

# Episode 39. Kids and Sharenting

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## 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.



Kira Dorrian 00:24

Well, hi, everyone. Thanks for being with us today. Kira and Deana here from Raising Adults podcast. And it is our second episode of season three. And we're very excited to be back with you. And we picked a topic today, it was Deana's pick, actually, she discovered this term. I had never heard of it. And she was like, I think we should do an episode on this. And I said yes, because I have a lot of thoughts. And they're all conflicting. I almost want to say this is like super mom fail on my part. Like when I heard this term. I was like, oh, man, I have really have to, like, ooh, no, no. So I think it's important that people hear when we are failures, because you can't get through life and you can't get through parenthood without failing. But this is probably going to be that for me, because it was really eye opening, even just hearing this term.



Deana Thayer 01:11

Well, and the other thing I think that's great about that is that it's controversial, even just

for you. So what that tells me is I think for our listeners, they're going to have some different opinions about it too. And I think that'll make it an interesting topic to discuss.

K

Kira Dorrian 01:24

Yeah, I totally agree. So why don't you tell everyone what the word is, what it means? And then maybe if you have a why around this, I need to think about my why... somehow justify my behavior. So yeah, you go for it.

D

Deana Thayer 01:40

Is this what happens when you aren't future focused? You have to go and plug in the why to make it work?

K

Kira Dorrian 01:45

Yes, that's exactly what happens when you're not future focused.

D

Deana Thayer 01:48

Oh, my goodness, that's so funny. So I recently came across and read about this rather newer idea called sharenting. And basically what the term means is that you're parenting somewhat through social media, in a way that maybe when your kids get older, they're not going to be a fan of. So I think a great example that I read about was potty training. A lot of times parents will post long diatribes about what a struggle it's been, maybe even with a little bit of a, while safe and modest, still like a blackmail photo, you almost might call it of like the potty chair, or whatever. And what they're finding is in this increasingly digital age, as kids become tweens and teens, they're starting to have an opinion about that and feel like wait, you know, you posted some things I didn't get a say in. And I'm not okay with that. And then how do we handle that? And while we've done an episode on screentime, we hadn't really tackled the social media beast itself. And so I think there's an interesting combo there, too. But the other side of this coin is, don't parents have a right to talk about parenting and to share what's going on, and even things that might be good and want to be able to talk about that? So I think there's a lot of material here where it's kind of dicey. And because this is a newer concept, and I literally am in that sandwich generation where I was raised without all this technology, but I'm parenting with it, I don't know that I had much of a why around this either. But what's been a little bit of maybe a bonus for me is that my kids are older. So when I came across this idea and even found out about this trend, I was able to ask them, are you feeling uncomfortable about the way I've done this? Or do you have any problems with what I've posted in past years and

things like that, and they actually are okay, I'm relieved to say, because I think I'm actually in the same boat as you. I don't think I had a lot of intention around this because it was coming out as I was parenting, and it was literally happening in tandem. So I don't think I had formed this philosophy or mission statement, so to speak, of how I'm going to handle social media as a parent.

K

Kira Dorrian 03:59

Yeah, cuz it's totally different. Like we say social media, people think you put social media and parenting together and you think, how am I going to handle my kids' use of social media? But we really don't give a ton of thought to, how am I handling my use of social media?

D

Deana Thayer 04:15

It's a lot. And so that's where you get that fun, which of course, I also like this as a word nerd, the fun munch of the words. You know, you're, you're sharing things on social media as a parent, so you get sharenting. I was like, oh, I love that, right. Yes, you've heard of those. I love little wordy smushes.

K

Kira Dorrian 04:31

There's whole Facebook groups for portmanteaus by the way.

D

Deana Thayer 04:34

Oh really?

K

Kira Dorrian 04:34

You should join. Dave's in one. It's like, it's like a mash up for vocabulary. And I love that. They're brilliant. Some of them are so incredibly clever. But I digress, because I don't want to have to tell how badly I fucked this up.

D

Deana Thayer 04:45

Oh, you're trying to, are you trying to procrastinate? Are we putting this off a little bit? Stalling?

K Kira Dorrian 04:50  
Stalling.

