

Episode 78. Helping Kids Pursue Their Dreams

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SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian



Kira Dorrian 00:00

If we as parents can be focused on what are you getting out of this anyway? Whether you're successful in it or not, what are you getting from it and focus on the learning and the growth and not that end goal, then we're teaching that journey. And that can be applied to whatever dream they end up pursuing. Even if there's multiple dreams. That's okay, too. You know, they might have a dream at 20 that's different at 30, that's different at 40. Mine, mine seem to go in decades like, and to just take life skills, what did I get out of that decade or that journey? What do I get out of this journey? And I think if we can do that, as parents, we're going to crush it in terms of teaching them what it really means to pursue a dream, not what it means to be successful at something. Those are actually not the same things. Right? What does it mean to pursue a dream? What do I get out of that pursuit that helps me move forward into either the next part of that dream, or the next dream all together?



Future Focused Parenting 00:52

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.

K

Kira Dorrian 01:14

Well, hi, everyone, and welcome back to Raising Adults podcast. Thank you so much for being with us again this week. We are just so grateful for our FFPs who join us here in the, what is now the laundry bonus room, laundry room every week. If you're new welcome. Usually we welcome you just to the laundry room, which is where we usually record our show. But right now, Deana and I are separated because of COVID-19. And so we're in her bonus room and my laundry room. And it's just, it is what it is. So how are you doing Deana?

D

Deana Thayer 01:48

I'm doing well actually, I'm, I feel like I'm hitting a rhythm. And I feel just a little more hopeful, like, I guess is a good word this week. How are you?

K

Kira Dorrian 01:59

I'm, I'm losing steam this week. I'm having a you know, I've been pretty like Pollyanna this whole time. And that's wearing off a little bit now you know, and we've been locked down like longer than anyone we know. And it's just yeah, it's gonna be fine. I'm gonna find my rhythm. It's I mean, we definitely are in a rhythm. But you know, burnin' out, burnin' out. And the kids are too. I can feel it. They're like...

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Deana Thayer 02:23

Legit, you have been in a long time. There's, I only have one other friend who's been self, like chose to do the kind of self quarantine longer than you. So I give you great props.

K

Kira Dorrian 02:34

Thank you so much. Yeah, we're actually considering now ordering takeout. And that is like the huge step, exciting thing that has happened in our family. Yeah, I miss, I just hate cooking so much. And I do it literally every night. So it's um, that is, that is giving me hope for the future that there might be takeout in my future is feeling pretty exciting.

D

Deana Thayer 02:57

Oh, I bet.

K

Kira Dorrian 02:59

Other than that we're fine. So I'm excited to talk about our topic today. It's one that's near and dear to my heart. Today, we're talking about helping our kids pursue their dreams. And what does that mean? And what does that look like? And it's a really interesting tie, I think, to Shalini's episode, which was a few episodes back about raising Generation Z. And she talked about how this next generation that's coming up, they're, they're entrepreneurs at 14, and, you know, the pressure that puts on us as parents. And so I think it'll be just an interesting conversation off the back of that interview as well.

D

Deana Thayer 03:34

I do too. And this, every parent is going to deal with this. Because you're going to hear at some point your kids saying something they want to try or maybe something they're interested in. And we have a responsibility there in terms of how we handle that. So it's a good one.

K

Kira Dorrian 03:50

Yeah. So should we start with whys?

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Deana Thayer 03:54

Yes, let's start with whys.

K

Kira Dorrian 03:56

Go for it. Tell me your why.

