

# Spin Cycle - Are We There Yet Polite Interruption, Even in t...

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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.



Deana Thayer 00:23

Hello, everyone, Kira, and Deana here, and we have a spin cycle to share with you in a moment. We had a great listener question come in, and we want to make sure to answer that. But we first wanted to let you know about a little shift in how we're doing things as we record.



Kira Dorrian 00:36

Yes, a little shifty shift. So we've, we're changing our YouTube plan, for many reasons, not the least of which is that we cannot get a good camera angle for Deana. And she deserves to be seen. And we've just had a lot of issues with recording the podcast. And both of us feel like it's a little redundant. And so what we actually decided to do, because what we have been asked for are show notes, like a condensed version, so people can

kind of get the gist, go back to some of the key points, you know, be reminded of what the book is that we recommended, or whatever it is. And so Deana came up with this brilliant idea of doing video show notes. And we actually think that's going to be the best way to use our YouTube channel. So we're going to start recording, like around a 10 minute video, after every episode that kind of summarizes. It gives the, just gives those key points, and some of the take home stuff. And so that way listeners who've heard the whole episode, if you want kind of a reminder, and those show notes, you can go to YouTube and check that out. And people who prefer to watch on YouTube have an opportunity to kind of get the gist of the podcast without it really feeling so clunky in our laundry room.

D

Deana Thayer 01:46

Absolutely. And I think they can still get a sense of what the episode is about, still go over and listen to the whole thing if they want. The other thing that will be on there is any resources that we mentioned. So if we do mention a book, we'll make sure that that's in the video. Or if we mentioned a certain person or practitioner, we'll make sure that that's there as well. And you'll be able to see not just my right ear, be able to see my whole face.

K

Kira Dorrian 02:08

It's such a beautiful face listeners, you need to see it.

D

Deana Thayer 02:11

So that will be wonderful. And one thing that's going to be great about this is people who do want to watch can still do it. And I agree with your word, it keeps out the clunkiness, we were, those of you saw, we were saying hello first on the video, then starting the audio, have to say goodbye on the video, I think this is going to be a lot cleaner. And I think people are gonna really like it. So we want to let you know that that's coming. And hopefully it's going to be really helpful to those of you who have been asking the where's, where's more of a great condensed synopsis of what this episode is about.

K

Kira Dorrian 02:41

Yeah. And so that's gonna start not next week, because next week, we have Melissa Lieberman, the corporate mom coach on, she's so fantastic. And she you know, we can't video interviews, which I guess it's complicated. We're not all in the same room. Right? So, next week, it'll just be an audio version of the podcast on YouTube. And then after that, we'll move forward to our little 10 minute synopsis.

D

Deana Thayer 03:03

Starting with the following episode, you'll see that 10 minute synopsis where you can get really the essentials of the episode in a shorter timeframe. So you'll still get to see us.

K

Kira Dorrian 03:11

Yeah. Alright, so let's move on to our listener questions. So Ariana wrote, and she asked a great question. She said, I love this idea of the interrupt rule. That's so great. I can't wait to implement that. But what do I do when I'm in the car, and my kids can't reach me, they can't touch my arm or my shoulder or my hip or whatever? And especially and she brought up like when her and her husband are, you know, having a conversation, they want to have a grown up conversation and the kids are in the back going, Mom, Dad, Mom. You know, how do you create that same level of respect and that same level of politeness from your children in a situation where let's be honest, it's actually so much harder for them to do what we're asking.

D

Deana Thayer 03:52

Yeah, or maybe they literally can't reach you or it wouldn't be safe to do so. If you're in a vehicle or some other scenario, they can't get their hand on your arm. I mean, that's the truth of it.

K

Kira Dorrian 04:02

And in the car, what's tricky is they can't see your face. And because they don't drive, they also don't always know when you're in the middle of something that's important where you actually can't give them your attention. You're changing lanes on the freeway, or whatever.

D

Deana Thayer 04:14

That's a great point that I hadn't even thought of that extra layer of what if you really need to pay attention to GPS right now?

K

Kira Dorrian 04:20

I can think of something that we do to resolve that. But so let's talk about it because you had a really cool, I love, I love your solution to this. So tell our listeners.

D Deana Thayer 04:29  
So we actually had a code word. And so that way, if I heard this word from the backseat, then I would know that my children needed me and I could say oh, I hear that you need me because I heard the code word. And I'm gonna need to finish what I'm saying to the person in the passenger seat. Or you know what? Mommy is at the part where she really needs to pay attention to our directions but then I'll be right with you. And it just let me know they needed me but eliminated the chaos of repetitive mommy, mommy, mommy, and getting into where the car is a noisy disaster area.

K Kira Dorrian 05:00  
Yeah, I love that. Pumpernickel. I mean, why not? Yeah, it's a great one. I'm not gonna just say that in a sentence, right? Your ear is gonna catch that.

D Deana Thayer 05:08  
Yes. Did I not say that that was it? Yeah, that was our word. It was funny.

K Kira Dorrian 05:11  
No, you did.

D Deana Thayer 05:12  
I did? I don't know. Well, it's, that's what our word was. And we would often even do the thing where you squish your cheeks. And that was our favorite word to say, while doing that, you know? You never did this. You're giving me this confused face. Okay. So apparently, your family does not play this.

K Kira Dorrian 05:28  
No.

D Deana Thayer 05:29  
So say pumpernickel.

K Kira Dorrian 05:30

Pumpernickel.