D Deana Thayer 04:51  
So I can't say I've done this perfectly. Literally, I had a memory come up on Facebook just the other day that was nine years old. So my people were little, they were six and eight. And this is the kind of thing we're talking about, where there's this backlash later on of kids saying, hey, that wasn't fine with me or whatever. So I'm curious why you really think you've screwed up in this area? What do you mean by that?

K Kira Dorrian 05:20  
Well, let me say this. I think I should share why I should have had a why and what my why should have been. Does that make sense?

D Deana Thayer 05:29  
Let's hear it.

K Kira Dorrian 05:29  
Because I do think there's a why here. And I actually have some friends, I think who did this really well. And I didn't, I just wasn't paying close enough attention. I have friends who don't post pictures of their kids. They don't talk about their kids. They don't use their kids' names. They use an initial. And I never gave a ton of thought to it. And now that we're having this discussion, I'm like, yeah, that was, that was really smart. And so I think the why should have been that they are one day going to be their own human being. And this idea of informed consent, right, that we are actually, I mean, I have to tell you, so Dave has a nickname for me, which is Puddleduck after Jemima Puddleduck. I don't know if you heard of Jemima Puddleduck, must be a British thing. Anyway, Jemima Puddleduck is a little bit of a klutz. She's a bumbler, she, she, she puts her little webbed foot in it sometimes. And so he calls me Puddleduck, because that's me. And I think this is a great example of my puddleduckness, is this situation. Like I'm a relatively intelligent human being and every now and then I'm just a Puddleduck. And I puddleducked this I like putt, puddleducked the crap out of it. So I think the why should have been thinking about when my kids are grown, and they're their own people. And they're professionals and you know, all these things. What will they want publicly announced? And I think what you said is so spot on, because there is this thing that our generation uses social media as a way of I

think, processing our parenting. I certainly did. It was a way of putting out what was going on for me when things were hard. It was a way of celebrating things when they were successful.

D Deana Thayer 07:08

And let's be honest, don't we also crowdsource for advice sometimes, or recommendations, and that we use that platform to get some help sometimes or get resources?

K Kira Dorrian 07:17

Absolutely. And I think the other part that's really interesting about this is that our children are growing up in an age of oversharing. So the other question is, you know, perhaps the current teens and tweens aren't liking it, but actually, I don't know with Rhys and Rhiannon's generation if it won't just feel totally natural.

D Deana Thayer 07:20

Yeah.

K Kira Dorrian 07:25

So that's a curious thing, too. But I do wish I had given more thought because I'll give you an example that like came to me immediately when you told me this word. I think immediately of an example, where oops, oh, like puddleduckness. So Rhys is a... I mean, I'm gonna do it right now. Here I am. I'm sharenting. Like, I have learned nothing.

D Deana Thayer 07:56

Pitfalls of having a podcast.

K Kira Dorrian 07:57

Yeah, I mean, when your professional world collides, but anyway, we can go into that in a minute. Um, one of my children is a very picky eater. And, and they, one day finally ate a bagel for the first time. And I was so excited that I posted it on Facebook, I was like, this child ate a bagel. The whole world has opened up, sandwiches are possible. I mean, I was so excited. And like three days later, we had friends come over, and they went up to this child and said, I saw that you ate a bagel. So loving, so supportive, and my child's face fell.

It was like I had publicized as I'm doing right now, their private struggle. And I just, I mean, I don't even know that I have an answer for this on this particular episode, because we're pretty good at giving answers. And I don't know that I have one today because I, it is really tricky. For me to be a good parent, I need to process. It's not always readily available with a friend because even though we're in this interconnected time, we're actually the least connected we've ever been. So yeah, and I think that's a struggle, because we don't want our children to feel that we're outing them, shaming them, putting them in a position of feeling powerless. But I also don't think I need to ask my two year old permission to talk about them in a way that's helpful to me. So it's a really fine line.

D

Deana Thayer 09:22

Because both of these people are people with rights. You are too. So...

K

Kira Dorrian 09:28

It's a lot like your drugs and alcohol episode. Now, you know, what you shared was your story to tell, you were a part of that story. But you also sought out permission to talk about the topic. I mean, it's just very complicated. And again, a two year old is not the same as a 17 year old, you know, a 20 year old, a 14 year old, even 11 year old. You're looking at like, really different abilities to understand the long term implications. I don't know. I'm not ready articulating myself well today because I think this topic has really sideswiped me a little bit.

