

Spin Cycle - An Important Message To Our Listeners

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SUMMARY KEYWORDS

parenting, deana, listeners, feel, thriving, episode, talk, kira, working, family, important, coach, raising, suggesting, zillion different ways, surviving, listening, podcast, focused, match

SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian

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- K** Kira Dorrian 00:03
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, hi, everyone, and welcome to another spin cycle. Today's is really important. So I'm so glad that you're here with us listening. We had an interesting situation come up, where I

had dinner with a mutual friend who's a fan of the show. And she was explaining to me her reaction to one of our episodes. And it was so important, and the conversation she and I had was so important that Deana and I wanted to hop on, like right away, and make sure that our listeners were sort of privy to what came out of that conversation. So just to give you a little backdrop, so we had, I was having dinner with this friend, and she said, you know, I really had issues with one of your episodes, because I actually disagreed with what felt good to me and for my family. And because you and Deana were so aligned, it was really challenging. I felt like hey, the people that I look to for advice, which was a total honor when she said that, but the people I look to for advice, are doing it totally differently. Does that mean I'm doing it wrong? And the feelings that kind of came up from that. And so what I was talking to her about was I was asking a lot of questions about, well, this choice that you're making, is it working for you? Does it line up with your family values? And she said, yes. And I was like, well, that's all we care about. But what came out of the conversation was just a need for Deana and I to clarify that to the listeners that, you know, we often I think, give enough room in our differences of how we approach things that there's a lot of space for people to maybe find their own way. And what she was saying was in this particular episode, I guess you and I were so aligned, that there was no room, it felt like there was no room. So we just wanted to make sure that we get a chance to talk to all of our listeners and make sure that you understand where we are coming from when we are sharing our thoughts and our views.

D

Deana Thayer 02:03

Yeah, so important. I'm really glad you told me about this, because it's pretty foundational. And we want everyone to know, so here's the deal, I'm gonna try to explain it the best I can. And then of course, feel free to come in or fill in the gaps. But what we want you to know is, especially when we're talking about the how, but also when we talk about our why, you might not have the same why for sure. And you notice that often we don't, but with the hows in particular too, they're just jumping off points. So we might say, here's the way we did it in our house. Here's what I did with mine. Since I have some older ones, here's how that kind of morphed as they got older. Then Kira might share the system that she used. Sometimes we even share what our family of origin did, and what was helpful about that or not helpful. The idea being that those are just launch pads for our listeners, and then you can make it look however you want. So I think I may have said before just one way that I think about this, as we were talking about this. I might have said on the education episode that one of the reasons I chose my children's particular school is I liked that instead of teaching them what to think, they taught them how to think. So this is a similar idea. We're not teaching you exactly how your parenting is supposed to look, or giving you a framework for how to do it. And so you should, in our minds, hopefully be able to listen to an episode maybe get some great takeaways. But even if you hear what

we have to say and go, oh, that's not for me, you'll know enough about the fundamentals of our philosophy, that you would be fine making it look the way that it needs to look for your family. I think the big key here is what we would say we care about is, are you parenting from a place of intention? Do you have a strong why? And are you able to drive it back to your family values? And I know that you said even with your particular friend, you were able to ask about that. And it matched her family values. And so there wasn't really a reason to change the way she was doing it.

K

Kira Dorrian 04:03

Yeah, exactly. And we had this come up at a recent speaking event too, where someone came up and was asking you about sleep and said that their child sleeps in the bed with them, and should they be changing that? And your first question was, well, is it, is it bothering you? And she said, no. And you're like, are you are you getting a good night's sleep? And she said, yeah, and you were like, okay. And so I think it's that the message from us is thriving, not surviving. So if you disagree with something we're saying, and you look at it, and you go, hey, you know, my choice matches my family values. It's working for my family. It's part of how I feel we're thriving. Oh my gosh, Deana and I would say 100% keep doing that.

D

Deana Thayer 04:39

Just leave it alone. If it ain't broke, don't fix it.

K

Kira Dorrian 04:42

So it's only if families or parents listening are feeling underwater on a particular topic that they might consider some of the things that we suggest. And I think that what our friends said that was so important is that I think you and I do often leave a lot of space. But there are places where we're particularly opinionated. And I think that's quite similar. And that has to be okay, too. But just please know that we don't feel like this is how everyone should do it. And what worked for us will work for you. That's not it.

