll put it on the one to one list so that if we forget, it's there. And then when we sit down on Sundays, we're looking at what are the things we want to talk about. So I would encourage Katie to have an ongoing list and then having an opportunity to sit down and troubleshoot, like that time is set aside to problem solve. So you've, you've sort of intentionally set it up with the expectation that you're going to talk about something that needs to change, and you're going to figure out how to change it. Right. And the other nice thing about that is, then if you can get it on a set schedule, you know, hey, I'm gonna have an opportunity to address this and you don't let something simmer for a long time. Because that's never recommended either, right? Or do what I tend to do, which is I have to solve this right now. Right? And Dave's like in the middle of something and really can't have that conversation. So this is how one to ones came to be in our household was like, I would have an idea, and I would need to talk about it right now. And that didn't always work for him. So this idea of like, well, let's put it on the list. And we will get to it. It's just like when we talk about with kids, right, with their feelings. When we talk about the feelings box that like I want to hear it, I want to process it, I want to talk about it. I just can't do it right now. So having that set time that's designed to do exactly that. And only that.

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Deana Thayer 03:48

Well, and then whichever person in the couple is more of that, I really need to solve it, they at least know solutions coming. And the person who is more like, I can't address that right now, can feel like they're not getting accosted with it at a time that's not gonna work. Or they can't give it their full attention, which is even worse, because I'm similar to you. And if I'm pushing to get something resolved, but Scott can't give it his full attention, that's not gonna go well. But I think it's a great question that Katie asks because it is important to chat about those things. And this can't always happen. Sometimes you're going to talk about, hey, here's something we're doing. We'd kind of like to change it, it's not working. But another thing that can be really helpful on this is just kind of an addendum to the parenting on the same page is when you see something coming down the pipeline, make a time to talk about that. When we were about to have our first driver, we had a sit down and said, how are we handling driving? What are our rules going to be around that? What, how are we going to handle a car or insurance? Will we pay for gas? Will they pay for gas? We saw something coming and wanted to get ready for it and lay out the policy. So then when the subsequent kids start driving, it's just well, this is already the way we do it.

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Kira Dorrian 04:53

Right. Yeah, that's the plan. I love that. Yeah, I think so. And I think it's also it comes back

to that team analogy . Even if you have a stay at home parent, both parents need to be comfortable with the choices that are being made in the home. Now we have to take into account who's having to deal with the impact of those choices. So if you have a stay at home parent, they do have some say in, I can't do it that way, because I'm the one who has to implement that. So let's say we have a couple where one is more of a disciplinarian than the other, or one wants more discipline in the home. If they aren't the stay at home parent, it's going to be really hard to expect their partner to do it their way when they're not there to do it. So you have to look at what is a reasonable expectation of the person who stays at home. If you have two working parents or a part-time working parent, then it's a little more even in terms of who's hands on with the kiddo. And so you can maybe find a more common ground but everyone has to be sensitive to the level of involvement they actually have with their kids, the impact it has on them, but then also on the team as a whole.

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Deana Thayer 05:55

That is so true. We have a dynamic that's interesting because we both work full time, but my husband works from home. And we have one child in online school at home. So he does in that sense, have actually more hands on time, so to speak, because he's around and there's a child that's around. And those are important things to think through who's really going to be dealing with whatever you decide; who has to do it.

K

Kira Dorrian 06:22

Yeah. Where does the buck stop? Right and having reasonable expectations around that, but then also, I would say, so let's take a situation. Let's talk about discipline briefly. Let's say that we have a couple, one expects more discipline than the other. But both maybe agree that the current setup's not working, then it does fall to that stay at home parent that maybe isn't as much of a disciplinarian to work on those skills, right. We actually have to be responsible for I may not be very good at that. I'm going to need to learn how to do that better, because it's important to the team and to the family dynamic.

D

Deana Thayer 06:55

I couldn't agree more. There absolutely has to be a willingness to step up in certain areas, if both parties agree this is lacking. And here's a person who can make a difference, maybe this member of the couple is around more, they may have to step up their game. And I wanted to just make a blended family note on this too, because I agree with what you said that both parents should be comfortable. That doesn't always get to happen in a blend. And, and that can be okay. It's just that we've got to have at least the biological

parent comfortable with how they're handling their people, and not having a step parent come in and usurp that and change things. They do need to be able to be comfortable to continue down the trail, because often they may have been parenting maybe for a decade, even before this other parent was on the scene. And so I've had to grow. And I use that word intentionally because it's not even where I would say I've arrived yet. I've had to grow in my ability to be a little bit uncomfortable with a parenting choice that maybe I don't love or something like that. And yet, I would say still, the goal is both parents are comfortable. Whenever Scott and I can get there we do. But I just want to state that reality. If you're out there in a step family, you might be uncomfortable sometimes.

K

Kira Dorrian 08:08

And also, I love your choice of the word grow. Because one of the things I say to my kids all the time is that growth is uncomfortable. Like think about physical growing pains. They hurt, right? Our growth opportunities, my friend calls them FGOs. I won't say what the F stands for. But y'all know, y'all know what that F stands for. So they're f growth opportunities, and, and it's true, growing is uncomfortable. And so in those times, where maybe you've sat down, you've realized, okay, whatever has been happening isn't working, it's going to require one of the parents to step outside their comfort zone in order to fix it. That's gonna feel uncomfortable and it's gonna hurt. But the great thing is on the other side, you're taller, you're stronger, right? Like that growth leads to such beautiful things. So being willing to sit in the discomfort of the growth as it's happening for the sake of future focused, see how I got that in there, of the future focused goal of we're going to achieve this change within our family is worth it.

D

Deana Thayer 09:08

Yes, it's again about looking at the long term. And so you might have to sit in the yuck for a little bit. But it's, it's for that, that future goal that you're trying to attain. And the great thing is, even in a step family, I can say that we are after the same goal, we just might choose sometimes different ways to get there that make one or the other party not thrilled.

K

Kira Dorrian 09:30

Same, same whys, maybe different hows. Absolutely. And I also would say to Katie, and I don't know their situation, but if she has a husband that maybe is resistant to change, or isn't kind of parenting with her on the same page, I would say that focusing on that goal sitting down and maybe starting with, okay, what's our goal? What do we want to change? Because he's probably going to agree that whatever it is, isn't working. So what's

the goal and then keep coming back to is the behavior, are the choices that we're making, taking us closer to that goal? So if he does something or she does something that's kind of out of alignment with that to check in and go, hey, do you think that's taking us closer to our goal?



Deana Thayer 10:06

Or maybe even a little further away? We might need to look at that if it's making you take a step back.



Kira Dorrian 10:10

Right, exactly, exactly. So if you have a listener question, we totally want to hear from you. And we're really digging these spincycle mini episodes. So if you have a question or you have an episode topic that you're interested in, you can email us info@futurefocusedparenting.com. Thank you so much for listening. We've got a new episode that's going to be dropping soon. Until then, as always, for more information, you can go to raisingadultspodcast.com or our bigger brand, which has a lot more information on Deana and I and the work that we do, futurefocusedparenting.com. Raising Adults is produced by Kira Dorrian and Deana Thayer and recorded in my laundry room. Music by the Seattle band Hannalee. If you like what you hear, you know what I'm going to say. Please give us those five star ratings, those great reviews, follow us on Facebook or Instagram our handle is [@raisingadultspodcast](https://www.instagram.com/raisingadultspodcast). Tell your friends, tell your Starbucks barista. If you like what you're hearing, those are the things that will help us bring you more of it. Thanks so much for listening.



Future Focused Parenting 11:10

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