

TAHN S3 E28 Navigating Difficult Conversations with Children

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Heather: Welcome to that hard no, the podcast about learning to say no and set boundaries to live our best lives. I'm your host, Heather Drago. You may think, because of this broadcast, that I'm a boundary setting expert, but I'm not. I'm an expert at struggling to set. You know what I'm working on it and it is getting easy. Follow along with me, as I learned from fellow strugglers and experts, so that you too can start saying no without feeling fear, guilt or FOMO.

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Heather: Beverly, thank you so much for coming back. That's a hard now I'm so happy to see you.

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Beverly: Thank you so much for having me. I'm really excited.

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Heather: We got so much great feedback from your last episode. What we talked about grief and I think it helped a lot of people sort of touchy time. So I'm excited to talk about this other area of expertise. We talked about grief before and now we're going to talk about basically child communicating, their children and at appropriate levels for their stage of development and all that kind of stuff. So I'm going to just dive into some questions and we'll see where going. So how should a parent approach a difficult subject they want to bring up with their child like like, how do you start? What's the best way to introduce a tough subject?

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Beverly: Well, I think there's a couple of things you want to consider. So you, as a parent caregiver, you know your child best, so you kind of know what they're capable of managing and it doesn't have to come out all at once. So, for example, I have talked to a lot of parents in my career about, you know, explaining a difficult diagnosis, either the child's diagnosis or the parents themselves diagnosed. And how do I come,

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Heather: Grandpa grandpa.

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Beverly: So the first thing that you have to know is that it is a series of conversations, not just one big conversation. The other thing is you want to go developmentally appropriate. So you know personally you're looking at my what I particularly know about my child, and then also you know where they are developmentally, which can be arranged and what's appropriate for right now. So if we're having a bunch of conversations and we're looking, let's say, about talking about a diagnosis, what we're going to start off is little bits of information, realizing that you as an adult have a tendency to. You know, let's say, if it's talking about cancer, you think of everything, everybody you've known, everything you've seen on the news, everything you've heard, your personal experiences, your fears, you know what you know about chemotherapy. They don't have that same knowledge base and experience. So it's just a word without the connotations for them when they're younger. So you're going to start by first exploring. You know what do you know? Have you ever heard the word? You've probably noticed blank. So if there's already been changes, if you know, grandma has been going on at the doctor's appointments and we've been

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taking her and you're probably maybe wondering what that's about, keeping in mind, kids are incredibly resilient and capable, so trust in that fact. You know we want to jump ahead and be like they're never going to be able, and some of that we're projecting ourselves. So again, I think kids, I have seen it over the course of time, manage many difficult conversations by trusting them and by being honest, right, and so again, we're going to sit-down we're going to say maybe you know for the example of cancer. Have you ever heard this word? Do you know anything about this? So here's what we know. The doctors found out. You know that grandma has what's called cancer. There are many different types of cancer and so again, it's a ongoing conversation and dialogue. You're asking them questions. You are starting opening the door to many more conversations because oftentimes now I sat down with a mom once and she, she herself had a cancer diagnosis and she said: I need to tell the kids and I don't know how to go about doing this. And I said: you know, to be honest, she had younger boys. I said what they're going to want to know is that you can't catch it. They didn't do anything to cause it. How is it going to affect their life right now? You know, like, what changes right today this week. And then they're going to want to play. And you have just opened the door to many conversations and I said I might come up, especially at night-time but you know that's okay. You're just opening the door and she, you know she gave me feedback later. She goes, oh my gosh, it was just like you said. They were like: are you going to be okay? You know, and they ask the questions. And she said she said: you know, the doctors think so they know what medicine that I'm going to need and we're going to start. You know, okay. Can I go out in the backyard now? and she said it was so anticlimactic. This big conversation I thought was going to be so huge and you know not that there aren't harder conversations, but I think we sometimes work ourselves up so much.

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Heather: Don't you feel like introduce tough topic with a little kid? They do the like. Are you okay? Can I go play, but then at night-time like you said, or the next day in the car, always in the car, the deep conversations happen and the questions pop-up and then you know you find out what they've been thinking about, how they're processing.

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Beverly: In the drop-off line, 10 seconds before the.