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Deana Thayer 03:58

So this is an interesting why for me, because I had the kind of parents and anyone, any of our listeners know, like, I love them, but I have to like be real about where they kind of fell down. And they were the kind of parents that were really all about the practical. So I think if I had to say, you know, if I'd said, I'm going to major in basket weaving, they would have been the kind of parents, like, let's get a business degree. Okay. So while I don't think they ever meant to poop on my parade, or anything like that, I think I knew that would have happened. So I just tended to kind of stay in the straight and narrow road of what I knew would work for them. Now that being said, like when I was interested in stuff, oh my goodness, the sacrifice. I mean, they went for it. But I do think it was more around like,

activities. If it had been about my long term future, I think it would have been a lot different. So it made it important to me that even if it's about the long term future, I'm going to be like, their biggest cheerleader like, how can we help that happen? So it kind of, kind of came from that for me. So I think my why was around, I want to be their biggest fan. And I want to see what can come from that. And I, I want to recognize that being fulfilled, and having a life that you love to wake up to in the morning, really matters. And that's what I wanted for my kids more than, okay, they had this nice steady paycheck or whatever, you know, all those things. So it came a little bit from a parental fall down and made me want to do it different. And I think that does happen sometimes. Right? Like, sometimes we watch something our parents and we're like, I'm going to totally do that. That was amazing. And other times, you're like, you know, I'm gonna do that a little differently. This was one of those for me.

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Kira Dorrian 05:43

It's so funny, because we're almost flipped. And almost no, my parents were the opposite. My parents came from parents who refused to let them pursue their dreams. Or were unable to, I think my mom's parents just, you know, they were, they were poor farmers from, from, you know, foreign lands, and they just didn't have the ability to help my mom become who she wanted to be. And my dad's parents were really practical and said, exactly, you're going to get a business degree. I mean, like, they actually had that conversation. He wanted to go into hotel services. And, and my grandfather said, no, you're gonna get a business degree. So I was raised by two people who were like, whatever you dream is possible. How can we participate in that? And so I went to NYU, which at the time was the most expensive university in the country, for a degree in drama, and walked out with a mortgage in student loans to become an actor, you know, and, and the fallout of that has been really interesting. And so for me, it was like, I wanted to find a better balance, because I think they did an amazing job, helping me pursue my dreams. I mean, I started professionally acting when I was 12. They schlepped me all over town, you know, pulled me out of school for Wednesday matinees and the whole shebang. But I don't think there was enough conversation around, hey, by the way, sometimes dreams don't work out. And we want to help you pursue them, and talk realistically about the way dreams work. And that was the piece that was missing for me. So my why was really around, showing my kids, I'm your biggest fan, I've got your back, you want to pursue something, let's do it. And also having the conversation that I felt was lacking in my home, which was, hey, by the way, sometimes your dreams change, and moving and letting those dreams shift is really a part of becoming an adult, and coming into the world, and that might change and shift throughout your entire life. And so I think, for me, as an actor, when I finally left the business, what was really hard about leaving was feeling like I've been wanting to do this since I was nine. And everyone kept telling me pursue your

dreams, pursue your dreams, pursue your dreams. And you get to a point where you're like, I don't even think this is my dream anymore. But you're scared to give it up. It's like you're letting someone down. Does that make sense? So that was the balance that, and continues to be the balance that I'm trying to strike is like, how do I empower my kids to pursue those dreams, but also really check in with dreams shifting and changing. And I think what you said is spot on, I want them to have a life that they love to wake up to. And for me, ultimately, acting was a life I did not enjoy waking up to anymore. And I wish someone had had that piece of the conversation with me like, hey, if that dream changes, it's cool. You know what I mean? I want that on a pillow, like, live your dreams, and it's okay if they change. Yeah, so that was a long winded why. But that's sort of where I'm at as a parent with this particular topic.

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Deana Thayer 08:52

No, that makes sense. And it is a balance. And I think I don't have to work as hard at the now, let's be realistic part just because that's how I'm wired. So I have to work harder at the fan part. So that's why I have to put my focus there because I tend to be like, well, let's talk about the practical part. And I have to leave room for like just the yay, part.