D

Deana Thayer 10:03

Well, and I think what we're seeing, and this is great, I'm even going to say this to the video. Here's a great parenting mantra. Nobody has all the answers. Like, here, here's something where Kira, literally a parent expert, someone I look up to, she's like, who I want to be when I grow up, and, and she's like, yeah, I don't know. I mean, so when you hit an issue, even if it's not this one, where you're like, I don't know, congrats. You're normal.

K

Kira Dorrian 10:26

Yeah, it's true. It's true. I mean, I have, I remember posting a picture of Rhiannon, when she was three, four, she was topless. And my aunt texted me and was like, you can't post that. I mean, that could, that could, you don't know where that's gonna end up. And it was, I just never thought of it. And she was right. And so I'm now very careful about if they're topless. They're covered they're in their blanket, you know. And so I've given some thought to that. But I mean, I've definitely, there's been a couple like, you know, stories that are funny, that

you know, later down the line aren't going to be funny. And I also know, when they were little in, they couldn't understand me. And again, I was in a darker place. So I was very vocal and verbal about what a hard time I was having. I remember the transitional time, even just out in the world, when I realized they were, they could hear me and understand me. And boy, I needed to shift that dialogue. Because if they're hearing mommy say all the time, this is so hard, this is so hard, twins are so hard. I mean, what's that going to do to them later down the line? So, and I always feel like I'm a little behind the eight ball with that. I tend to catch myself, like one step too late, I make one misstep, then I learn and I don't do it again. But a couple times, I've had that where I've been on the wrong side of the realization

D

Deana Thayer 11:41

That was me with positive self talk about my body. I caught that one too late. And I was kind of berating myself and realizing oh, you know, not realizing that's not even the right word. I mean, of course, I knew it somewhere. But not thinking overtly about, well, there's some extra sets of ears hearing this. And so I think this can be an example of that sometimes people start doing something a certain way with handling their social media and how they talk about their children and what they're going through, and then maybe have to look at it later and think, oh, maybe I need a course correction, or I need to at least tweak some things. And I was thinking about your comment about a shirtless child too, how now, even with some of the actual restrictions on the internet, like things can be flagged as oh, it's not appropriate, or it's child porn, or whatever, when it's so not. It's a kid in the wading pool or whatever. But I mean, there's all kinds of ways you can proverbially step in it. And maybe not have thought about it or meant any harm at all.

K

Kira Dorrian 12:43

Right? Well, and here's the other piece that I know is a huge reason as to why this got out of my hands, is we have family in the UK. This is literally how they stay on top of us, and how I'm able to kind of you know, I can push out one photo with a funny story, and I can reach out, all of our extended family in the UK. And yeah, could I do that by text? Yeah, I could. Um, is it easier to do on social media? Yes, way. Significantly. And so there's that piece too of like, you know, we are, we are, so many of us are not living near family. We want to keep people abreast of the situation. We want to share photos. And it's a beautiful part of social media. It's actually one of the only reasons I'm still on it aside from business stuff.

D

Deana Thayer 13:28

Agree.

K

Kira Dorrian 13:30

How do you do that without posting pictures of your kids? And I mean, it's just very complicated. It's a very complicated topic.

D

Deana Thayer 13:38

I agree. And I've said this before, but I wouldn't be on social media if it wasn't for those same things, obviously, for the business piece, you have to have it. But for me personally, it's because of having family who aren't nearby. And kids change so fast. I mean, even now, my kids might look the same in a few months, but they'll have some new accomplishment or achievement, or this is the way people can keep up with what's going on. And if you have little people, let me tell you, I mean, I have a sister who moved to Arizona and has all young ones, and I'm so grateful that I can see pictures and video of them and know what's going on with my nieces and nephews I wouldn't as readily at least,, be able to do that otherwise. And so I like what you said. Could you technically do that another way? Sure. Are there some people who maybe have intentionally done it that way to avoid this whole fray? Yep. Should they maybe be commended? Probably. Yeah, but is it is it easier? I love the word you used. Yes, significantly.

K

Kira Dorrian 14:40

Yep. But we aren't about easy.

D

Deana Thayer 14:41

No, we aren't.