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Heather: You're like, wait, its not time buddy

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Beverly: It's true, it's true that you know one of the stories and sometimes, and this is why asking questions is really good, engaging their understanding. You know one of the stories that always stuck with me from when I was back in grad school, as I had a professor who was a childlike specialist and she was saying she one time witnessed a physician come in and talked to a small child who had to have a kidney transplant and she said he tried to do the most, you know, gentle and easy to understand explanation, and she thought over all. He really did a good job of explaining. You know this is what's going to happen with your kidney and you know so and so forth. And then when he got done, he said: now, do you have any questions and the child

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said so? Is a kidney like an adult knee?, where my child is at is so huge and what they

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Heather: Missed a step there

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Beverly: and not? And not having to put everything. I mean, if you are, you know, first going to be starting now with some doctor's appointments and then maybe down the road or looking at you now, chemotherapy, you may or may not lose your hair. You do not need to in the very first conversation, say, and then and then she might lose her hair and then. But it's okay. You know you're putting all that and again that goes back to sort of recognizing your anxiety level before you ever head into the conversation. Where am I at? And and that doesn't mean you know, I'm often saying you know we need to be aware when we have these conversations and that is not to put added pressure. That is just sort of really to give you as a parent or caregiver the break to say: okay, I can do this in little doses. This isn't you know, and I can take care of myself. I think when we react in ways. So you've had that conversation with your child, your child comes out of the bed at night and if you're not in check with maybe where you are in that moment you're going to react. Maybe in a way you then have some guilt over or you don't feel good about, and I really think our negative reactions come from either one of three things: either we just we're out of balance. We are, you know, starving. We haven't stopped to eat, we are exhausted. We, you know

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Heather: we're spiraling emotionally

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Beverly: exactly our fear, our fear of what will happen to the person we love. How will my child handle this? How am I going to make whatever it is so it's fear. So it's either you know we're out of balance for stress fear or it can be a little bit deeper. You know, we're all like onions peeling away the layers. It can be that it's we have need, you know, and sometimes you know we need them to be too, and that's just a lesson of no, it sort of has to work the other way around. We need to help ourselves, set the boundaries in place so that we can get to a place of, and then we give from that cup.

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Heather: I think it's I think, sometimes when you're really in a tough situation you can get in your head and you kind of forget that you know you. You being a parent is a job, but there is a specific role in mind and you know you have to kind of put that parent hat on instead of the whatever it is. You know, whoever is experiencing the thing, you don't want to pass on your stress, you don't want to put your fears. All all that kind of stuff. I'm not saying it as eloquently as you do, but yeah, but I'm hearing you, yeah, put on a brake. Think about it. Do you think it helps people maybe to talk to, like in my cancer situation there were social workers and councillors went to the gathering place and I talked to people before I talked to my kids.

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Beverly: Yeah, absolutely. First of all, you know sometimes we have these conversations in our head and then when we go to speak them out loud, we can

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actually have a very physical. You know we cheer up, we. You know it is different than how we have it in our head and so being able to talk it out first is really helpful. You can, you know, kind of get some advice. You can, you know, talk through some points where somebody else might be able to give you a little bit of feedback. You can feel empowered. I mean when I talk to people. They often know what to say. You know they often know well. I think my kid right might react this way. And what's helpful when they get upset or this and the other, but it's being able to express it first. You know before you take it in there, and that can be really helpful. I think you know definitely,

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Heather: even if it's just a friend.

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Beverly: Absolutely just saying, yeah, I want to talk to the kids and but I think you know I can't stress enough how important it is to be honest and truthful. I think the most well-meaning of parents want to protect their children from, you know from discomfort and from pain. But what ends up happening is you know a lack of trust because are very intuitive and perceptive, they something's off. They know this doesn't feel right. You know something and then you'll see a little anxiety because they, they don't know where it's coming from. They don't know why things, they can't put their finger on it because there hasn't been a conversation. But they absolutely do know. So you know you're not protecting them from. You know, and I've heard lots of lines in the past. You know to try to soften something, you know, but again it can end up being really really difficult. And you know, the other thing too is the children, parents, when their mind is on that thing. You know when that's come to the forefront, then when a child has any issue, that's where their mind goes. And so you kind of have to stop and say: you know you're thinking, oh my gosh, she's upset about grandma, but maybe she's just upset. Somebody sat in her seat at the bus or maybe, and so you know again, that's keeping those conversations open and always using questions. You seem a little. You seem upset and just allowing them to vent. I mean sometimes it's so hard because when our kids come to us and they're upset, we want to fix it and you know, and of course we love them, we love them. But I just recently, as you know, recently listening to something you know a wonderful parenting expert and she was saying: you know, one of the best things we can do is just to be that sounding board. Because you know, and the example she was using, was: you know your kid in school and coming home and being like and you'll never believe. And then this person got put on my team for the project. They never do anything and immediately we either want to, you know, give our wisdom and advice to the child, or we want to say you know well, maybe it's not that bad or you're not looking at it again. And why are we doing that? We're doing that because their discomfort is uncomfortable to us. We're doing that because we fear what if they can't work in the world? What if they can't figure things out? I mean all of our stuff jumps ahead. And really, if we just listen and we just empathize and we just say you know what I'm so glad you told me that must really be hard. That enables them to go back and work it out for themselves.