K

Kira Dorrian 09:13

Yeah, it's so much about what was modeled for you, and what's considered the right choice, right, the right path. And if you've got a family that's like, the right path is being stable. And you know, Dave's family's very much that way. They just kept waiting for us to get real jobs. It was like, when are you guys gonna get real jobs so you can be happy? You know, and I don't think they meant that badly. I think it was just for them, that is what happiness came from was stability, because of their own generation's struggles. You know, the way we, it's just like what Shalini was saying, like the way that we inform, how our childhood informs our children's childhood is, you know, really important to be considering.

D

Deana Thayer 09:49

No, and you're right. And I think some people that is the happy life that they want to wake up to, because they feel secure. And so I think that's the the trick with parenting right, is leaning into what makes our kids have a life they want to wake up to. For some of them, it is going to be something very, what we might think of as kind of traditional or boring even. And then for other, others of our children, it might be a really adventurous life that looks maybe really impractical, but that they're thrilled with. And so it's, it's an interesting part again, where knowing your kids matters, too, right?

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Kira Dorrian 10:23

Yeah, absolutely. It's a, it's a complicated one. This one is complex, it's got a lot of layers. And I think every, every parent is kind of taking their own experience and trying to couple that with their children's experience. And that's tricky if your child, especially if your child is interested in something that wasn't of interest to you, or that seems scary in some way. Whether that's scary because it's stable or scary because it's not stable. I think for me, I was always raised that stable's kind of scary. That's, you know, you don't want to, you don't wanna have a stable life. And now I'm like, I just want a stable life. Like I lived as a starving actor for so long, I just want like a paycheck that shows up in my... So yeah, I think it's, it's a, it's tricky. And when they're little, of course, those conversations, it's even trickier because their dreams are so big, they have no sense of reality. And so we want to make sure that we're like, leaning into that in a way that doesn't squash the dream, but also teaching the realism that they need in order to be successful, even if they pursue that major dream. They still need skills to fulfill it, right?

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Deana Thayer 11:32

Yeah, they do. So I know your son had a pretty fun dream recently that you helped with. So maybe you can start talking about some of the whats and hows by sharing about that, because that was pretty fun.

K

Kira Dorrian 11:45

It is fun. So you know, we're like stuck at home. And my son loves to write like, loves, loves, loves to write. And so he wrote this chapter book, he's eight, and he wrote this, like, 39 page chapter book. And I was like, you know what, buddy, let's publish it. Like I know how to self publish on Amazon. Let's do it. Let's publish it. So we edited it several times. And we designed the cover, and we uploaded it. And he learned so much from doing it and required a great deal of diligence on his part, because the editing part was not his favorite. And we published it, and it's out there. And the proceeds are actually going to hospital worker support for COVID relief, and then also one of his favorite local businesses to try and support them. And if I have room for it, I will put a link in the show notes if people want to buy it. But it was amazing to get to do that for him. And I think that comes from my parents. I mean, they were really like, you want to do that? Let's do it. But you don't do it by halves, like if we're going to do something, we're going to do something. And I think I have that mentality with my two as well as just like, whatever I have available to me, I want to share with them. So sometimes that requires, you know, a lot of time on my part or energy on my part, but I feel like what they're learning is exactly what you said, I'm your biggest fan, I've got your back. And then I'm also really hoping to teach within that the discipline that's required to fulfill one's dream, because we don't just fall into our

dreams, like anybody's dream requires a certain level of discipline. So that was, one example with my daughter. When she was like in preschool, I think her last year of preschool, she really wanted her own bakery. And I was like, okay, well, we can do that for a day. Like, why not? So I made her go to the head of the preschool and ask if we could use one of the preschool rooms in the morning before school to run a bakery, and all the other money would go to the school. And that I really wanted to support her dream. And we needed a space to do it and a community of support and would they be interested? But I told Rhiannon like, I'm not going to have that conversation with her, you have to have that conversation with her. So we went to talk to her and she gave us the space and Rhiannon spent, like the whole weekend baking with me getting set up for this bakery. And she had to make the signs. And Rhys was her little marketing person at the front door announcing the bakery and sending people. But she raised like \$150 for the school and people were so supportive. And, you know, for me, it's like she's gonna carry that with her. Like, I wanted something and my mom helped me make it possible. And that must mean that it's possible. So I wonder if I apply that when I get older. If I could have a bakery, you know that, that future focused thinking? I think, so those are just two examples of how I've done it.

