

Episode 15- Purposeful Parenting No-Problem

Feeling the stress of raising polite and well-behaved kids? Well, brace yourselves because your marriage might also be going through a rough patch! Prepare yourselves for some hilarious and eye-opening tips from Jaci & Connie as they spill the beans on how to have an extraordinary marriage while dealing with the challenges of parenting. Don't miss out on this epic conversation! **Connie (The Extraordinary Marriage) Jaci (No-Problem Parenting)**

Each person's family background, personality, and motivators in life color how they act, treat others, and even what they expect from others. When marriage is hard, it not only affects you, but it affects your kids too. They often misbehave and become disrespectful because that's what it looks like at home or they've become so frustrated, they must vent in some way.

I bring over 40 years of marriage, raising kids, and seeing them marry and begin their own families. I've seen firsthand the hurt, frustration, and its effects on the whole family. You can learn how your different personalities, habits, emotions, and needs are causing great havoc on your marriage and in turn your kids. I live in the Atlanta, GA area but you can talk to me from anywhere. Need to talk before it's too late? ***I have a few FREE sessions open every week and one can be yours. Connect with me on the link below. Connie***

***<https://www.theextraordinarymarriage.com/fresh-insights-free-session>

Jaci Finneman, founder of Hello World, LLC, and No-Problem Parenting™, a parenting support company that serves parents and providers worldwide.

www.noproblemparents.com

You will LOVE Jaci's FREE Gift. You can even tweak these and use them in Marriage. :)

60 Ways to Respond to Your Kids without Losing Your Cool

<http://smpl.ro/noproblemparentingmarriage>

Since its establishment in November 2013, Jaci has helped parents and providers become confident leaders through personalized parent coaching as well as consulting for providers and companies that employ parents.

In 2019 Jaci branded No-Problem Parenting™ and launched the **No Problem Parenting Podcast** in 2021. She produced and published two No-Problem Parenting™ books between September 2022 and August 2023, ranking #1 Amazon New Release Best Seller and #1 International Best Seller, respectively.

Jaci's goal is to reach one million parents by 2024 and help them replace guilt, fear, and frustration with confidence. Before establishing Hello World, LLC, Jaci worked for 20 years as an in-home family counselor, mental health practitioner, and clinical team's coordinator at a non-profit counseling agency.

Transcribed and Unedited by Headliner

Welcome to episode 15 of No Problem parenting. Today we're talking about marriage

Speaker A: Now, no knock against dads. It's just oftentimes in the people that come to me, mom is doing, again, the majority of the scheduling and running the household. And mom doesn't, even though she may want help or she has a lot of burden, she doesn't always accept help or take it on.

Speaker B: And then.

Speaker A: So no matter what dad does, he's kind of danged if he does and danged if he doesn't heard that.

Speaker B: Are you ready to open the door to more romance, fun, and adventure? Or maybe it's compassion, support, and strength you're looking for. Discover real life stories and a path to overcome the pitfalls every marriage encounters. Welcome to the extraordinary marriage. Welcome to episode 15. Today we have Jackie Finneman, and she is the owner of no problem parenting. A lot of us are parents. Uh, all of us are married. But if you have kids, you want to be able to raise kids in a positive manner. But, Jackie, today we're talking about marriage. How are you?

Speaker A: Oh, I'm so good. I'm a little under the weather. I've got a little bit of a cold. So I've got my low radio voice on, I think. But I'm super excited to be connected with you again, Connie. Thanks so much for having me on the show.

Speaker B: Awesome. Jackie and I have done a couple of different things. Like, I've actually done her podcast on no problem parenting, um, with her several times, telling my story. And we kind of connect. We have the same beliefs and values, and we believe in family.

What do you think makes marriage work? Jackie says communication is key

So the first thing I'm going to ask you today, Jackie, is, um, what do you think makes marriage work?

Speaker A: It. Oh, my gosh. Communication. Um, communication. Communication. Like, the right communication. Um, and I learned something not too long ago that really intrigued me. Marriage isn't just about expressing what you want and what you want your partner to do. It is also about every day. What is the one thing you can do to make your partner feel better about themselves? Feel like, to fill your partner up and to compliment them or to say something that you noticed about them, and that's really going to boost them and lift them up. So how can you help make that person, that partner, feel better about who they are every single day?

Speaker B: Hey, because if we don't build each other up, who is there to build us up? Right?

Speaker A: Right. But it can be so hard. My husband and I have been together over 30 years, married 27 years. Um, several times throughout our marriage journey, we've said things like, we probably should get divorced, but we're too lazy and too cheap. When times are tough, because that's the reality, is times get tough. And especially when we have kids, we're pouring so much into our children. But if we're not nurturing each other and not paying attention to, what was it about that first kiss that got us all in? Um, then we can really get further and further apart. And of course, our kids pick up on that, um, when we drift apart. And so we need to keep pouring back into each other, communicating, asking not just how you're doing, but what can I do to help you or support you? Do you need me to talk? Do you need me to listen? Um, yeah, just filling each other's cups as much as we can. And I will say also communication, but also humor and fun.

