

Raising Parents Podcast - Episode 1 (Breanna Parent) - edited

Sun, Jul 21, 2024 2:41PM 28:11

SUMMARY KEYWORDS

question, parents, feel, advice, dad, internalizing, giving, important, answer, guess, child, raised, brianna, agrees, high fives, open, mind, listening, understand, moments

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Music.

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Hello everyone, and welcome to the first edition of raising parents. I feel I should just take a minute maybe to clarify the double meaning of the podcast title. First of all, my last name happens to be parent and I have two grown daughters, Brianna and Holly, so initially I thought it would be cool to interview them, to get the inside scoop on what it was really like being raised in the parent household. But the more I thought about it, the more I came to realize that as kids learn, parents learn too. As kids grow, parents grow. So in essence, kids raise their parents too. Hence the second meaning behind the raising parents title. So today, my oldest daughter, who is now 24 which I cannot believe, has graciously agreed to be my first guest on this experimental podcast, which makes sense in a way, because a lot of her upbringing as a first child was trial and error, because I had never been a parent before. I mean, what the heck did I know? Even though I searched for answers from parenting books and advice from other moms and dads, in the end, I really just had to listen to and learn from her notebook was going to tell me who she was and what she needed. I would have to learn that for myself, and to be honest, I'm still learning. So without further. ADO. Brianna, welcome to the podcast.

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Thank you for having me. You're so

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welcome. So I acknowledge that this is probably going to feel awkward giving feedback to your mom about her parenting skills

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or lack thereof.

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But let's just jump in and we'll see how it goes. Okay. Sounds great.

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Okay.

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So question number one,

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what does the word parent mean to you?

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So many things caregiver parent means to be a support system. It I think of love. I think of harmony. I think of course, family, lots of happy connotations to the word parent, for sure.

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Well, I'm thrilled to hear that, but I do want to say as a disclaimer that I did not script these answers, and these are the first time I'm hearing them, so I thank you for your honesty and the answer that you just gave. So the next one is going to be more of a quick fire response type question to help our audience understand what you feel our parenting style was. So I'm just going to quickly, sort of throw out a couple words and you sort of pick the one that strikes you as the most accurate based on your interpretation of our parenting style, first one sure

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teachers or disciplinarians.

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Teachers,



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hugs or high fives.



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Sorry, that was hugs or high fives. Yes, hugs or high fives. Hugs for sure. We've always been a very affectionate group. I feel. I mean, high fives



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are cool too, but we did that probably less Okay. Third one, rule makers or rule benders do? Hmm,



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rulemakers, okay,



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opinionated or open minded.



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I think too much. I



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know it's supposed to be rapid fire. I think open minded, but I think I think it's sometimes a little bit of both, but I'll lean more towards the open minded,



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hovering, or supportive,



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supportive.



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Okay, I know they're tricky, because you have two parents, right? Somewhat, somewhat different personalities on a case true ways of managing things. So I think it's probably kind of tough to answer those questions with only one in mind, or both in one rather, right? Okay. Number three, what is one of your best childhood memories

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there's, I'm truly blessed to say that there are so many, I have so many happy memories of playing, growing up playing softball in the time that. That allowed me to spend with my dad a lot through my kind of pre teen and teenage years, especially best memories would also definitely include vacations, family vacations that we have taken together, whether that was Disney World, whether that was visiting family, kind of all throughout life, whether I was going to New Orleans or Atlanta or renting a beach house with the group, Italy was also an amazing trip. I think I'm trying to think of specific examples, but I think that the honest truth is the best memories that I feel like I have with the family is kind of anytime that the four of us could sit down and everyone was happy and stress free, at least for a little while, and just was chatting and laughing like I just feel like those kinds of small moments where you just felt like everyone was present and happy and enjoying each other's company. Those have always kind of been the best memories for me. I guess I should say, Great,

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thanks. That's good to hear. I I would have to agree that those are really nice. Sometimes it's not always the big occasions, the big, you know, showy occasions, that are the things that are the most emotionally impactful. Sometimes it can be the little things too

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Exactly, okay. I think you all sorry. I didn't mean to offer go too long in the question that's all right, not at all. I did just want to preface that you and dad, of course, always for those big moments, you always made us feel exceptionally special and loved and cherished. So even though I you know talking about the little moments, you also always make us feel very important and loved in the big moments as well. So I know, I'm sure, I know I can really only speak for myself, and I'm sure Holly feels the same way too. Well, she may, in fact, get the chance to answer that question for herself

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if she agrees to do the next episode.