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Deana Thayer 14:20

Cute.

K

Kira Dorrian 14:21

It's cute. I mean, I know we're gonna talk at some point about it. And I want, I want to give a chance for you to talk about this too. But I think there's also this other piece that's really hard as a parent, like that sounds super easy. Like, I published my son's book and helped my daughter have a bakery and then like the internal struggle that's happening for me through all of that is worth talking about too. But first, please tell everyone how you have supported your kids because you've done an equally awesome job. Like I've seen it with my own eyes how you've shown up and been their fan. So tell, tell everyone about that.

D

Deana Thayer 14:53

Ah, that's very kind of you. So I'll talk with my like professional parent coach hat on first because I am a super dork, as everyone knows, if you've been listening at all, you know, I'm the super dork, right? I'm coming in with the mnemonic devices and the acronyms. So I want to give you my little how to lean into your kid's dream. And then I'm going to tell you what I did as a parent with my just like, chill hat on and like how this really was for me

behind the scenes when I was like white knuckling it like, what's gonna happen. So, when I am thinking about this more as a framework, here's what I would say, it's this model for how to lean in to your kids dreams. And the reason is, all three of these words start with "in." So it's investigate, interview, and invest. And the investigate part is, of course, you're just going to research the options, figure out what you need, like for the bakery, you knew what you, you know, had to like, learn? What do you need? What are the ingredients? Are we going to have cupcakes and cookies and brownies? Like what are the things we're even doing? If it's researching like an activity for your children, you might have to find out which ones are in your area, and how much do they cost, and you know, learn all the things. And then the interview. That's the piece I think a lot of families skip, which is once you think you've narrowed it down to a few favorites, talk to the people who run them. And, and like in your case, talking to the school. So there might be people involved to make the dream happen, and you need to talk to them, we've got to make sure the place is the right fit, if it's an activity or a class, and you have to make sure you have support if it's something like what you were doing here. So I think that piece sometimes gets skipped, like we didn't talk to anyone, and then we got in and we're like, oh, it's not really what we were hoping for. So I think that's really important. And then invest. And the reason I say this is because I think a lot of times with kids' dreams, you get what you pay for. That being said, there are a lot of cool dreams that are super low expense. And I'll talk about that in a little bit when I have my mom hat on. But I just think parents need to know that often following a kid's dream and being on that front line as the cheerleader means you're going to use some resources. The resource might actually be time, which is also sometimes a struggle, when you think about, oh, this is gonna be a lot of work to make all these cookies or whatever. I'm sure there was a lot of work involved with that. But there is going to be an investment of resources. So investigate, interview, invest. All right, enough with that. Now how to do it as a mom. I had this kind of come up with both of my children and I have permission from both of them to talk about this today. So I'm super excited. I can like be super real. So my son when he was seven years old, little Marceleno in the backseat of the car was like, Mom, I want to be on TV. Oh, the things that went through my mind in that moment. I was like, oh, Lord, help us. Right? I mean, does he even know what it is? But I had to you know, I had to work on the like, cheerleading part. I was like, well, that's really cool. But realist part also...Well, you know, there's a lot of people who want to learn how to get on TV, and only a few people who do. So like we had to have those conversations that you were talking about, right? It was that balance. At the same time, I was like, alright, let's try to make that happen. So we investigated, we learned about a bunch of acting schools. And then we went and interviewed at the one that we thought was our favorite, it ended up being a really good fit, we definitely invested, Lord Almighty. But you know what, it was awesome. And then in a year and a half, he was on TV. And what I love is when I tell him, when I kind of tell the story back to him. I'm like, look at how you accomplished your goals. It's not like, did you see how I paved the way for