Speaker B: Absolutely. Humor and fun. Okay, so communication is right down my alley, right? Because that's what I teach. But these days, somebody hear the word. They hear the word communication, and they think technology, phone calls online, or they think just about talking to someone, like, we're talking to each other right now. But communication is a lot deeper than that, and it sounds like you have taken the time to stop and think about what works and what doesn't work.

Speaker A: Yeah, absolutely. Uh, I started my company's hello world, started that in 2013 as a parenting coach specifically for families who had children with attachment issues or attachment, um, breaks in attachment. And the parents were trying everything to get help for their kiddo, who wasn't responding to traditional therapy or traditional parenting, for that matter. Um, and it was really the child's behaviors were putting a wedge in their relationship. And those families have my heart, because, again, when traditional parenting doesn't work, you can feel like a failure as a parent when your child's rejecting your love or your, um, attention. You can feel like, I'm not cut out for this. Why did God give us kids? Or why did we adopt? We shouldn't have adopted because this child's rejecting me. That kind of thing.

Um, and so that's what I focused on. But after several years of the company, I started to notice some common themes that I was sharing with every parent, regardless of whether their child had a diagnosis or they just had those neurotypical kind of wet noodle tantrums on the floor or the teenagers rolling your eyes and stiff arming you kind of behaviors. And so from that, I started viewing hundreds of sessions that I had with families virtually, because I started doing virtual sessions back in 2015. I think it was 16. Um, and I picked out those common themes, and that's how I ended up creating no problem. Parenting which is a three step approach that works for your parenting, it works for your marriage, it works for your work relationships. The three step model works for everything. I just happen to be my niche. My expertise is in parenting. And so, uh, can I share the three steps?

Speaker B: You can, but, you know, I'm sitting here thinking that probably 3475 percent of the people listening are like, yeah, that's our family. Our kids are coming between us because either they're, uh, having problems at school, they're not listening, or they're acting out. And to be honest, I find that a lot of times when there's problems at home, it comes out through the kids. But let's not go there yet. You go ahead and share your three steps.

Speaker A: Well, and that is really true, though. We're going to bounce back and forth off each other, Connie, because I'm sure. But it is really true that kids can put a wedge in our relationship. There can be triangulation. Maybe mom is too strict because she's taking the burden of the scheduling and the school shopping and the running to appointments and to sports and whoever the primary parent is, if that's mom, mom might be too tough on the kids. Where dad comes home and he's like, fun dad. And mom's like, oh, great, they all love you. But I'm the one that's dealing with the day in, day out stuff. Could be the reverse, where mom is still dealing with a lot of that stuff. But dad's, like, noticing the kids are misbehaving, and he's the drill sergeant, and he's coming in and putting the hammer down, and the kids are responding to that. And mom's like. And he's saying to mom, you're too nice. You got to hold their feet to the fire more. Buckle down. Um, and so, yeah, kids can definitely put a wedge. And I teach parents how to literally high five each other to stay on the same team despite tough behaviors, challenges, stresses in the home. So we could talk about that, too.

When parents come to me, they're having one of three problems

How I say, when parents come to me, they're having one of three problems. They're either being too nice, they're being too mean, too mean, or they're trying to solve a problem that they have no experience in. And it's just thinking that they should know how to do it because they're parents and they had kids and they're trying to do it alone because they're embarrassed or they're intimidated or whatever it is, and they don't want to reach out for help. And, um, you wouldn't believe this, Connie, I'll ask you. Do you think the majority of the parents that come to me are in the too nice or too mean category?

Speaker B: You know what I am thinking? They're probably too nice.

Speaker A: Yes, that is exactly right. And the parents will. No, no, Jackie, we can't, uh. It's not that we fly off the handle all the time. We yell. I'm yelling too much. I'm sounding like my mother. I said I would never parent that way. And so they're thinking they're in the too mean or too strict category. But it's actually that they're too nice. Because what I teach them is they are nice. They're trying to give suggestions, ideas, support, help, consequences. Like all these. But they're wanting to help their kids along, to convince them almost to do the right thing or to make up for what they did

wrong. But they're nice. They're nice. They're nice. They're nice. And finally, when the kid's not responding, what happens? We blow.