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That's, that's, that's a topic for later on.



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Okay, and of course,



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I have to follow that question up with this question, do you have a not so favorite childhood memory that you're willing to share with us?



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I know there has to be at least one.



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Yeah, I think maybe



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it's not like I have a specific memory of a fight that I got in with you or dad or Holly or anything like that. But I think I just kind of what comes to mind is World life events like, you know, the passing of both of my grandparents, my grand grandfather's, Both of my grandfathers. And there were definitely times throughout my kind of pre teen, teenage years that I struggled with my mental health. So I would say kind of those, I guess three kind of core negative life events are the things that stick up the most. But that's more so kind of a, you know, unfortunately, a lot of times those things come with life. I mean, unfortunately, losing family members or friends, that's just a part of the circle of life and yeah, but I was always grateful to have such a wonderful support system and you guys throughout all of that awesome



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well, you know, as a parent, it's always difficult to watch your child go through a challenging time, a traumatic time, A time where they're not feeling their most self confident or whatever. But you know, as you said, that's that's part of growing up, that's part of something we've all all experienced. And sometimes you just have to be there and try to support the person as best you can until they get to the other side. And sometimes the only way to the other side is, is through the mud, right? And I think we've all had some experiences like that.



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Okay, next question,



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are there any particular family traditions or rituals that stand out to you from your childhood?
You



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probably won't be surprised to hear me say this, but our Christmas Eve Christmas morning tradition, our ritual kind of I guess it spans, typically, it has traditionally spanned over, you know, the couple of days where we'd have our traditional French Canadian tortilla meat pie For Christmas eve dinner, usually after mass, we'd watch a Christmas movie, usually the Polar Express at usually you meet, always request, because I'm such a creature of habit. And then Christmas morning, of course, is always lovely. We're able to open our stockings and gifts. Have a little. Breakfast, have some soup, which we affectionately call Pippy soup, kind of a family recipe that's been passed along. And I think it's just always nice, you know, the craziness that goes on throughout the years, especially now, as we're older and, you know, I no longer live with you guys that kind of having that consistent couple of days at the end of the year there? It's always nice to come back to that and know that that's there.



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Awesome. Okay, so I always have to sort of balance those types of questions with the other half of the equation, which is, is there anything you can think of off the top of your head that you wish we had known or better understood about you as your parents as you were growing up?



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I mean, you know, I appreciate that most



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of your your experience has been positive, but you know, all adolescents, all teenagers at some point sort of go, Oh, my God, I wish they would just fill in the blank. Just wondering if you happen to recall anything along those lines that you wish we had done differently or better understood about you.



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I think generally, I mean, you and dad have always been very receptive to how Holly and I are feeling, and you both know us very, very well and are very empathetic. So I generally there isn't too much that comes to mind. Maybe the one thing you know that as I actually personally starting to kind of go through my own journey in therapy, and actually have kind of had to think back to some of those things, is again, very, very few, but I would say because I do tend to have a tendency towards kind of perfectionism. And in that I have very self, a very critical self,

inner voice. And I think sometimes, you know, of course, you and Dad always wanted me to do the best that I could and everything and push myself to be the best I could be, instill that that hard, that work, that strong work ethic. But I think sometimes I'd already put so much pressure on myself internally that and I think this is more of like, you know, maybe my own manifestation of how I was internalizing it and processing it is sometimes I would take the, you know, advice or suggestions or the offer for assistance as, oh, there's something that like, there's a deficit in what I'm doing and something that I'm doing wrong. And, you know, I even though it's maybe more maladaptive way of kind of being motivated myself to, you know, whether it was like studying for a test or doing well on a project, earnings, an essay, or what have you, I already kind of put that immense pressure on myself. And I think sometimes when you know you're just doing the macro thing of like, checking in on, you know, how school is going, and, you know, Oh, can we help proofread this or with that, sometimes I would internalize that as, I guess, kind of like I said, maybe, maybe maybe I'm just repeating what I already said. But I guess I hear you, maybe I criticism, yeah, yeah, and I think it was all it was. I wouldn't even say that you and dad were hyper critical, but sometimes I think, you know, I didn't always need the reminders. You know, this is important. Oh, you should, you know, like you're already gone through that. And, yeah, yeah, you'd already gone through that, that sort of checklist, or series of checklists, because I know we're, we're list makers



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yourself, you'd already done, done that kind of due diligence, and you didn't really need any extra I mean, if I'm understanding what you're saying, You didn't need any extra pressure or guidance or criticism, maybe, is perhaps how it felt to you at the time.