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Heather: I mean years of parenting just flashed before my eyes. So I'm just thinking about, you know, bullying situations or the project situations or social interactions or

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problems with teachers, and and for years and years I would try to jump in and try to fix everything, whether it was telling them what to do or how I'd approach it. Or when I was a kid, this happened and this is what I did and or even getting involved in calling the teacher, calling the school, going to the school and then I wonder later on in their years, like why you know realizing an I am the supreme helicopter parent and then, on the opposite end of that, my husband, who is just the sweetest guy in the world. He always wants to comfort people and make people feel like. Well, it's not that bad. Look on the bright side, you know, and so he's trying to help someone feel better. But the kids read it as someone minimizing the situation. And so you know, maybe it's too late. But we've got to the point now they're young adults and we just listen, you know, and I just I'm constantly taking temperature, how you feel, what's going on. You know, and I hear the stuff and I'm like man, that's that's that's that was inappropriate. That was rude. I can totally see why you're upset and if they ask, then I might give some advice. But I wait for that now because I'm i'm i'm trying to do that with my friends too, like I just can't jump in and fix everything all the time. That's a boundary I've had to learn to set and they don't want that. They just want to talk to somebody and share their feelings. Ya know?

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Beverly: There's so much wisdom and just in either waiting or saying you know, is there anything I can do to help? But you're you're not assuming that you're so to fix it or assuming that they're even asking for your help. They're just sharing that with you and you know I think that's that's really powerful. And when you just listen and you're there if they need more than that, but you're not pushing that, it shows your trust in them. I trust you to be able to handle this and that says a lot. You know versus trying to crush it. But we all, we all do it because we love our kids. It's hard, I mean, you know. Even the other day I had to laugh and you know I didn't take any offense to it. But my daughter said it was later in the evening and she said: I want to ask you something. It's kind of a big thing and I don't really want you to like talk a lot. I just want you to answer. She goes on. I mean, you know not that I don't like what you have to say and it's helpful in everything, but this time I just really can we just keep. I'm kind of tired.

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Heather: I might have overdone it at times. I've literally caught myself responding and realizing I'm giving a lecture and stopping and going. Oh my god, I didn't realize I didn't mean to give you a lecture. I'm sorry, you know, I don't know where that came from right, but yeah, it's like, like you said, you want to impart your wisdom. You know I've been there. I've done that. I can tell you how to live your life. You know it's

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Beverly: yeah, yeah.

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Heather: So what are some questions like if someone, if a kid, comes to you or let's say, you can tell a kid's going through something, but you don't know what it is right? Like? What are some ways to introduce the conversation like? Hey, I noticed you kind of seem low lately. What's going on like without you know? Yeah, closing them down.

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Beverly: We'll show a couple of things. So the first thing I'm thinking of is sometimes we have an inkling what it may be and kids will tell you if you're wrong. So but you can throw it out kind of in an easy-going way. You know, like, let's say, you think you know you. You think maybe something's going on at school. Maybe your kid has sort of said you know something about. Recess is my least favorite and you're thinking that probably has nothing to do with friends or something like that, or you know, or maybe they're not. They're dragging their feet and don't want to go to school. Or you know we're saying some things and you're like Geese. Where is this coming from? So the first thing is, I think you make a lot of headway just by acknowledging how hard it is to be a kid. I will say to my: being a kid is not easy. Being you know elementary school is not easy. Being in middle school is not easy. So you know I have kids all across the board and so I'll say: you know it's just really hard, it's just really hard and you know sometimes what can be the hardest is, and then you insert the thing you know sometimes kids you know have said to me in the past or I've known kids. I'll keep it general. I've known kids who just really you know, sometimes their friend group that they've been getting along with all of a sudden. Now they feel a little excluded. An they're just feeling. It just feels lonely and it just feels hard and you're just not sure how it's going to be that day. And so that sometimes is just your opening and sometimes you'll get shut down right then and there only for them again when they're about to get out of the car or it's bedtime after they've you opened the door, you've let them know, you've communicated. I'm here. If you want to talk, I'm not afraid of your big feelings, I'm here, I'm open and so you know, giving an example, acknowledging that it's hard or acknowledging. You know you seem like I don't know. You seem a little quiet. What do you think that's about? But again you're not accusing. You know you're not like. Why are you so you know? Why aren't you doing this? It's just sort of. You're curious, you're curious because you care and you're sending that message like I've noticed. But here's the tricky thing with this. You have to model the reverse. How many times has your child said to you what's wrong mom? Nothing, I'm fine, model that I do that. I have caught myself doing it. I have caught myself and stopped and