Speaker B: Well, I have two things. Number one, I was just telling a girl the other day who has a four year old. And I said, I know what it is. And I won't use her name. But I'm like, I know what it is. It's that you love that child so very much. And there's a lot of parents who wait to have kids. And they're in their thirties and they have kids and they're like, oh, this child is the best thing ever. And so they're too nice. But then, on the other hand, there are those parents who have been raised with staunch rules and regulations. We all have to have rules, but rules and regulations in such a manner that it's like, don't do this, don't do that, don't, don't, don't, don't, don't. I remember seeing something on, uh, teenagers. And it said something like, a teenager hears it could have been on your stuff. Um, no, don't, don't, don't. Uh, so many times each and every day, like 80 or 90 instead of, you know what? I love you. You're great. You could do anything you want. You are talented here. Or those compliments, those appreciation, uh, it's a mutual thing. So. Too nice. I love you too much or too hard. And kids go the other way and they feel like you don't like them and they don't like their parents. And a quick little story. I taught ballet for 20 years. And what I found was that my, uh, girls, my 12-14 year olds in class, sometimes they would talk about their moms, but those were their moms who were too nice. Just doesn't seem to fit, does it? But the moms who were lovingly strict, the kids were respectful. Catch that word? Respectful? Respectful. The couple in marriage, they're respectful, and then their kids are respectful. They're respectful. Uh, so too nice. And the girls talked about their moms terribly. And, um, if the kids were respectful, then they did not talk about their moms in a bad way. And I noticed that before I even had kids.

Speaker A: Yeah. Interesting. Right? Interesting.

No problem parenting turns any problem into a no problem by focusing on solution

Well, a lot of times when we're faced with challenges or problems with our kids, we kind of get freaked out, or we go all into, we got to fix this, we got to correct this, and we end up focusing too much on the problem, the behavior, the problem. Right. And so no problem parenting was born out of, not with the attitude of, oh, kids will have problems, no problem. It's not like that. That actually drives me nuts when people say no problem, when you really know there is a problem. But what no problem parenting is all about is, um, if you look up in the definition, just look up in the dictionary the word problem. What is the meaning of the word problem? It is a matter or a situation that is unwelcome or harmful and needing to be dealt with and overcome. So, right in the definition of the word problem, it says, problems are meant to be dealt with and overcome. So that's what we do here at, uh, no problem parenting. We turn any problem, and I mean any problem, into a, uh, no problem by focusing more on the solution and, uh, less on the problem. We treat the problem very matter of fact with an intent to solve it with firmness, with great communication, great expectation. Right. But we only give that problem as much attention as it deserves. And then, as we say in the midwest, I'm from Minnesota, we keep her moving. And so, um, I do that with that three step approach. Number one, seek first to understand.

Speaker B: Why.

Speaker A: Is my child behaving the way they are? What is going on at the root of why they're behaving the way they are? And why am I, the parent, responding or reacting? Because typically, that's what we do more of. Right. We're stressed, uh, the way that I am. So we have to get to the root of what the behavior it is. And I like to say now, scientifically, I haven't really researched and figured this out, but in my experience, I can say m 80% to 90% of the time, the problem behavior is not actually the real problem. That's just the coping skill. That's just what's coming out, because we haven't figured out what's at the root of that. So we get to the root of the problem, and then step two, we prepare for the worst. I think you can agree, Connie, that when we're prepared, no matter how nervous we are stressed out, we are upset, we are whatever it is, when we're prepared, uh, to the best that we can be, can't always be prepared. Life throws us curveballs. Our kids most certainly do. But when we are prepared, we can respond instead of react. Uh, we feel less emotion about it, and we kind of get our problem solving skills on, uh, and we can recover or, um, take care of the problem that much easier. So we prepare for the worst. And then step three is to change the conversation. Then, like you, Connie, um, I love talking about communication and how to even have conversation, but I believe that as parents, we're giving our kids way too much unconditional praise. And sometimes that makes parents go, what? Well, yeah, we want to give them unconditional love, but we're giving them too much unconditional praise where we're trying to convince them they're good. We're trying to convince them they can do something, that they're better at something than they are, that they have friends, because we feel for them, right? We want them to do well, we want them to have life so much easier and better than we ever had it. But that unconditional praise, when we pour that on and the child doesn't believe it themselves, whatever we're saying, if they don't believe it themselves. Actually, sometimes we look really incapable to our kids and our kids think, well, you just have to say that because you're my parent. And so I teach conditional factual praise first. Before you deliver the unconditional praise, pour on some conditional praise, some conditional positives, the facts so that the child, when you say it, they go, oh, I guess I can't really dispute that. So it would sound like a kid comes home, I don't have any. Not nobody likes me, and I'm not a good friend. And you can know the other day when Joe fell down and scunned his knee, you ran right over there to see if he was okay. That's what a good friend does. I think you're a good friend.

Speaker B: Mhm. You have a reason behind it, right?

Speaker A: So I put the conditional and then I pour know the.

Speaker B: You know, I remember whenever, um, I first started Mary Kay cosmetics. And yes, I was an adult, but aren't we still a child inside those insecurities and all those kind of things? And I remember that I love my sales director. I had, because she poured into me belief, but there was too often that she poured into me and I would be like, I m didn't do anything to deserve that. Why is she saying that? M, if you tell me that I'm great, whenever I really am not great or don't think I'm great, then I'm like, I'm not going to believe you later whenever you tell me something. And it's true.