D

Deana Thayer 05:32

Okay, now you have to watch. We'll have to do this on the show notes. Because someday we're gonna, we're gonna play this game on a show notes episode.

K

Kira Dorrian 05:40

Oh, my goodness.

D

Deana Thayer 05:41

Because it's truly funny. Anything with any like, plosive, it's extra hilarious. Pumpernickel.

K

Kira Dorrian 05:50

This is officially my favorite episode ever.

D

Deana Thayer 05:52

So this word because we laughed at it in other settings, they knew it would get my attention. Does this make sense?

K

Kira Dorrian 05:57

Yeah. Okay, so I have two thoughts on this. So the first thing was, if Dave was driving, and I was in the passenger seat, I would actually just reach my hand around and they put their foot on my hand so that we were still kind of having the same general idea of, I'm letting you know, I hear you. And you can, you can do something about it. Because that's the thing is they want, what they really want is to know that you've heard them. Yeah. And so ignoring, it's a natural instinct to kind of set the tone of like, I, can't you see that I'm in the middle of something, I'm going to ignore you. But actually, what they want to know is that they're being seen and heard. And you will get to them, which I think we talked about on the manners episode.

D

Deana Thayer 06:35

Why that's, I mean, that's so great. They're reaching back. And then there's still some

physical contact or like the code word or something where then you can acknowledge, I hear you, because then that is what ramps them up. Well, I'm being ignored. I'm not being heard. I must need to do it more, louder, right? Surely that will solve my problem?

K

Kira Dorrian 06:50

Yes. Well, and like I said, they can't see your face. So it you know, it provides a very different scenario for them feeling seen and heard. So that was one thing that we did. The other thing, and I've done this, not just in the car. I personally, like the mom, Mommy, Mommy, Mama Mama, like that just get so deeply under my skin. Oh, um, and especially when I'm clearly in the middle of something like I'm cooking dinner. And they're like, Mom, Mommy, mommy. So what I've actually taught them to do is to say, Mom, I can see you're in the middle of something. When you have a moment could I have your attention, please? Now, obviously, my kids are older. That's not going to work with a three year old. But because we were doing these things when they were three, it wasn't so shocking for them to be given some new instructions about how you politely interrupt me. And it works like a charm. Because there is something about a seven year old saying, excuse me, I can see you're in the middle of something right now. Right? That kind of puts most adults at ease, like, wow, this child is being really thoughtful of the situation and of the fact that I am in the middle of something. They're being observant. So I've seen it work really well with their teachers as well. But at home, it, it for me, it diffuses my frustration when they want to talk to me while I'm cooking or in the car and I'm changing lanes in the freeway. So Rhiannon will often, she's, she's better at it than Rhys, you know, she loves to listen to music in the car. So we'll get in the car. I'll be reversing and she'll say, Mommy, I can see that you're busy driving right now. When you have a moment, could we turn the radio on? And it just helps me I feel I'm not like, you know, what's the word like, all stressed and tense because someone's screaming at me from the backseat.

D

Deana Thayer 08:30

You made me think of something that is really applicable here. And that is something that I use with my kids, although it's an idea I got from another fantastic mom. And she would often if she was requested to do something at an inopportune time, or maybe even in not the most respectful and polite way would ask right back, do you have a polite request for me? And it makes such a difference. And so I ended up using that with Cienna and Marc. And it was, it was beautiful. And that way I didn't get the repetitive Mommy, Mommy, Mommy, or I need this, or can we do this right now? I could turn it back to them. And you and I both are big fans of questioning. So I could say, do you have a polite request for me? And give them that chance to ask politely and calmly, and that diffuses things, but there's also something on the front end, and I thought of that even with younger kids. I would

sometimes teach my kids to ask, are you busy? And they could say that even when they were little. And I still have cute memories of them... You busy mommy? Because then I could say, oh yes, but I'll be right with you, or no, what do you need? And it's their way of also using questioning, which is such a great skill to learn really early on. Ask what people are up to, how are they feeling? How are they doing? This is one small way you can do that. So it's, it's just one of my favorites.

K

Kira Dorrian 09:44

I love that. And you know what I love about do you have a polite question for me, is you're, you're giving them that gentle reminder. You are still setting that boundary, but you're doing it in this really loving and kind of gracious way right? Like oh, I can see that you forgot how we ask, right, for help in a situation like this, and then it doesn't feel punitive at all. It's just a gentle reminder. And then oh, yeah, I need to rephrase. You know, you have a polite request. Yeah, how do we say that politely?

D

Deana Thayer 10:11

Yes. Let me rephrase.

K

Kira Dorrian 10:12

I love that. That's awesome. Fabulous. Well, Ariana, I hope that was helpful. And other listeners, I hope that was helpful. Oh, you know, what we're gonna talk about? We found out that podcast hosts are supposed to name their listeners.

D

Deana Thayer 10:27

Oh yes. Right. That's right.

K

Kira Dorrian 10:28

You're supposed to name them with a cute name. So here's what we came up with for you. You guys are FFPs, you're future focused parents. FFPs. What do you think? Do you like it? Do you have a better idea? Write in. Let us know. Let us know [info@futurefocusedparenting.com](mailto:info@futurefocusedparenting.com) and if you have any questions, FFPs, feel free to write them in you know, we love our spin cycles. So you can send that to that email address. Don't forget to follow us on Instagram and Facebook @FutureFocusedParenting and @RaisingAdultsPodcast. This has been a fun one. I enjoyed it immensely. Thanks for listening.



## Future Focused Parenting 11:06

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