K

Kira Dorrian 14:42

It's interesting. It's like we're being challenged to consider our platform, which I stand by.

D

Deana Thayer 14:51

And I think to practice what we preach, which is do, maybe do the harder thing because it's the better thing.

K

Kira Dorrian 14:57

Right, which is what we should have done.

D

Deana Thayer 14:59

Of course, I, I'm in the opposite place, because I've a few times asked my kids, can I just take down my Instagram or whatever? I just don't... no, no Mom, sometimes I want to tag you in my story. And I want to, and I want to mention you about this and, and I, then I just melt because I love that they still want to do that. And oh, I'm staying, I'm staying on social media. So I'm like on the other side of this in a weird way where they want, they want it. But what we're talking about is what happens if you've maybe done something that later they've decided they don't want?

K

Kira Dorrian 15:30

Well, and here's, here's another twist, a twist. Let's add, like, throw this into the mix. But there's also this thing that happens on social media. I almost want to call it like oversharing. Humble sharenting, humble brag sharenting, you know, that we're all guilty of. And you know, I use Facebook sometimes as a means of bragging about my kids and not in a yucky way. I hope. I hope no one ever sees it that way. I'm sure some people do. But more in a like, I want to, I'm proud of them. And my kids have sometimes said, are you gonna post that on Facebook? So I think they see that too, as a way of kind of celebrating and honoring their successes. And it gets tricky, because it's like, well, then if that's all that you're doing, then people are gonna be like, all she does is brag about her kids. Whereas if I also post the picture of, you know, the poop stained wall that someone decided to paint. I'm not saying that that happened. And then, you know, then I'm sharing it. So it, do you understand what I'm saying? It's like, then should we just, we should just all come off social media and not use it is essentially the solution to this problem. But social media does have some really positive benefits in terms of building support and community and connecting people. So yeah.

D

Deana Thayer 16:48

Well, I can, I mean, if, if I was honest, that I didn't really have a why, because it was happening as it was happening. But I can share a couple hos, but I've got to be honest, they're gonna relate more to people with older kids. I'm gonna be really, really I don't have the answer for say, you have a toddler. I don't. It's just the reality. But two things that I have done, that I think have been really successful, and have helped my kids feel respected and honored, is asking, first, whether or not I might post about something. So

even, even a positive thing like say, I'm really proud of something that happened. This literally happened this week. And I had to ask like, is, this is too far, right? This is like, kind of yucky, proud mom. And I was able to hear happily, no, no, no, it's totally fine. So the whether or not question with older kids, they can have a say like, no, you're not doing that. And then you just, sorry, you don't get to. And I've been fine with that when they've said no. So I think asking whether you can post is great. But here's an interesting one. In this day and age with teens who want to post all the time, I've also asked do you want to post something first? So like the timing of it, like, may I post about it? And if so, do you want to announce this first? And then can I piggyback on that? Or would you rather just you're the only one? And will you, and if so then will you tag me? You know, cuz I gotta, I gotta get in there, right? I'm mom, right. But that's been another one too, is just the timing of it. Because sometimes it's really important to them. It's their news. And they might say yeah, but let me first or I'm just going to, and so that's been really helpful for us. But I know that wouldn't maybe apply if you've got a three year old. So I'm sorry.

K

Kira Dorrian 18:24

Yeah, I mean, I have this picture, when my kids were just about one, and we took them to see Santa for the second time. They both, you know that photo that everyone has of like the screaming child?

D

Deana Thayer 18:37

I got it as a Christmas card. I felt very special.

K

Kira Dorrian 18:39

Yeah, that was the only year we did Christmas cards because the photo was so epic, because they were both screaming and this is the beauty of twins. They were both at the age where Santa was terrifying. And we'd left them on this man's lap, you know, and they're both screaming, and we sent out this amazing holiday card that said, he sees you when you're sleeping?!

D

Deana Thayer 18:56

That's right.

K

Kira Dorrian 19:00

They were like screaming, it was amazing. And I blew it up into a 16 by 20 canvas. Because

my plan and it, this is what I'm doing, is every year I bring it out at Christmas. And I intend to do that until they're 18 and just absolutely embarrass them. You know, it's part of my responsibility as a parent. Absolutely. It's part of the job description. But I think that whilst that is funny and everything within the context of your home environment, that perhaps that would have been a better mantra to have from the start. Like if I could go and do it again. You know, sort of like, is it something that is funny in our home, but perhaps longer term wouldn't be so funny out in the world? Like, would I want if my parents had posted this?