Speaker A: Yes, exactly. You need something tangible to hang on to. And it's great that we can have a higher belief in our kids than they have in the moment. I mean, that's fine. Um, we need to encourage our kids that we see their potential and we know that they can excel at something that they maybe don't feel good at right away. That's totally cool. But let's make sure we're putting in some of those factual things that they can hang on to and really believe in of themselves. And a lot of times why we don't is I teach in step three of change the conversation, the difference between empathy and sympathy.

Speaker B: M mhm.

Speaker A: We are feeling sorry for our kids when we don't need to be feeling sorry for them. Feeling sorry for people can keep them victimized. And it actually is one of the reasons why today's society, we have so much anxiety because we're almost pouring on too much sympathy for people because our heartstrings are tugged and we feel bad for them. So we want to introduce more empathy. Empathy is more like, I understand you have a problem, that you are struggling, that you've got some emotion tied into this thing, but I'm going to be there to help you, but I'm not going to own that same emotion like you do. So we don't give empathy cards to somebody who's lost a loved one. We give sympathy cards because we really feel for. We can feel that the loss of somebody so close to them, we can relate to how that, not always, but how that feels. Right. And so we feel real sorrow for them. Um, but empathy is more about our kids. Come home and they struggled. They had a bad day, um, they got a bad grade. Somebody called them a name or the teacher yelled at them. And too often we're wanting to step in and fix that for the kid and address that with the other person because we feel sorry for our child. Empathy says, hey, what can I do to help you? How can I help you, um, have this conversation with your teacher or respond to the kid that was mean to you or help you get a better grade and study hard, study different. Um, and I'm going to be there, right, with you to help you and walk alongside you. But I'm not going to solve that problem for you because I believe in you, and I believe you're capable of doing. Of making this right. Yeah.

Everything that works with children also works in your marriage, Connie says

Speaker B: Okay, so let's take some of this that you're talking about, because you can't be analyzing all this, figuring out the solutions for kids without also finding things, because, uh, everything kind of, like, goes from one thing to the next to the next. And it's like all these things that you're using for children to do well with your kids also works in your marriage. So what are some things that you have found that you have applied to your marriage?

Speaker A: Well, I'm going to tell you, Connie, in my no problem parenting course, which is literally just \$50 for any parent to go and buy, made it super affordable.

Speaker B: That's a steal. That's great price.

Speaker A: Yeah. It's an hour and a half training. It comes with a workbook, but the information in there is so key. And before the very first challenge, homework and challenge that I have in there is all about the couple. If it's a two parent home, and if it's not, then I talk about how single parents can get support in that, too, because I don't want to.

Speaker B: There's a lot of single parents.

Speaker A: Yes, you need to have a support person. I call them your support person. But in a two parent home, typically, that's mom and dad. They are each other's support person. And, uh, my challenge for them is to the very first thing when you're dealing with a problem behavior in your home or situation is to team up with one another. How do you team up with one another when you're at odds with each other about how you're parenting your children or about what

you should do to support your child? Well, you put your differences aside for a minute. We, uh, can choose how much emotion we're going to put into any situation, any problem. And so you literally can sit back and pause and go, okay, I'm not saying I agree with you. I'm not saying I forgive you. I'm not none of that right now. But right now, we're going to put both of those differences aside so that we can come together and decide from the outside in almost looking down differently, uh, on our situation.

Speaker B: Some of us do that easier than others. Absolutely.

Speaker A: Here's the next thing, though. So the person that easily puts their differences aside because they really want it to work differently. And the other one who's just digging in their heels. Uh, sometimes what I notice is the one that's digging in their heels is also the person that isn't really doing as much of the parenting.

Speaker B: Mhm.

Speaker A: They're not taking on the burden or the load. So the second thing I say is, whoever is doing the majority of the parenting role, the day in, day out stuff, right. They need to step their role down a bit. And the other parent needs to step their role up a bit.

Speaker B: That would be me and my husband through the years. Yes, I am fun loving, but I had to be the meanie all the time. Yes, he was the playful one when he came in from work. And now, you know, the kids, grown kids, and grandkids all look at him like he's Mr. Wonderful and I'm the one doing the cooking and the cleaning up or getting after people or saying be nice or making the rules.

Speaker A: Yes. The one that's saying no most often and all of that. So then the third thing, this is all in challenge number one of my course. Before we get into any of the other parenting stuff, we got to have the support people, the parenting team on the same page. The next thing is to become more aware of your spouse's behaviors and their emotions.

Speaker B: And that's what I teach. Yeah, exactly.