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Heather: it's obvious something is wrong.

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Beverly: I have caught myself, stopped and said, and it doesn't mean that if it's not something I want to talk about, I have to talk about it. But I can say actually, you know today just didn't go as planned and there were some things that were sort of stressing me out and I don't need to talk about them. But you know, thanks for noticing or you know you're modelling that it's you know that behavior all the time and going back to the really. You know the hard conversations where you think you might be emotional and you think you know so often we want to say we have to be strong for the kids. Well then, when you want to know why your child won't open up, you've modeled that we're not going how emotion about we're going wrong about, and so you have to also keep in mind that it's okay, it's okay to make mistakes. It's okay. You know you said you know something when you are sharing the story about your daughter. As I said, you said, I don't know if it's too late now, never too late. You know you can go back at any point you can go back to when they were little. I think

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there is healing. That can happen. When you say you know I remember a long time ago and you came to me and you know I wish I could have handled that better. You know now that I'm thinking about that. You know I said this, I got scared and you know you again. You're modeling, that you're taking accountability. I mean the big thing in personal. You know, not professional, but personal life is trying to take real accountability for my reactions. So let's say, ask my child to do something. They're not having their best day. They don't do it. I ask again, they don't do it. I ask a third time, but I blow up this time. So you know I have to acknowledge with a conversation when that's over that one we need we need to talk about. You know, respecting the rules of this house, and when I ask you to do something, you know, tell me a little bit more. Maybe you didn't want to do it right then, but you didn't say that. You know we need have conversation, but also that part where I yelled that's on me. You didn't make me do that, made me do that. You know I made myself do that and that's one and I'm sorry and I'm working on that. So you know

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Heather: I have done that with. We've been in situations and I have to say they they acknowledge it and thank me for apologizing. Or you know, whatever everybody blows up, nobody's perfect. We all are living our lives. So on that note were going to take a quick break and we'll be right back.

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Heather: The other thing I wanted to say is that we can be honest, but we don't need to be explicit right there's such a thing as that and some things are just not appropriate to share with kids and they don't need to know everything. They just kind of need to know in general terms what's happening, how it impacts them, how it impacts the family.

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Beverly: Yeah, yeah, and it's the younger the child, the more it's you know just the acute stuff, like what will their day next few days look like? You know it's going to change in those next few days. They don't need to know. Beyond that. It's little bits of information. You know little conversations at a time. You know if there's going to be big changes, how can we help? You know, minimize keep routine is really important. You know, look, there's the calendar, so this shows us how it's going to be different. You know it's little strategies like that.

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Heather: And what if a kid comes to you and they're bringing up a topic like you didn't go to them? They come to you. They bring up a topic that is specific or not specific, sensitive, activating or something that not triggers. But sorry, cut that out Noah, something that causes big emotions to bubble up. All right, maybe you have some trauma that you went through or something that's just especially sensitive. You know for you personally, how do yours?

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Heather: Synonym is insight.

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Heather: Maybe insights. That's contributing.

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Heather: Well, maybe leave this in, because you know Beverly and I were talking before we recorded about how the word triggering. We're trying not to use that word because my god,

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Beverly: Noah you're a wonder, you really are.

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Heather: But yeah, so I like what did you say incites? Incites big emotion, big emotions right, and some things come up. You know my kids got bullied in school, I got bold schools. How do I keep myself out of it right and listen to their feelings and provide a safe place for them to talk to me about it? How do I keep myself?