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Yeah, and I think, to be totally fair, like this is the way that you know, maldactively, my, my brain was working and processing, and that's not your dad's fault. That's obviously the way that just, you know, the things that I was was going through and kind of internalizing at the time, but, but, yeah, that's kind of the, the main thing, I guess I would. Is just trusting that I I understand the stakes. I understand the importance of doing well in school or training hard in the sport that I was playing, etc. So I guess just kind of trusting that I you already knew, and prioritizing Yes, exactly you



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already knew this. What's interesting that you mentioned that because that was actually one of my Quick Fire options that I took off the list because I thought we had enough it was constructive or critical, because I think there's sometimes a really fine line between those two things. Sounds sounds to me, based on what you just described, that that's, that was an, a really good example of that fine line, right? Like, and, you know, us trying to be constructive and helpful, you know, depending upon the situation, and what are the things you might have been going through, or the pressure you were already putting on yourself, came through as critical. So, yeah, I think that's, that's really insightful, that's, that's



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good to know. And



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I guess looking back, it doesn't surprise me that you might have felt that way. And you know, while it wasn't our intention, certainly to make you feel, you know that we weren't proud, or they didn't think you were working hard enough, or, you know, putting in the effort, because you you always have it, it makes complete sense that you would be perfectionistic because we are. So, I mean, I think, if anything, you could probably blame us for that, because we are, we have a tendency to be that way ourselves. So anyway, I it's good to hear that. It's good to hear that that you know those, those are things that you know may have come across a certain way, even though that's certainly not how we intended them to So, of course, and I understand that too, but, and as you said, as time goes on and you kind of realize after you're out of those situations, what the intent really was versus what you might have felt at the time. It's, it's, it helps, right, to have that perspective that at the time you might not have had absolutely okay. So next question, in what ways has been raised in the parent household shaped your beliefs or values,



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definitely in a lot of ways. I think the most prominent way I can think of is that I was instilled with a very strong work ethic that has continued to help carry me along throughout school and work and other aspects of my life. Of course, I was raised in a household with Catholic values. I went to Catholic elementary and high school, so those types of traits and values, such as the golden rules and just being, you know, showing kindness to and grace to others. I think I guess along that note, both yourself and dad and Holly are very empathetic people. So I feel like I what in my my day to day life. Still, I always try to keep an open mind and show kindness to all those around, whether it's you know, friends, loved ones, acquaintances, colleagues, just general strangers. So I would say those are ways that that being raised in the household is shaped by beliefs and values.



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Okay, excellent. Okay. Next question, now that you are a young adult and no longer require our daily involvement or supervision because you don't live here anymore, what do you feel you still need from us and maybe equally importantly, what don't you need or want from us anymore as parents?



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Well, there's a lot that I do still need from you guys, for sure, I think the biggest thing is, you know, still the sense of family and community, even though we aren't all living under the same roof anymore, I do still love when we prioritize spending time together, whether that's in person or phone calls, etc. So that is that communication line is definitely still important. And I guess kind of along that note, just reassurance in me, if I, you know, come to you guys with

something that maybe I've been struggling with or has been challenging, and just that reassurance from the people that generally know me the best that you know that I can do it, and kind of on that along that same line, just believing that you know I you know, I'm certainly not perfect, and there's still things that I'm working through and learning through and giving me the grace to let me do. And make those mistakes and come to you guys when needed, but not necessarily, you know, maybe the same level of advice you may have given when I was younger, like, you know, kind of giving me that space to to learn on my own path and make those mistakes, to, you know, take those lessons away. Great. So



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just just kind of to finish off that question, is there anything in particular that you don't need or want from us anymore, now that I don't think sort of moved out or no. But what I mean is it's kind of related to what you just finished saying, which was, you know, how the parenting and the roles of parents and children, it evolves as you get older. So there's some things that you may have needed or or benefited from when you were younger that you want, want to emphasize, that maybe you don't really need as much anymore, or don't want us to be as involved in anymore, anything that comes to mind?