Speaker A: Uh, Connie. That's why we're such a good collab, right? Yeah, I can send all my deal. I don't do any of the marriage stuff, so I give you suggestions for how to get on the same page with each other. Um, but, uh, if you needed counseling or therapy or a marriage coach or something, I'm going to send you over to a therapist counselor or to Connie. Um, but then what I mean by noticing the behaviors and the emotions in your spouse is I want you to become curious about them instead of upset by them. And upset meaning sad or angry. So if you're sad that your husband's not noticing you and all the work that you do and not pointing that out and your love language is words of affirmation and he's not doing that, then instead of being sad about that, I want you to be curious about it. Like, why do you think he isn't?

Speaker B: There you go.

Speaker A: Yeah.

Speaker B: Right.

Speaker A: So I teach that, and then, um, I also talk about don't correct each other in front of the kids.

Speaker B: Absolutely.

Speaker A: And then to remember that as you're learning any new approach, whether it's marriage support or it's parenting support. Um, I want you to remember that you're going to make mistakes and that that's okay. So we want to be supporting each other through it and noticing each other more. Then in challenge two, I'm going to give you three of them. But the challenge two is that I want you to use hugs and high fives and fist bumps when you, uh, were struggling with something that your child was doing but you handled it or.

Speaker B: Right.

Speaker A: Even before you go into tackling a.

Speaker B: Behavior, is that between parents?

Speaker A: That's between the parents, the two people.

Speaker B: Right.

Speaker A: So you're going to go before, like, let's say your kid comes m up and they're just melting down and they're being disrespectful and back talking and doing all the things. And if mom and dad are both in the house, like, let's say dad's alone in the basement and mom's over in the laundry room, and you can hear this meltdown, or the kids are fighting or something's happening, mom and dad hear that instead of one parent assuming the other one's going to take care of it, before you even take care of it, your cue is the arguing of the kids. You run to each other and give each other a high five.

Speaker B: What is that for?

Speaker A: Isn't that so weird? Number one, it creates curiosity in your kids.

Speaker B: The kid stops and goes, what?

Speaker A: What are mom and dad doing that's OD. And then the other thing is you'll be able to determine which parent is going to respond. Maybe it's both of you responding to the kids in that moment instead of the burden being on one or the other. M now, another thing you can do is, let's say it's only one parent that's at home, and they're going to need to respond to a behavior. They got a call from school, or the kid was biting at daycare. Um, or the kids are sibling rivalry and they're fighting with each other in the home. Or the child's just having a meltdown and there's only one parent at home. That parent can send a, ah. High five, high tens. High fives, high tens. Um, or a fist bump emoji to the parent that's at work or not at home at the time, and all that does is signal to that parent, hey, I'm dealing with something, and I need encouragement. I got this. I'm going to get through it. My whole, no problem. Parenting is all about helping you become the confident leader that I say our kids crave us to be. And when we're stressed and taxed and overwhelmed and we've got dinner to put on the table, and our kids are arguing, and we've got a call from school, and there's homework and bills and all the things, and one parent's at home dealing with that, the other one's at work and getting a phone call when they're at work about the kids misbehaving, and that's stressing the working parent out. Right.

Speaker B: I always just took care of it myself.

First thing you do when you get home is acknowledge problems before they arise

Speaker A: It just causes more and more and more. Or you take care of it yourself, and then they come home, and then you want to tell them what happened, or you're stressed out and frustrated, and they don't know why dinner is not on the table, and that makes you even more frustrated. The fist bump emoji or the high five emoji signals to them, I'm dealing with something. I need your support when you get home. First thing you do when you get home is that they know they need to come to you, give you a kiss or a hug, hopefully in front of the kids, but okay if it's not, and then just acknowledge you before the problem. Right. Remember I said we give problems too much attention.

Speaker B: Oh, they do. That's true.

Speaker A: That problem. You acknowledge and recognize and notice each other as a couple that, uh, has welcomed these kids into the world or brought them into your home, and that's.

Speaker B: Visibly supporting one another. Your kids are seeing that you support one another. Um, and I think that makes a difference, um, because too often challenges with the kids cause friction in a couple. And then also, there are certain personalities, Jackie, who come home and they don't want to really hear about it. Know, there's the listeners and the talkers. Now, I volunteered the talkers, but I'm always willing to listen. But there's some people that think that everything they're doing is so important, they're not really willing to listen to their spouse. So tag teaming is a good thing?

