

00:00:01	Biz Ellis	Host	This is Biz. I'm a part-time working mom with two full-blown kids.
00:00:04	Theresa Thorn	Host	And I'm Theresa. I have a family business, two young kids, and a toddler.
00:00:09	Biz	Host	This is a show about life after giving life. Don't listen with your kids, 'cause there will be swears. This... is <i>One Bad Mother</i> .
00:00:17	Music	Music	"Summoning the Rawk" by Kevin MacLeod. Driving electric guitar and heavy drums.
00:00:20	Biz	Host	<i>[Continues through dialogue.]</i> This week on <i>One Bad Mother</i> —trash versus treasure! Revisiting what our kids want to keep. Plus, Biz gets the guilt job and Theresa finally shows up.
00:00:32	Crosstalk	Crosstalk	Biz and Theresa: Wooooo!
<i>[Biz extends the cheer into a song.]</i>			
<i>[Biz and Theresa repeatedly affirm each other as they discuss their respective weeks.]</i>			
00:00:35	Biz	Host	Seven years we've been "woo"-ing!
00:00:37	Theresa	Host	Yeah!
00:00:37	Biz	Host	Isn't that crazy?
00:00:38	Theresa	Host	It's so crazy!
<i>[Biz laughs.]</i>			
00:00:40	Crosstalk	Crosstalk	Theresa: It's crazy.
00:00:43	Biz	Host	Biz: It is!
00:00:44	Theresa	Host	How are you, Theresa?
00:00:46	Crosstalk	Crosstalk	I'm feeling pretty good today! Biz: Oh!
00:00:48	Theresa	Host	Theresa: Yeah! I had a kind of a win this morning. I... finally showed up to morning reading in kindergarten for Oscar.
<i>[Biz laughs.]</i>			
Um—which is something they've had, like, once—once or twice a month every month since kindergarten started. And I have not made it to a single one. Because my life is crazy. And... he has been kind of dealing with that and that's been okay. But I've always <u>wanted</u> to go; I just haven't been able to make it happen. But this morning—this is not something I even, like, was thinking I would do? But last night, he like, caught me in a moment? Where he was like—mom, tomorrow there's also morning reading and I would just really like it if you could take—			
<i>[Biz laughs.]</i>			
—like, you know like that—that thing. Where he was like— <u>really</u> —you could tell he <u>really</u> wanted me to go. And he was saying it in a nice way. And I was just—I couldn't... say—I was like—I will find a way to be—like—yes. Okay. Yeah. But I was really nervous about it because mornings are hard anyway, and I tend to get a little anxious in the mornings and I don't like feeling rushed in the mornings and I also knew I had a big day and I wanted to, like, have			

time to shower? 'Cause I knew I wouldn't be coming home later. Blah, blah, blah.

Anyways—I did it! I just did it! I did it. I did it. I only had, like...

[Biz laughs.]

Eight minutes to get myself ready this morning? And I just did it! I totally did it. Went to morning reading. I had Curtis with me for morning reading 'cause that's the way that worked out. And he did great and was excited to be there and Oscar was really happy and it was very cute. So I'm feeling like... okay. I'm doing stuff.

00:02:26	Biz	Host	You did it!
00:02:27	Theresa	Host	Yeah.
00:02:28	Biz	Host	You showed up for it!
00:02:28	Theresa	Host	I showed up.
00:02:30	Biz	Host	Very good job!
00:02:32	Theresa	Host	Thank you. How are you, Biz?
00:02:34	Biz	Host	Funny—Ellis has a similar thing that I can't show up for. It's the visit to the school farm 'cause it's on Monday at the exact time we record. So he had—he himself has been working on getting over the fact that I can't show up. And... and it's been okay. So... yesterday, I... am not anywhere near Pasadena. And I see that there's a message—a voice message on my phone as I'm getting in my car. Not close to Pasadena, where Ellis is. And it's the school. And he has been... hit in the head—

[Theresa gasps.]