that? You know, and so I think this is a thing as parents too. When you're helping your kids pursue their dream, remember, you're handing them the pen, maybe you're holding open the notebook, but they're writing the story. We need to be careful that when we retell it, it's not look at all these cool things I did as a parent to make that happen. And I think that's a caution too, because I think that was another concern for me was like, what if I become that, you know, now we have, we have helicopter parents, we've heard of that. But there's also this new thing like the lawn mower parent, where you just like, clear the path and make everything easy for your kid. Or I've heard it also like the bulldozer parent, or the snowplow, or my, or my favorite, the curling parents, you know, you're like sweeping the ice so that the ball rolls smoothly. So and I, and I didn't want to do that either. So. So I think there's this, yes, I want to help facilitate it. And certainly with a seven year old, I had to do all the heavy lifting of logistics to get acting going. But at the same time, I wanted him to also take ownership. And that has happened even more like now that he has an agent, he's interacting with the agent, she's emailing him, it's not like sending me the audition, and then I go and help the kiddo, you know. So there's a handoff there, which I think is really important. And for parents who do like the mnemonic devices, the first in I think is the one you can hand off first. So the investigate. So this is what, how it looked with my daughter is she is, was really into track. And when she skipped a grade she was terrified about suddenly, I'm gonna have to do High School track in the age and body and physique of an eighth grader, what in the world? And so she decided she'd like to do some offseason training that was like really her dream is, now I'm going to be a year round track athlete. But she was 13 already. And so I said, okay, why don't you research some private track clubs? So she did the first part, she did the investigate, and came to me with her three favorites. And we picked from among those, and it was awesome, because you're already and we talk about this all the time here, but it's that slow handoff, right? And so I was able to hand off part of that process of her pursuing her dreams to her. So she had more ownership in it, there was like some skin in the game. And I just thought that was fabulous. And I've seen it with Marc as well with the acting, that when there's some ownership, they just treat the whole thing differently. But for us, it was kind of those three components. But I wanted to like give an anecdotal story so you don't think I'm just like, I'm always a three point nerd. Like, it's really I promise, I live real life. So yeah, it was really, I mean, it was hard, especially I think, with hearing such a big one. Like, I want to be on TV like, what do you even do with that? And it was, it just felt super daunting. I was like, oh, Lord, help me. And like, what if I can't make this happen? And and there was a little pressure almost that, oh, it's on me to make it happen. And I don't know, I just think there's a lot that goes into that. That was kind of the, that was kind of what was hard for me is feeling... I felt very responsible. And that if he ended up super disappointed, was he somehow going to blame me? I don't know, this, this, there's a lot of parenting vulnerability wrapped up in that for me. But that's what we did. And it's been super fun. And you know, Marc still acts and Cienna ran all the way through high school. And so they

really did love that stuff for a long time. And I'm happy about it.