Speaker A: Yeah, absolutely. And I teach, uh, the six second pause. Putting your hand on your heart and your hand on your stomach. You cannot help. I mean, when you try this, you'll take a breath because it is regulating your central nervous system. It's already calming you down just by doing this, which looks really weird to the kids, by the way, when you do this, before you respond to them, like, if they're back talking you and your inclination is, don't talk to me that way, or go to before you even do any of that. You do this because if our fight or flight is activated, if our amygdala, the warning detector, smoke detector of our brain signals, there's an issue, a problem. We go into our fight or flight, right? Doing this six second pause, and you don't even have to time it. You'll take a couple of breaths, just relaxes. You see, again, it's making me calm. Even though I'm not upset by anything right now, I'm excited, and it's making me calm, but it calms down that amygdala part of your brain, that smoke detector part. So instead of shooting you back to fight or flight, it brings you into the prefrontal cortex, the front part of your brain, that says, I need to think of what do I need to do? And so you can logically think of how and if or and when you're going to respond to whatever is happening in your surroundings that works for a marriage. When you're frustrated with each other, when you're feeling super tense. I just used this last night with my husband. We were trying to figure out some scheduling, and he had just gotten home from work, and I know better than to bombard him, right? He just got home from work. So I was like, why am I doing this? So he went up the stairs to change, to go out and work on something in his shed. And I just sat at the bottom of the stairs and waited. I didn't follow him up the stairs. I just sat, and I did the pause, and I was like, okay, is this something I need to address with him now? Because I don't want to forget? Do I need to just write it down? Do I need to give him a few minutes?

Speaker B: Write it down.

Speaker A: And he comes back around the corner to come back down the stairs. I said, is this something you want me to tell you right now, or do you need a few more minutes? Instead of me taking it personal that he asked me to check on when the appliances were going to be delivered, I did that, and now I got a response back, and I need to tell him, and we need to plant. Did it have to happen right then and there?

Speaker B: It's literally learning to not be thinking of ourself all the time, which we are, and thinking about the other person. And I always say putting ourself in their shoes, like, if they're just coming in from work or even mom's at home all day with the kids, sometimes dad doesn't think if he's coming in from work and she's been home all day, he doesn't think about. He thinks, uh, she's just been at home all day instead of thinking, well, I wonder how her day went, because sometimes it's good and sometimes it's not right.

Speaker A: And one of the best things that you can do is to just that first acknowledgment. When you get home from a busy day, uh, it takes seconds to just go in. Even if you're not having a conversation, doesn't mean you're opening up the floor for a conversation. It's just, hey, hug, kiss, how are you doing? Even if you don't ask how you're doing and then just, life kind of goes on.

The last challenge I'll share with you today is to use humor

So, remembering the pause and then the last challenge I'll share with you today, which, again, this is all just in the introduction of my training, um, is to use humor. Yes, we need to incorporate humor, but.

Speaker B: Some people don't find anything funny.

Speaker A: I know.

Speaker B: Uh, they don't find anything funny. They find everything serious, and that's the ones you're really talking to.

Speaker A: Yeah, I think that, uh, you need to do a little soul searching on that one, but, yeah, we make this sound so easy, right, on this podcast interview. But I get it. I've worked with families who have had children in residential, uh, facilities because their behavior has been so bad, they've been blown out of the home. I've worked with families who have had to give up rights because they could not parent their children. I've worked with families who have adopted children, and those children reject their love. And so it's destructive and it's really hard. So I don't mean to be light hearted about this, and I also mean that even in the toughest, most the worst situations, get somebody a coach. Therapists are good, but maybe you're not ready for therapy yet. Uh, or maybe you've tried therapy and hasn't worked, and you don't want to go dive into all your history and your past and all that. You just want stuff to be better today and. Mhm, in the future. That's where a coach comes in. Um, we can help you figure out why you're hurting or why you're distant from your partner or why you're so bothered by your kids behavior. And we can give you actionable tips and tools in the moment for how to make things different, starting today. And humor is one of those things. Doing random things, having opposite day and putting the peanut butter and jelly on the opposite sides of the sandwich and serving that to your kids when your kids really bucky or demanding and they're like, what is this? Well, didn't you remember it was opposite day or it's inside out day? Maybe getting dressed inside out and coming down or just random, fun things that I teach. Next year, we have another free download that's going to come out about the random, fun things that you can do, um, to just bring some more humor and light and joy into your home despite the hard times.

Speaker B: Well, Jackie, what I hear you say in that is that I teach this now, for some people, things are like, my husband and I both find things naturally funny quite often. But you know what? That goes back to personality styles, like that I teach and communication styles that I teach because there's that. I'm sorry, y'all. Ah, but I call it a stiffy person. The stiffy person. And the truth is, this is how they're made. It's their dna. They can't help it. They don't find anything funny. They find everything serious. And so even if they tell a joke, they have no emotion and they have nothing on their face. They're the poker face person whom you can't even tell what they're thinking. So literally, it is teaching someone, and we can all learn one, two, three things that are beyond our personal style so that we can be better parents, better spouses. Right?

Speaker A: Yes. I love that. And I love that you do the disc assessment. I think you said Maxwell.

Speaker B: Yes, I'm using the John Maxwell assessments.

Speaker A: Assessments now. I mean, it's just wonderful to learn. There's lots of different resources and assessments out there, but they are really, truly key in helping you communicate with your partner and not taking things personally that aren't meant by your partner to be devaluing or diminishing. Um, it really, truly can be because of your personality and

just the way that you are. So I'm super extroverted. My husband is super introverted. I'm funny. He's funny. He's more subtle funny and kind of off the cuff. And I'm more out, like, extravagantly funny or whatever.