D

Deana Thayer 19:47

That's a great distinction to make. See? There's a good how.

K

Kira Dorrian 19:50

Yeah. It's a great how. Too bad I didn't do it. But yeah, I think maybe that's a good way of looking at it. If my parents had posted this and said this, would I have been okay with it? And if not, you know, then don't share and I think... something you said on, when we were interviewed on Brittany Homer's podcast, the Raising Today's Kids podcast about, you know, just having these relationships with people who are different. You said you know, it's also important sometimes to know when not to say anything. And I think because we are in this season of, of life or season of the world and humanity where it's all about sharing all the time we forget that sometimes it's actually okay to not post something, or not....I don't have to celebrate everything. So maybe those would be the two hows if I could do it differently. I would think if my parents had posted this, would I be okay with it? And, and do I have to share it? Is it actually necessary? It's kind of like that, what's that, you love your, what are they called? Acronyms? What's the acronym that you love about...is it T.H.I.N.K.? Tell everyone that one. That's so great.

D

Deana Thayer 20:53

I of course didn't come up with this, it's everywhere. But the, Think before you speak, and so before you say something you ask each of the letters. So the T is, is it truthful? H, is it helpful? I, is it intelligent? We've also used inspiring. N, is it necessary? And K, I'm telling you, even if you get through all four, if you get to this one, and it's a no, don't say it. Is it kind?

K

Kira Dorrian 21:16

Yeah. So maybe think before you speak and maybe think before you post, like same, right?

Like go through and is it kind to post a humiliating photo of your child? And again, like I say this without judgment, because I have posted many a humiliating photo of my child. But I also think one of the things we talk about, and one of the things I pride myself on as an individual is not being afraid to recognize when I fucked up and to and to make a course correction, which we talk about. So I think the, the whole topic from the second it came out of your mouth has made me kind of go okay, course correction needed immediately.

D

Deana Thayer 21:53

And guess what? That's also good parenting. Good parenting isn't just doing it perfect every time the first time. It's also being able to recognize oh, I didn't do that as well as I could have. Let me shift.

K

Kira Dorrian 22:04

Yeah, exactly. So I'm gonna start doing that. It's interesting, because I know, let's talk about the work piece for a minute. Because I do think for us, we're in a very unique situation. And it's one I know that you know, I have struggled with. And I had this the same when I was, I think I talked about this on the childbirth episode that you and I, you know, I teach natural childbirth classes and hypnobirthing and all this stuff. And then my birth just went super sideways. And I remember being in that moment and thinking, how can I face my students? My work world and my personal world, just like crashed. Full on collision, and how scary that was. And I, and I think that a lot of, a lot of people have that in different capacities of work, work life, you know, lots of people have that. And so for the podcast, this is one of those tricky areas. Like I know that you know there's a particular topic that I haven't figured out how to talk about yet because of one of my kids. And because that child's just not at an age to give informed consent. We just can't go there. And that's tricky. Same with Dave and I, like, I will tell our listeners, Dave does not listen to our podcast, he loves me very much. And he's extremely supportive. And he's like, I don't like podcasts. And I love you. And I'm sure it's amazing, but I'm not gonna listen. I was like, okay. And sometimes I'm aware of that, because I know he's not gonna hear it, I might be a little freer with the topic. And so I think that there is this tricky thing of how much of ourselves do we share? Because our, our work stems from our parenting experience. Yes, we work with other people. And we have lots of stories about that, too. But our initial philosophy for both of us came out of our own parenting experience. So how do we talk to our listeners about this topic and keep our children's dignity intact? I mean, it's really tricky.