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Beverly: Oh my gosh, that's a great question. So the first thing I want to say is again, this goes recognizing your own feelings, bringing that self-awareness to woo that. Just that, just hit on some stuff for me. And this is where children are our greatest teachers. And you know, I was once told that wherever you really may be, had challenges or butted heads with your parents or had a really rough time in your childhood, could have been elementary, middle school, wherever that was. That's going to come up for you as a parent. So that is going to be a sensitive time when your child's going through it. And you know, instead of looking at that is like a great now. Can you know it can be now, get it impart my wisdom, but instead of yeah, it's now, it's just going to be harder, looking as the gift that it is. It's this opportunity to heal right, because we all have these wounds that we carry from. You know our experiences and many of them happened in childhood. You know many are the things that we carry with us, and so when the child brings something up and it incites that feeling and you you're first going to bring your awareness to it, and it is life is not jeopardy. So sometimes you can say, oh my gosh, I am so glad you asked me that I'm so glad you're coming to me with this. That is a really can I think on that a little bit. Can you know I want to really give you a good answer or I want to really be able to sit-down and talk about this, and so let me have a little time, or maybe instead of because your mind is going to go a mile a minute with your thoughts, feelings, the wisdom, you want to impart all of it. Instead, maybe they don't need all of that. So go back to your questions. Who tell me, ate it more about why you're thinking about that or where did you hear about that or what's on your mind? And you're going to get out more of really what's their core question and what you know. And that's going to be really helpful for you when you need to answer, and so then you can look at it and you can kind of separate. You know again, their experience is their experience, you know. So it's like you can kind of parcel out either by giving yourself space or asking them more questions. You know what they really are asking and what they really what information they really need, and not kind of put all your stuff on it.

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Heather: That is such a great point that the, the question they come to you with may not be the real question. So you know, maybe we did get in a little more about active listening like: how do you, how do you get to the crux of the matter of like, where is this coming from?

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Beverly: Right so again, we want to be listening to her, not listening to respond, and we want to ask those open-ended questions that kind of get to. You know the point of what? What are you thinking about here? And you know what brought this up for you? I'm so glad. Tell me more about that and buy your body language. And by asking those questions they're more likely to open up and they're more likely to share with you what's going on. And you know, in the beautiful fashion that kids do, they'll also let you know when they're done. Then, all of a sudden sometimes it's just about getting that emotion out so they might ask something and then they might, you know, just asking a tough question. You know, I can remember my daughter, when she was young, really anxious about something and I was, at the time, I was, you know, having to utilize some child care. I was taking her to a place so that I could get to work. You know I was working at the gathering place and I was wanting to you no need to drop her off and she was showing some anxiety and she was getting upset and I was like honey. What is it? You know, you can tell me what you know. Just what is it? Honey? And she was like quiet. I could just tell it was just and she couldn't and then she got really close to me and she kind of buried her face in my neck and she whispered I barely heard it, and she's like sometimes I think you drop us off because you you don't want to be with us, and I mean talk about knife to the heart. It was devastating, probably in my rush. Come on, come on, come on, we're out the door, let's go. I've got to go. Mammy's got to go. You know which we all have done and you know, and your instant reaction is to want to be like. How could you think that? No, and instead you know I tried to in the moment do the right thing with a huge hug and I am so glad that must have been so hard to say. I'm so glad you told me that and I'd like to tell you that that is never ever the case. You know we use language sometimes when we're exhausted that our kids, the younger they are, can sometimes take to heart. You know so, for example, we might say, oh, you guys drive me crazy or I'm just that's I'm exhausted. You know something like that and then you know when something happens, whether you know we have to leave or whether you know sickness or something. You know there is that tendency, especially for the younger magical thinking age-group right, to feel. So, you know, going back to your question about using that active listening as being able to just sit in some stillness and give them time to get it out. Sometimes they can't get it out right then and there and you say: I want you to know that I am open to hearing this any time, and so sometimes we need a little time, sometimes works really good for older kids. What if I journaled you? What if I gave you a little journal with a special pen and sometimes the things that are hard to say out loud? You just wrote down and you leave it in my room and we can either talk about it or I can write you a note back. It takes the pressure off a little bit and it's also kind of good for you as a parent. So you don't go in with your long, you know, peel or speech sometimes because sometimes it's just enough to get it out any time. Any one you know that I'm working with or you know a parent, friend that says, oh my gosh, it was just so hard. My child said the other day that they're you know, and it was a recent example. Somebody was saying that their child was really having trouble with friends at school and she's like, and it's just so hard and I just feel so bad and I said: but she told you, she came and told you. And even though we feel so helpless sometimes that is so huge and think about in our own adult lives when something's rough, if we have one person, a trusted person that we can go to and we can say, oh my gosh, it was so awful, they can't fix