Speaker B: I'm silly, stupid funny. I'm a kid inside. What do I say?

Speaker A: Yeah, but really learning. And I just remember I've learned so much from you and from you being on my podcast as well and pouring into my audience. But it is so key that sometimes we take things personally when it's really, again, that's making it all about.

Speaker B: Mhm.

Speaker A: Know, it's making it all about us.

Speaker B: We know, Jackie, I say a lot of times as women, we get inside our own head, and I like to use the phrase false evidence appearing real. We start to think how we think, and it all goes into perspective. And this is a whole nother thing, so I can't go so far in that. But it's perspective. And we get in our head and we're thinking something that we think our spouse is doing or thinking, and we are wrong because it's what we personally are telling ourselves. So it's really important to be mentally healthy. Right. Have a, um, healthy, uh, relationship with your spouse and an understanding, firm, but loving relationship with your kids.

Speaker A: Absolutely. And the best way to start when you're tackling a behavior problem or challenge or situation with your kids is to get the two of you on the same page. And I can help you do that in really simple steps. Not easy, but simple steps. So it's not a long process. I'm quick. You want help now? In the next day or two or week or two weeks, you want things to get better. That's where I come in. I'm not necessarily a long term kind of person when I coach with my families, and I have a 90% success rate of getting, actually, 95% success rate of getting dads on board. Now, no knock against dads. It's just oftentimes in the people that come to me, mom is doing, again, the majority of the scheduling and running the household, and mom doesn't, even though she may want help or she has a lot of burden, she doesn't always accept help or take it on.

Speaker B: And then.

Speaker A: So no matter what dad does, he's kind of danged if he does and danged if he doesn't. Heard that right? Um, so a lot of times the dads will come in and they'll say, well, it seems like it's just, mom, I'm fine with the kids, and I know what I need to do. And I'll say, you're probably right. You probably do. And it probably is more of mom. No problem. You can come to the sessions or not come to the sessions. It's totally up to you. And 95% of the times, the dads come to all the sessions.

Investing in parenting coaching is definitely worth the investment, Jackie says

Speaker B: And, Jackie, I'm thinking about the fact also that, um, being in the business world, I have found that businesses invest in their people and in their business, in education, and they spend tons of money doing that because their business is important. But when it comes to families and households, we're on that sticky stiffy little budget, and we're afraid to let go of our money. And the truth is that whether it's \$50, a couple of \$100. What if it's 1000 or \$2,000? It's like, what does that mean to your life, to your family, to your sanity to figure out what's going wrong? People go in and have counseling at what, 175, \$200 an hour? Um, and the perspective of money and the importance of a good life and.

Speaker A: Enjoying life, investing in parent coaching, marriage coaching is definitely. You're going to see an Roi, and it often is. Financially, you'll see an roi. I always tell parents, if you're feeling like you have to buy your kids things just to keep the peace, I will save you money because I'm going to teach you how to. You don't have to buy the kids things not to be mean, but just, there's a better way. Um, and so, yeah, it's definitely worth the investment, but you have to be ready and you have to be willing to shift your mindset. No problem. Parenting is all about shifting our mindset and empowering parents to be that confident leader that I say our kids crave us to be. And you made the decision to have kids, whether you birthed them naturally or you adopted them, or you're caring for somebody else's, you have made that decision to do that. Why do you want to make it any harder than it needs to be? Do it. Some, uh, support and do it. Yeah, and I'm here for it. So again, I've made it very cost effective. They can listen to my podcast, the, um, no problem parenting podcast. I pour out tons of tips and tools and have lots of guests. And I bring resources to families that they can access right from their home because, let's be honest, we're busy and we don't have the time to run to another appointment or arrange for daycare.

Speaker B: Hey, and I love listening to business podcasts or personal, whatever I need. I love listening to podcasts in the, you know, I love listening in the car.

There are 60 ways to respond to your child without losing your cool

Well, Jackie has a free gift for you. And I especially have an attachment for this because whenever I got it when she just created it, uh, uh, several months ago, and it's called 60 ways to respond to your child without losing your cool. Who needs that? I think everybody does. Now, I have a couple of that I put on here, ah. As funnies. Because, um, actually, whenever I got this, I was thinking, oh, this will be good for couples, except for you can't take every single one of these and do them the same way as for your husband or your wife, as for kids, because, yeah, it might make them mad, but I had one here. Here's one. It says, ah, 19 says, I'm too mad right now to answer you. Give me a few minutes. Can we imagine if we said that to our husband?

Speaker A: Yeah, exactly.

Speaker B: And how about I'll be happy to talk to you when your voice is calm like mine. Say that to your husband. Uh, you can say it to your kids, but you couldn't say that to your husband at, uh, 38. Feel free to come back to the table when you find your manners.