—with a brick. *[Laughs.]*

00:03:14	Theresa	Host	Oh my god!
00:03:14	Biz	Host	At the farm. Now—
00:03:16	Theresa	Host	He's fine.
00:03:17	Biz	Host	He's fine.
00:03:19	Theresa	Host	Obviously.
00:03:19	Crosstalk	Crosstalk	Biz: They were—
00:03:22	Biz	Host	Theresa: Oh my god! When I got the whole story finally? They were... a group of them were hanging out—the farm is a place for children to be free.
00:03:29	Theresa	Host	Free range.
00:03:30	Crosstalk	Crosstalk	Theresa: Free range farm!
00:03:32	Biz	Host	Biz: Free range... Free range farm. Lotta trouble you can get into at the farm. That's okay. So they were playing some sort of game and one of the kids— <u>great</u> idea for an invention, gonna tie this brick to a string and hang it from a tree. <i>[Laughs.]</i> Sure! I—I get it. What do you do with a brick on a string? It swings! And it just—it—as one kid described it—as one kid described it, it went forward and then it came <u>back</u> !

[Theresa laughs wildly.]

00:03:57	Crosstalk	Crosstalk	Biz: And hit Ellis—
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Theresa: *[Through laughter]* I love that!

00:03:59 Biz Host —like, right in the head. Boooonnnng! Is what the other kid said. So the school calls me and I'm like—uh... I'm like trying to get back in touch with them and of course no one's answering the phone and I finally get somebody, I'm like—how is he—is this an ER visit? Or is this, like, a—and they're like—it's a really big goose egg but he's not showing any signs of there being a concussion or anything. But it is really big. I said—well, we signed something at some point that he could have Tylenol. Does he want any Tylenol? And she's like—okay. I'll ask. And I said—okay. I—I—okay.

00:04:36 Crosstalk Crosstalk **Theresa:** You could've offered that earlier. But sure.

00:04:39 Biz Host **Biz:** Just right away.
So I then get in touch with Stefan and I say—who's—luckily works just a few blocks from the school. And I say, if it's poss—this is what's happened. If it's possible—'cause I'm nowhere near the school—can you go check on it. Just check in and then you can let me know—do I need to come straight there and get him. Do we need to go to the ER. Like, I want your assessment of the situation.

00:05:31 Theresa Host And he's like, okay. I can do that. And I'll be honest—I was gonna try and squeeze in a walk. *[Laughs.]* Like, I'm in sweats. I was like—
00:05:32 Biz Host am I going to get him? And it's also a day we agreed to watch another kid right after school for 15 minutes. There's a lot of stuff happening! He calls back and says—it's big! But that's good. And, y'know, he seems fine! He was fine. And I made sure they gave him Tylenol. And I was like—great. So I did not go!
Great!

00:06:13 Theresa Host Yeah! I walked! And then I picked him up and he was fine and he
00:06:13 Biz Host was—he's fine! He's fine, guys! It didn't even look that bad to me 'cause it had gone down. This morning—I'm taking Ellis to school, and... one of his teachers—older gentleman—says, Ellis! Y'know. How—how are ya? And I—he's like—I'm good! And he's like—how's your—no, no! Come here! I wanna see your head! How's your head? And Ellis is like—it's fine. And I was like, yeah, he's fine! And he was like—I mean, it—it got... really big yesterday! I mean, I—I—I thought for sure, uh, you were gonna come and get him and take him home! You know. And I was like—
Huh.

00:06:22 Theresa Host Okay. Every indication I got from the school was—he was okay.
00:06:24 Biz Host And I sent Stefan—who also assessed that he was okay—
You went into defense mode.

00:06:27 Crosstalk Crosstalk And—I don't think this guy was—I think it was just, like, this—I really—
Biz: —honest—

00:06:30 Theresa Host **Theresa:** No, I just mean mentally defense mode!
00:06:32 Crosstalk Crosstalk Like, wait a minute! I did everything right! Right?
Theresa: Like, I did all this stuff! Yeah!

00:06:35 Biz Host **Biz:** Yeah. I mean, he clearly doesn't have a concussion.
He clearly is fine. You know. We called our ER doctor— *[though laughter]* y'know, father-in-law just for—uh, y'know, like—our kids have gotten hit in the head a few times. *[Laughs.]* So we're, like, pretty good at it! I think. Dr. Mom.

[Theresa laughs.]

00:06:52 Theresa Host But I just was like—what?!

00:06:53 Biz Host Oh, interesting.

00:06:55 Theresa Host We clearly already made the choice—

00:06:57 Biz Host Yeah! It's over!