- D** Deana Thayer 23:53  
So crazy. I mean, I've again, just recently talked to my own kids about this, and they have had some issues with the podcast to be quite frank. And, and to be fair, I had to kind of push back because it became evident from some of what they were saying that they weren't listening. And not that I expect them to, they're not parents. It's not really applicable to them.
- K** Kira Dorrian 24:14  
Can we be clear that it is applicable to Dave though?
- D** Deana Thayer 24:17  
It is. And I want to say - shout out to Scott - he listen.
- K** Kira Dorrian 24:21  
Yes, I know. And this is what I say to Dave all the time. I get like, I get, Scott texts me and is like Kira, your episode this week. You crushed it. It was so great. And I'm like, thank you, Scott. And then I say to Dave, I'm like, Scott just texted me to tell me what a great podcast it was this week.
- D** Deana Thayer 24:38  
Or sometimes I'll catch him with his headset in and I'm like, you know, making the like the motion, take it out, what are you, what are you listening to? And he's like, I'm just getting some great organization tips from these two moms, like, it's so, it's so great. And I love it.
- K** Kira Dorrian 24:49  
Shout out to Scott.
- D** Deana Thayer 24:50  
Yeah, pretty awesome. I'll probably keep him. But literally, I was able to tell by what my kids were saying, oh, you're clearly not listening. I don't expect you to, you're not parents. It's not as applicable. However, I want to hear what they have to say. Because they sometimes get concerned that I'm using this as like the platform to just come home and go, now we're gonna try this. I'm like, no, don't worry about that. But... I'm mostly talking

about things when you were little, and I'm not going to come home and try to re implement those things, that would just... I'm not going to start rotating your toys. Sorry. You don't have any.

K

Kira Dorrian 25:23

Can you imagine if you just like rotated stuff in their room?

D

Deana Thayer 25:26

Yeah, Cienna, I'm now going to be rotating the books on your bookshelf. So when the Harry Potter books disappear, they'll be back in three months. You know, it's so, it is just funny. But they are old enough to at least raise those concerns. So you're right, the business and personal worlds can crash, especially on this one, because we're literally talking about something we're still doing, and that we're not always doing perfectly, and that we're going to mung up sometimes. So I mean, that's just the truth.

K

Kira Dorrian 25:49

Yeah. Yeah. So I hope our listeners got something out of today, even if it was just think.

D

Deana Thayer 25:58

Think before you speak or post.

K

Kira Dorrian 25:59

That was such a good one. So go over the letters again.

D

Deana Thayer 26:02

Is it true? Is it helpful? Is it intelligent or inspiring? Is it necessary? And is it kind?

K

Kira Dorrian 26:07

Did you see how that spelled THINK everyone? Just T-H-I-N-K?

D

Deana Thayer 26:15

And how about it's always a good nugget to hear, if you don't have all the answers, you're normal.

**K** Kira Dorrian 26:24  
I know you were gonna say the same thing.

**D** Deana Thayer 26:25  
Maybe we would. I was gonna say, and if you find out you're doing something wrong, you can make a course correction. That means you're a good parent. Yeah, you're a good parent.

**K** Kira Dorrian 26:32  
Thank you, that makes me feel better. And I was gonna say, and thinking about before you post, if my parents had posted this of me, would I be okay with that?

**D** Deana Thayer 26:41  
And if your kids are old enough, ask them those questions I mentioned, let them weigh in.

**K** Kira Dorrian 26:44  
Yeah, absolutely.

**D** Deana Thayer 26:45  
And I actually have a quote today that's applicable to this topic. And the person who said this quote is named Pam Leo. And I love it. It says, let's raise children who won't have to recover from their childhoods. Yes. So let's also raise kids who won't have to recover from your social media account.

**K** Kira Dorrian 27:01  
And like, how can I undo it all? Oh, of it.

**D** Deana Thayer 27:05

No, you just do better going forward.



Kira Dorrian 27:08

I will say I deleted almost all of their, all of their photos on Instagram, because I went from a private profile to a public profile when the edge podcast launched. And I did not at that point, once it was public, I was like, no way. So at least I, at least I recognized that.



Deana Thayer 27:23

Hey, hey, something right!



Kira Dorrian 27:25

Yeah, something. Well, thanks for listening everyone. And we hope that this gives you some thoughts for yourself to look at your own sharenting, maybe you do a lot of it. Maybe you only do a little bit. Like we've been talking about it's been very eye opening for both of us to kind of consider it as a, as a topic we're thinking about. Raising Adults is produced by Kira Dorrian, Deana Thayer and recorded in my laundry room. Music by Seattle band Hannalee. Be sure to join us next week and thank you for listening.



Future Focused Parenting 27:52

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