Speaker A: Wonderful responses. And actually, yes, there are plenty of responses in there that you can use, um, and say to each other or colleagues at work, they can work for that as well, but they can be tweaked, right. Um, and so you can tweak them to, ah, a reciprocal adult relationship and um, use them with each other. The really cool thing is, when you start using these responses with your kids, they start using them with their friends. You're modeling these responses, and the whole idea behind the responses is to stay out of the battle.

Speaker B: It's literally, um, I say this to kids sometimes grandkids. I'm like, now how could you say that in a better way?

Speaker A: Yeah, let's try again.

Speaker B: Let's try saying that again. And they have to stop and think about it, because when you tell them what, when you tell the children what to say, then they just halfway listen. But when you make them stop and think about what they need to say and how they need to rephrase it, then it helps. But I love these 60 ways to respond that you have, and that's a free gift. And you can find that, um, um, in the podcast notes on my page, um, uh, the extraordinary marriage podcast. So you'll find them there on the page under Jackie's notes, um, and you can grab those and get them for free, and you can get connected to her and maybe learn a few other things about parenting and kids. And like I said before, when it comes to couples, if we have a happy family, if we have come together and we're high fiving each other, we've learned how to handle our family. Guess what? Mom and dad get along better because there's less friction in the house, because it's tough when you have, I call them strong minded children.

Speaker A: Mhm.

Speaker B: Yeah.

Speaker A: And those strong minded, strong willed kiddos are going to be great leaders some days.

Speaker B: Absolutely.

Speaker A: When we pour into them and stop thinking that their strong willedness is a problem, we're going to get to the root of why they are the way they are and what we're not hearing that needs to be said.

I will say before we wrap up, Connie, that one of my favorite

I will say before we wrap up, Connie, that one of my favorite, uh, responses, of those 60 responses that works in Parenting, uh, and also in marriage, is I love you too much to argue. That's starting to argue. And they're just really mad.

And you can just simply look over at them, and maybe you want to do the pause before you do it, but you can just, hey, you know what, honey? I love you too much to argue.

Speaker B: Oh, man. I might have to practice that one, because I'm thinking, like, if I'm ready to argue, I'm not sure if that'll work, Jackie.

Speaker A: It does. It's a game changer. And we have to, again, have the mindset and make the shift if we're in it, if we're going into the conversation only to win the conversation or win the battle. And again, all in step one of seeking first to understand, um, I'm teaching about resistance creates resistance.

Speaker B: Absolutely.

Speaker A: With defensiveness and resistance, you're sunk.

Speaker B: Yeah. I call it button heads. Yeah, I saw you do your hands. We're looking at each other, but your fists together, it's like, yeah, I call that button heads. Oh, man. We could go on and on. I think we could do a whole series.

Speaker A: Well, we definitely could. We should maybe think about that, Connie.

Speaker B: Putting our heads together on this.

Connie Durham welcomes Jackie to The Extraordinary Marriage podcast

Well, thank you, Jackie, for being my guest today. And I think this is going to be a popular episode because people, uh, have children, and we're all practicing. We're all figuring it out, right?

Speaker A: Yeah. And let's just, uh, do what we can each and every day to pour into each other, to pour into our spouses so that we can be those confident leaders for our kids. Um, one of my favorite quotes for anybody that's really struggling out there, and they're listening to this and they're thinking, oh, I can't wait. I wish I could be on that side of my marriage. I want you to just remember that on particularly rough days when you feel like you cannot possibly endure, I want you to remember that your track record for getting through those days so far is 100%. And that's pretty darn good.

Speaker B: 100%. Can't do any better than that.

Speaker A: You're getting through day in, day out, and it doesn't have to be that hard. So reach out to Connie, myself, or whoever you find that can support you.

Speaker B: Reach out for help. That's right. All right, so you're going to find all of this and how to connect with Jackie on theextordinarymarriage.com, on the podcast, and also, you can find fresh insights. I call it fresh insights because if you're having challenges in your marriage, you got to fix it. You got to figure out why. And you can, um, book me for a 40 minutes, uh, talk, um, uh, for free. Did you hear that?

Speaker A: You're still doing free ones? Wow.

Speaker B: Good. Well, I can only take a, ah, couple each week, so you kind of have to look and see if there's something available. But fresh insights for marriage. Connect with me on that, um, at the extraordinary marriage. Thanks, Jackie.

Speaker A: Oh, thank you so much, Connie.

Speaker B: If you've been encouraged today, please hit subscribe and help me spread the word. By sharing with your friends. You'll find show notes and how you can connect with today's guest@theextordinarymarriage.com. Get ready to uncover the best kept secrets of happy, healthy marriages and gain the power of understanding how you and your spouse think, act, and respond differently. Learn more about the unique communication secrets for marriage@theextordinarymarriage.com. This is your host, Connie Durham, and I'll see you next week.