K

Kira Dorrian 21:32

Yeah, I think you're, I think you're onto something there that like there's this, the complication is the, being the parent behind the scenes, and it's like, actually, our job is so hard, and it's completely unseen. Because you don't want to become a stage mom. Right? And you don't want to become the lawn mower, curling mom, that's my new favorite one, the curling mom, like you have so much responsibility. And when especially when they're younger, like you're the driver, you're the credit card, you're the, you know, yes, they can investigate, but when they're like my kids age, you have to help them do that, right? Like Marc didn't investigate at seven, you're probably leading the charge on that, and having dialogues. And so how do you take a backseat when actually you're the one doing all the work at the beginning? Right? And, and making sure it's not about you, and pursuing that dream. And then I think the final like nail in this coffin that's so hard as a parent is when they get crushed, then you have to navigate that with them. And like that feels really vulnerable to me just this feeling of like, we want to keep our kids innocent as long as possible, right? And yes, of course, we know they have to have struggle, and they have to have disappointment. And you and I talk about that all the time. But I think what really scares me as a parent, having had a dream, having pursued that dream, having had that dream change. And having walked away from that dream, it is really scary for me to consider putting my children in a position where they might experience the loss of a dream at a young age. Yeah, and that feels really hard. And that's what I struggle with is like I want to lean in, and I want to support them. And oftentimes, I'm entrepreneurial, I have the skills to you know, you want to do that? Let's do that. You want to publish a book, let's do that. You want to run a bakery, we can do that, you know, but the the piece of like, not, not getting so involved, that they don't have the opportunity to fail is really scary. And then will they want to pursue a dream gain? I mean, and I don't even have answers to, this is just my internal struggle. So like the bakery as a great example. Great idea. Super great idea. Like, and I'm super mom for, for doing it. But I should have waited longer. She should have been older, because she just didn't have the capability to do the math on like the money exchange. She didn't have the, you know, the dexterity to really like pour the lemonade and do all those things. And so she ended up feeling like I did everything. Now I didn't, I want to be clear she did as much as she was absolutely capable of. But for her when she looks back on that and she talks about it, she's like, you know, I love that we did that. But you did so much mom. It was my bakery. And I wish I had had the understanding at that time that it's great to lean into a kid's dream. But you also have to kind of consider what are they capable of right now? And how can I set it up so that when they pursue that it's at a time when really they can handle it, right? Otherwise, they're going to experience that, that yuckiness. So like even with Marc, if he had been

even littler and maybe not able to audition properly, or, you know maybe couldn't hold himself in an audition or whatever, then he has a negative experience and you have to like unpack all that. That's very different than recognizing, actually he's at an age where he's ready for this class or he's ready for you know, this, that or the other. And so that's been my struggle is like trying to figure out how do you lean in and pursue the dream without letting the dream get crushed? Without doing too much, I mean, I could go on. But it's, it's an ongoing, ongoing struggle internally for me, as my kids say, hey, I want to do this, and I go, okay. And then on the inside, all of that is happening for me.

D

Deana Thayer 25:13

Oh, that is a lot. And you're right. I mean, I think it's very simplistic to say, he said this, and a year and a half later it happened. I mean, that really, it wasn't that straightforward. But I want to touch on what you said, because it totally also could have not gone that way. And I think that's an important thing to talk about. We had a lot of conversations about that. This is super rare that people quote, make it. And I think, I don't know, for me, I'm like, I'm actually super glad he picked acting because the life lessons from it are unbelievable, and I probably do not need to convince you. But I just, I mean the... literally that, like dealing with rejection, and poise... meeting adults, learning to give a smile and a firm handshake to strangers, and conduct yourself with poise. Even if you feel it didn't go well. And, and also, I think the lead up to things, I think this is an important thing, too, when your kids have a dream. Remember, there's often a path to it, and that the journey is just as important as the destination. So for instance, with this one, I did not just send Marc on auditions. I said, let's get you some training, we're going to do some acting classes. And I don't know what your kids are saying in your ears out there, FFPs. But they might have one too, that the end result can't happen yet. And so then you have a different responsibility, because you help them take some of the steps to get there. Because getting there isn't just going to be a snap. And that's hard too sometimes for younger kids, especially I think, to learn the patience of sometimes the road to the dream too. Or to be able to say like what you were talking about Kira, to maybe have to say, you know, this dream might have to wait. Let's, you know, practice baking at home. But this exact thing, we might, we might do that later. That's hard. I mean, when they're, especially if they're younger, I think, to grasp all that. So I think there's a lot there. But I do think we can at least take away some practical things, which is when you can, lean in and let them do what they're capable of. If it's clear that it's outside their scope, or their developmental capability, then we do have an important job to maybe encourage that delay, or encourage some other baby steps toward it. And then also, love, love, love what you said about make sure we're also talking about if the dream changes or if it doesn't work out, because that's an important life skill for our children as well as they become those raised adults to go, you know what? I really put my all into that it didn't pan out, but to be able