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it. But we feel lighter, we feel better. So the fact that you know when we do, when I do support groups with kids, I mean the whole point to elicit emotional expression and a real tool that's helpful that you can do in your home. Kids can talk a little easier when they are busy, when their hands are moving. So get those coloring book and can come up with. You know I mean you don't have to be artistic, you don't have to be crafty you. It's not about that. It's just you could be playing cards, Decca game and then you bring up that thing. Come now. I noticed every time at the end of the school day you know, I don't know. I see you seem like a little frustrated. It hasn't been going. You know how are your teachers? I know, I know sixth grade is so hard or whatever you know, and again it's just their hands are busy. Maybe you're having a snack, maybe and it can just flow a little bit easier and that time can be so valuable.

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Heather: And when they get older, I know with mine, like middle school, high school, I would make excuses for us to go in the car side by side, right ones in the passenger seat and I'm next to them driving and we're not making contact and music on and the most profound conversations happen, like just stuff comes out right and it's it's where a lot of processing happened for my kids and where I was able to really listen and and just try to be honest and, you know, impart some wisdom. But but not lecture. You know, I mean just yeah. So I think we've had some of the most honest heart to heart conversations in the car. I love talking with you, you. You're always such a fund of knowledge and so fun to talk to, and is there anything we didn't cover that you want to bring up, about talking to your kids or dealing with being a parent in general? It's just.

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Beverly: You know, really love and nurture yourself, I mean there is a real trickle down effect. So when you feel a stab of guilt, because well you know we, we really have a tendency, whether we are conscious or not conscious of it, we have a tendency to kind of score in our mind. Well, I can sit-down and grab some food after I've done this, this and this like you're not worthy. Just just sit-down and have your lunch or to sit-down and take a rest, or I can tell my child I love being with you. But right now I am so tired and I just need to sit with my book for a minute or you know so no judgment and to take care of yourself, because that does have a direct correlation. Not only do you feel better and you have more to give, but your child sees what it's like to prioritize your own wellbeing and you give that gift to them. So you tell them you know that it's okay for you to do it too, and it's just we care so much about trying to get it right and it's so hard and so to go easy on yourself.

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Heather: Yeah, one of my favorite youtubers. She just she constantly looks at the camera and just says you're doing a good job, you're you're doing a good, you're going to be, and I love that. You know parents out there. You're doing a good job. Yes, just absolutely, just take care of yourself so you can take care of your kids. That's right. Well, thank you, Beverly. Oh my gosh, that's great, I love.

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Beverly: I hope you'll come back sometime, oh absolutely any time, and thank you so much.

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Heather: A few things before we go. In case you missed it, we've started a book club. You guys, we are so freaking excited about this. Our first book is how to stop saying yes when you can't you shouldn't or you just don't want to. By Sarah Knight, she is also known for the life changing magic of not giving a f--- and other not given guidebooks. It's hilarious but also in-situ and pragmatic book. It's small and chapters are bite-sized so at least for this overscheduled girl it's totally doable. Get this. The author will be coming on the podcast to discuss the book with us. Get yourself a copy, read it, then listen in when we talk with Sara Night next week got questions or boundary setting, success story or flop. It's easy to get in touch with us. Send an email through our website Hard podcast. Dotcom on Social Were at Hard Broadcast or leave a message at 216373 will be featuring some of our favorite questions and messages in future mailbag episodes. So get in touch. You can find show notes and a transcript of today's episode on our website Hard No podcast. Dot com. Make sure to like and subscribe on your favourite listening platforms. So you don't miss any new episodes and if you like what you heard, please give us a rating and review, especially on Apple, so others can find us too. That's a Hard Knot is a production of Clever Marketing, my Strategic marketing agency, based here in beautiful Cleveland Ohio. You can learn all about us at Clever. Go marketing dot com. It's written by me, Heather Drago, and our amazing marketing and production coordinator, Mardel Rosario. Production support, Evergreen podcast, Noa Fouts, producer and editor. Extraordinary, our awesome new rock anthem was written by Noah and performed by his band, the Big Leagues. I love it so much that we've added some new folks to the team. Shout out to Ink Factory, the incredibly talented team of artists who've partnered with us to produce our animated video clips. You could find them at Ink Factory Studio, dotcom and, last but not least, Jake Donnelly, the videographer and photographer who's the creative force behind. Are you two videos? You demand Jake. You can find him at donelly dot com until next time. Thanks for listening and remember saying no isn't just saying no is the key to living an authentic, fulfilling life. So do I find you not then say it unapologetically.