D

Deana Thayer 04:45

And no, absolutely not, that is so, so thankful that you just said that. That is so true, because there might be some times where, what you just said, Kira is really huge, it's, it's important to know, there's going to be ones we feel super strongly about. But that's maybe because of our own paradigm or our own why. And there might be times where we actually really tend to agree. And I know that happens even more than maybe we would

think it would, but if you're doing something, and it's great for you, it isn't change worthy, unless it's a problem. So if you can see a place in your parenting where hey, I could tweak this, or I could make an improvement, we hope we can be a resource for you in that. But if a topic comes up, and you've already got a system in place, and it's working for you, we would say go for it.

K

Kira Dorrian 05:55

Mm hmm. And I think it really comes back to and I know, Deana, you agree with this. But people can parentt in a zillion different ways and still raise a really great adult. And that's what we want, we want to be Raising Adults, so that future focused thinking, but that can look different in every single family. And so a great example is I have a friend who considers herself a free range parent, which is very much about letting the kids roam, she doesn't really know where they are a lot of the time, and she's comfortable with that. And that feels really good to her and her kids are awesome. I could never do that. And it's not a judgment on her. It's like my personality type would not work with that. So we have these great kids. And we're sort of raising them really differently. And that's okay, because her personality really suits that. And it wouldn't work for me, I would actually cause myself to be surviving instead of thriving if I tried to do it that way. And vice versa, if she was trying to do it my way, because she thought that's how I'm supposed to do it, she would be surviving not thriving. So it's really about knowing yourself as a parent. And I can say that, you know, we've talked about our season finale is going to be on organization. And this is something I'm definitely going to touch on in organization and how important it is that you just know who you are, and what you can actually handle and what's actually gonna make you feel good, versus what's going to make you feel like a terrible parent, and oh my gosh, I'm not living up to expectations, and blah, blah, blah. So I think the moral of the story is, figure out your why, parent with intention and a future focused philosophy and figure out what works to help you thrive. And if you're doing that, we are 100% behind you.

D

Deana Thayer 07:30

We are onboard. If what we are suggesting is going to make you feel like you're white-knuckling it, that is not for you. So does it match your values? Is there intention behind it? Are you parenting with the long game in mind? Go knock yourself out. We're a fan.

K

Kira Dorrian 07:48

And I think a lot of what we do comes from the way that we coach, but what listeners don't necessarily hear is what it sounds like when we're coaching somebody who's

different than us. Right? So I think that that's almost missing from the podcast is like what does it look like? Like that example with the sleeping? You know that, that maybe you didn't have kids in the bed with you. But you would still coach someone to be perfectly comfortable with that if it was working?

D

Deana Thayer 08:11

Oh, I absolutely would. And that's where and you said this when you're having dinner with our mutual friend too, you started with some questions. Well, does it match your family values? Is it working for you? I did the same thing with this person who asked about her toddler climbing into bed with her. Are you still getting sleep? So think about from that perspective, it's almost like each episode, you can ask yourself those questions. Is this working for me? If it isn't, do I like what Kira and Deana are suggesting? Is what I'm already doing matching my family values? Do I at least know why I'm doing it? Question, because when we're coaching, we're asking questions, and we're figuring out what is the person's priorities? What are their needs? And then how can they parent to meet those needs and to match those priorities? So even though you're not going to hear us asking a question out into the ether and having rhetorical silence, it is as though you can feel comfortable asking yourself those questions about whatever topic we're discussing that day. And we would want you to do what works for your family and matches your paradigm.

K

Kira Dorrian 09:04

Yep. 100%. So we just wanted to take the time to say that out loud to all our listeners, especially as we're kind of starting to round out our season, we're going to take a break over most of June, some of July. So while you're kind of on a break from us, just to have that in the back of your mind, that's the message we want you to have in your head.

D

Deana Thayer 09:22

That you're strong and you're capable. And it's more about the place you're operating from and not how it ends up manifesting and what it looks like because that's gonna look different really from household to household and family to family.

K

Kira Dorrian 09:33

Yep, absolutely. Okay, that's it from us. Thanks for listening, and we will have a new episode ready to go on Monday.



Deana Thayer 09:40

Raising Adults is produced by Kira Dorrian and Deana Thayer, and recorded in Kira's laundry room. Thank you so much for listening. Music by Seattle band Hannalee.



Future Focused Parenting 09:48

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