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Well, maybe now that, you know, I have my own place that I share with my boyfriend, you know, when it comes to kind of things in our day to day life or around our house, obviously there's decisions that we need to make to respect each other and the relationships. So I think kind of, as I was saying before, you know, if I, if I come to you guys with with questions or, you know, something that we've been hemming and hawing about, you know, kind of, it's always good to get advice when, when prompted. But, you know, giving us the the space needed to allow us to make the best decisions for ourselves as well. And kind of, like I said, learning from that, even if we do make mistakes, you know, letting giving us the space to do that



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right. And I think that was kind of the point that I was, I was getting at or, or inferring from what you said, is that, you know, as as you get older, and certainly now that you're you've moved out and you're living independently, you've got a career, living with your boyfriend, you know, doing all of those kind of things that you don't didn't have to do as much, obviously, when you lived at home, paying bills and all that kind of stuff. You know, you're doing that on your own, and we have to trust you, and not necessarily, you know, jump in to, sort of, you know, give our advice, unsolicited advice, but sort of just trust that you're going to figure it out, and if you need our help, you'll come to us. But otherwise, just sort of let you decide



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when that is



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right, exactly. Okay, great,



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so I'm rounding the bend on our last question, because we're starting to run out of time a bit unfortunately. Last question, what advice might you give to other parents based on your own experiences



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growing up?



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I think that some advice that that maybe I could get coming from the place of a daughter, rather than, of course, a mother father, as I do not have children of my own, but something that I really do think is important, and I've seen the importance of whether within our own family or amongst others, is prioritizing each other, and especially making sure that each individual, whether that's partner, child, etc, gets as equal time as possible, just so everyone feels, you know, important and loved and that they're getting a fair amount of time. I know that certainly can be difficult amongst family dynamics to make sure everyone's feeling included and that they're getting a quality time with you, but I feel like that is definitely something that's important to prioritize, because that does, you know, obviously help shape your relationships with kids when they're young, but also as they get older. It definitely, it definitely helps. I think another thing that kind of we alluded to before is just giving, you know, space for for kids to learn their own lessons. And that's certainly not to say that that giving unsolicited advice isn't important at times, especially when your kids are still growing up. And of course, as a parent, you are protecting them, and you have that, that requirement to do so, especially when they're age, yeah, but, and it's certainly important to, you know, give your perspectives and advice. But also, you know, listening to them, maybe the things that they want or they need, or the reassurance that they require, etc, is different than maybe what you required when you were younger. So just kind of listening, really listening to them and and letting them. Um, speak their mind on the YouTube, not in an impolite or disrespectful way, of course, but, you know, just trying to listen to them, to maybe not make assumptions necessarily, about what you think they might want or need at a moment, and letting them have some kind of input into that.



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That's great. It's really interesting too, because I've reflected a lot sort of going through this process of, you know, asking you and and others for, you know, your insights about, you know, sort of the parenting exercise. And I think one of the things that I've really learned over the years is that as much as you might try to be,



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you know, to treat your children equally.



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It's really not necessarily that you want to treat them the exact same because they are. They're different people. They have different needs, they have different personality traits, they have different ways of learning. And, you know, initially you might think, Oh, I have to do the same exact things for each one. But in fact, that's probably not the best approach as you get to know who they are and some of their, you know, nuances and personality traits that that may need you to, you know, change your approach slightly to be more effective with with one or the other. So it is very interesting. Everybody wants to feel important and special and loved, but doing the exact same things the exact same way doesn't necessarily work for everybody in the family. So can be can be challenging, but I bet important. Yeah, for sure, it is. Well, Brianna, thank you so much for taking the time to chat with me today. I know that some of these questions may not have been super easy to answer, and I appreciate your openness and your candor. To be honest, when we started this whole conversation, I wasn't really sure what to expect from some of your answers, because, as I mentioned in the beginning, I really didn't want to you know, aside from giving you some idea of what I might be asking you, I didn't want to discuss it too much in advance, because I wanted you to feel free to express yourself openly and not to have the answers be scripted. So thank you for your your openness and your insightfulness. I'm hoping to be able to convince your sister to be our next guest. But as you very well know, you know very well, she is not easily persuaded, so we'll have to see whether she agrees to do that or not. But maybe if you're talking to her about this, you could let her know it wasn't really as painful maybe as she expects it to be.



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All right,



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thank you at any rate, yes, absolutely. Thank you so much for taking the time Well, thanks so much everyone for listening to this very first episode of raising parents. I am really looking forward to our next edition with whomever the featured guest is going to be, but in the meantime, be on the lookout for those tidbits of parenting wisdom. You just never know where you might find them. You