00:06:57 Biz Host He's fine.

00:06:57 Crosstalk Crosstalk **Theresa:** Yeah. Why are we—

00:06:59 Biz Host **Biz:** You guys—
I was told you were keeping an eye on him and if he indicated any signs, you guys would give me a call. Anyway! Now that's just rolling around in my head like a marble.

00:07:09 Theresa Host Right!

[Biz laughs.]

00:07:11 Biz Host Right.
I guess like—great.

00:07:13 Theresa Host I mean— *[sighs.]*

00:07:15 Crosstalk Crosstalk **Biz:** I—yeah—bluh—

00:07:17 Theresa Host **Theresa:** No! It's just that—
—sometimes people say things that are so anxiety-provoking and if you already suffer from anxiety and you're—you're the opposite end. You're the person who needs to be told—

00:07:28 Crosstalk Crosstalk **Biz:** Assured—

00:07:30 Theresa Host **Theresa:** This is—
—not a thing that you need to be worrying about right now. Some people do need to be told, mmmm—

00:07:35 Crosstalk Crosstalk **Theresa:** You might need to worry about this or do something, but that's not you! That's not you! It's not helpful.

00:07:44 Theresa Host **Biz:** You should worry. Right! But I'd already gone through this—
right! Yeah. *[Laughs.]* My thing. *[Laughs.]*

00:07:48 Biz Host It's not helpful timewise? And it's not helpful personality-wise.
Right! I just was like—I'd already gone through this thing of like—
well, one time Katy Belle fell and I got her and brought her home.
Y'know? Like— *[Laughs.]* Ahhhh! Any... hoo.

[Theresa sighs.]

00:08:01 Theresa Host He's doing fine, guys.
I'm glad to hear it.

00:08:01 Biz Host Uh—

00:08:03 Theresa Host Should probably go get him right now.

00:08:05 Biz Host I should probably go get him right now!

00:08:05 Theresa Host You should just leave and go get him.

00:08:06 Biz Host Just leave! So... again—little guilt. Which kinda—

[Theresa laughs.]

00:08:17 Music Music —ties in to what we're going to revisit today... which is: is it trash, or treasure?
Banjo strums; cheerful banjo music continues through dialogue.

00:08:18	Theresa	Host	Please—take a moment to remember: If you're friends of the hosts of <i>One Bad Mother</i> , you should <u>assume</u> that when we talk about other moms, we're talking about <u>you</u> .
00:08:25	Biz	Host	If you are <u>married</u> to the host of <i>One Bad Mother</i> , we <u>definitely are</u> talking about you.
00:08:29	Theresa	Host	Nothing we say constitutes <u>professional</u> parenting advice.
00:08:32	Biz	Host	Biz and Theresa's children are brilliant, lovely, and exceedingly extraordinary.
00:08:36	Theresa	Host	Nothing said on this podcast about them implies otherwise.
<i>[Banjo music fades out.]</i>			
<i>[Biz and Theresa repeatedly affirm each other as they discuss the weekly topic.]</i>			
00:08:42	Biz	Host	Theresa.
00:08:42	Theresa	Host	Yes.
00:08:44	Biz	Host	Trash or treasure?
00:08:44	Theresa	Host	Mm-hm.
00:08:46	Biz	Host	I say guilt, because I always feel a little tinge of guilt when I wanna throw away actual garbage that my children have and love. We have spoken about this in a variety of ways, from weird things that your children keep? Bag of toenails. Rocks. Art projects—
00:09:03	Crosstalk	Crosstalk	Biz: —from school—feathers!
00:09:05	Biz	Host	Theresa: Feathers they've found. <i>[Laughs.]</i> Yeah. A bag of hair? Y'know. Whatever. It's— <i>[Laughs.]</i>
<i>[Theresa laughs.]</i>			
Don't you all have bags of hair and fingernails in your—in your house? Anyway.			
<i>[Theresa laughs.]</i>			
Things that are too precious to throw—"I love it! I love that horn that you blow and it unravels and then it ravel back!" Right? Like—and—fuck it. Keep it. We've gone through a lot of this, and I thought it might be interesting... to revisit it. 'Cause some things have changed in our house!			
00:09:37	Theresa	Host	I think it's an on—it's a journey.
00:09:40	Crosstalk	Crosstalk	Biz: It is a journey!
00:09:43	Theresa	Host	Theresa: This is a journey. That— It's a—
<i>[Biz laughs.]</i>			
00:09:45	Crosstalk	Crosstalk	—it's a never-ending story? Theresa: It's a—
00:09:47	Theresa	Host	Biz: One step at a time! —incredible journey.
00:09:48	Crosstalk	Crosstalk	Theresa: What's another one?
00:09:50	Biz	Host	Biz: <i>[Singing]</i> Neverending stooo... It's one step forward, two steps back?