to move on and not say, well, then now I'm a failure. I think this is the other thing, issue I have with majors and parent, and parents getting hung up on what the major is. Because there are so many people who aren't quote using their major. Right, but, but to me, well, I'm a speech major, I feel like I'm never outside my discipline because I'm constantly communicating. I feel that the life skills of a communication degree are great. And I want to help my kids as they decide what to study, find, where are the life skills in it? So that they don't ever feel like a failure if they didn't become an accountant, when they had an accounting degree. You know what? You have critical thinking, you're able to analyze data, you're able to think outside the box, you're able to bring organization out of chaos, whatever it is, I think you can do that with almost any area of study. And so this is why it's become important to me to look at it from the life gains and not the, did you end up using it as a career? Because I'm literally in your parents shoes right now. Marc would like to continue pursuing theater in college, and I absolutely plan to be a fan of that.

K

Kira Dorrian 28:54

You know, I think what I like about what you've just said is it takes that, that attachment away. And I think as parents when we help our kids pursue their dreams, we can't get attached to the dream. That's not fair to them. Right? I mean, it's, and that's the problem when you've invested time, resources. You know, your kids been doing this for however long and then suddenly they're like, my dream changed. I want to do something else. As a parent, that's really intense, right? Like, I just, I've invested, I am attached. And I think I didn't necessarily feel that from my parents. But I felt that from my community, like in a big, big way. Like everyone's hopes were riding on me. I got into Tisch, I moved to New York at 18. I was a big fish in a small pond here in Seattle. And then I got out and I was a teensy fish in a very big pond. And I felt like I was gonna let all these people down because they had invested, they'd come to every show and every concert and you know, blah, blah, blah. And so that's the fine line as a parent and what you said a minute ago is so great. It's like if we as parents can be focused on, what are you getting out of this anyway whether you're successful in it or not, what are you getting from it and focus on the learning and the growth and not that end goal, then we're teaching that journey. And that can be applied to whatever dream they end up pursuing. Even if there's multiple dreams. That's okay, too. You know, they might have a dream at 20 that's different at 30, that's different at 40. Mine, mine seem to go in decades, like and to just take life skills, what did I get out of that decade? Or that journey? What do I get out of this journey? And I think if we can do that, as parents, we're gonna crush it in terms of teaching them what it really means to pursue a dream, not what it means to be successful at something, those are actually not the same things. Right? What does it mean to pursue a dream? What do I get out of that pursuit that helps me move forward into either the next part of that dream? Or the next dream altogether?

D

Deana Thayer 30:46

Yes. And the parents not getting attached, Kira. Amen to that. I mean, that's, we have to be careful of that. That is like that literally was like, oh, stab me in the heart, because I've felt that and oh, my goodness, you're just bringing me all the feels. Yeah, it's really difficult. And, and that success doesn't look only one way. There's not oh, it is not a one size fits all situation. It is, that looks different for everyone. And I don't know, I just think you hit that really, that nail on the head really beautifully.

K

Kira Dorrian 31:24

It's very immersed. It's like, their dreams are their dreams. They're not our dreams. And so how do you throw yourself as a parent into someone else's dream without getting attached to it and making it your dream for them? I don't know if it's possible.

D

Deana Thayer 31:37

That's I don't even, I don't even know if you can. I think it's more that we must act in a way that we aren't attached so that it doesn't leak out onto them and they interpret it as pressure. Yeah, because if it is time for them to move on from that dream, or it's changed, we don't want them staying with it because they feel obligated or because they might disappoint their parents.

K

Kira Dorrian 31:55

Right. Exactly.

D

Deana Thayer 31:57

So I don't, I don't know that we can. I mean, I, I could no more have done anything about those feelings than I can, you know, lift a car, but I, I had to work to act in a way that was okay. We're moving over to this now. Okay. I mean, that's, that's hard.

K

Kira Dorrian 32:14

Yeah. Yeah. Well, I'm not convinced we've done much other than your wonderful three steps. So let's, let's hear your ins again. So at least our listeners are like, well, at least I walked away with that.

D Deana Thayer 32:26
There's a little nerd mnemonic device.

K Kira Dorrian 32:28
Okay? This is when your nerdiness is so important, because I just talk around in circles and tell stories and our listeners need to like have something tangible to take with them. Like, yeah, here's the thing.

D Deana Thayer 32:41
But here's the thing, if it was all facts and figures from Captain word nerd over here, that wouldn't be rich either. They need your stories and anecdotes, and like, oh, and then that's what it looks like in real life. But it's not just a nerd list. Okay, but if you do want that, again, if you're working to lean into your kids dreams, here are the three "ins": Investigate. So do your research on what that dream is, and what it might need to include. Interview. Make sure you're talking to other people that you might need to have involved or that are running the program or class or thing that you're researching. And then Invest. Be ready that there may be certainly a monetary, monetary contribution, but you may also be looking at investing time, resources, other things, so be ready for that. Because it's there. Definitely.

K Kira Dorrian 33:24
That is ultimately what we're trying to say today, as complicated as this is and as many factors as there are. And that's the reality of the situation. The bottom line is when your kid says, I want to be on TV, lean in and say, how do I support that? How do I help you? Because even if they don't end up on TV, they are going to remember, my parents always leaned in, they always believed in me, they always believed I could. And they always helped me work towards something. And it was up to me, or the circumstances, whether or not that happened, but my parents were always behind me 100%.

D Deana Thayer 33:56
Yep, couldn't have said that better myself. That is exactly why I call it the Lean In framework because that's actually the first thing you have to do. You have to lean in, then you do those other three things. And that's how you demonstrate it. So that's perfect. I do have a quote today. I want to just be clear that this is phrased as you so I think it would be easy for you parents out there to feel like I'm talking to you with the quote, but I want you to think about it in terms of your kids and encouraging them. So here it is. Never give up

on what you really want to do. The person with big dreams is more powerful than one with all the facts. And that is by Albert Einstein. And, and it's true we have to balance it with the facts, Kira. I love what you said about helping our kids essentially hold their dreams loosely because a) they might not work out or b) they might change. But the dreams are, at the end of the day more powerful than the data that says, this goes with this and this matches that. It's, we don't want to end up stifling our kids so many times that then they just end up not even maybe sharing what they're dreams are anymore or going after them?



Kira Dorrian 35:02

Yeah. And I love you know, I feel like one of the beautiful things about the work that you and I do is we model that for our kids. Because you and I are living our dream right now, totally. This is our dream. This is what we both really want to do is like help families and talk about it because we both say we could talk about parenting all day long. And now we get to. And so I love that our kids are seeing us, especially as women, pursue those dreams and do what I really want to do. So, podcast listeners, thank you for being a part of Deana and I living our dreams. Thank you for being the people who support us as we live our dream. And we hope that we are helping you in your parenting journey. So if you haven't followed us on Facebook or Instagram, please do. We are @FutureFocusedParenting. For more information, you can always go to futurefocusedparenting.com. We've got some cool courses on there. We just revamped the website. I'm awfully proud because I'm technology lady. I'm terrible at technology but I have finally made the website look how I wanted to look.



Deana Thayer 36:01

It looks so pretty.



Kira Dorrian 36:02

So do check it out if you have not been on there lately. And also remember that you can always write in if you have a question for the show info@futurefocusedparenting.com. Raising Adults is produced by Kira Dorrian and Deana Thayer and recorded in my laundry room and Deana's bonus room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 36:20

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