[Theresa laughs.]

00:09:57 Theresa Host Is that the way? No, I think it's two steps forward; one step back?
00:09:59 Biz Host It's—
00:10:01 Theresa Host An Odyssey?
Yeah. There we go.

[Biz laughs.]

00:10:03 Biz Host It's... a story passed down from generation to generation.

[Theresa laughs.]

00:10:37 Theresa Host That is too long. But I think you're right! I mean, there's—there's—
it's something that you're constantly looking at. Like, it's not just the
fucking toys or actual garbage. Like, I keep opening the drawer
that's got, like, kid plates in it? And I'm like—I mean, I've already
done kid's silverware. Is pretty much gone. Right? And now I'm
like—I mean—we still kinda use these for sitting on the couch and
having a snack? But like... I could also have a drawer back. Like—
is it...
Yeah! We upgraded our plates, like, maybe a year ago to like...
some—they're still kid plates but they're like... glass? They're like
sort of—slightly durable glass? And... they've been great. But we
keep those old plastic ones in the back of the cabinet just because I
feel like... we might need that!

00:10:57 Biz Host Yeah! Yeah! *[Laughs.]*
00:10:58 Theresa Host At some point! And then, like, Curtis does ask for a plate sometimes
to play with? And I'm like—the glass ones are not to play with, so
then we do pull out the other one. And I'm glad I have it? But then
I'm also kind of not glad? 'Cause then I just find it in my house
again?

00:11:11 Crosstalk Crosstalk **Biz:** Yeah! With, like—parts in it?

00:11:14 Biz Host **Theresa:** And then I have to put it away?
Or trash in it? Or like, paint in it! Or experiments in it. Alright. So... I
would like to start. With, I think, one of the big reasons this can be a
problem. And that is—your child likes something, and you do not.

00:11:33 Theresa Host Oh, yes.
00:11:34 Biz Host Might you have a story to share?
00:11:35 Theresa Host I do!

[Biz laughs.]

00:11:46 Crosstalk Crosstalk Yeah! Because this isn't just about things that have been in our
houses for a long time. This can also apply to something that just
came home yesterday!
Biz: Stuff just comes home, doesn't it? Yeah! *[Laughs.]*

00:11:49 Theresa Host **Theresa:** For example. Yes! Yeah!
And I—by the way, I have thrown away lots of things that just came
home. I've gotten very bold.

00:11:57 Crosstalk Crosstalk **Biz:** Oh, so bold!

Theresa: Very bold.

00:11:59 Theresa Host Because if they come home from, like, a little party or whatever? They bring little somethings home from school? And it's sitting on the dining room table for a few days and they haven't touched it since it came in? It's going right back out.

[Biz laughs.]

Going right back out. Um—and that has never come back to bite me in the ass, by the way. Like, that's—that's a pretty tried and true... approach. Anyways. I do have a story about this—my wonderful daughter, Gracie, who is eight years old—brought home a toy from school yesterday that she apparently earned as some kind of—they do a lot of, like, incentives at her school. As some kind of incentive, she earned this toy. I'm just pulling up a picture of it so Biz can see what we're talking about.

00:12:49 Biz Host Okay.

00:12:49 Theresa Host And this is—I want you to understand the size of this toy is about...

00:12:53 Crosstalk Crosstalk **Theresa:** This big. It's—very large. It's the size—it's bigger than a basketball?

Biz: I—she's—she's showing us. By the way, guys. It's like—if you were a—

00:12:58 Biz Host If you were holding three basketballs together? Like—

00:13:02 Crosstalk Crosstalk **Biz:** As a thing? That's gonna sound big. I'm ready!

Theresa: Yeah! Together. That's—how big this is.

00:13:05 Crosstalk Crosstalk **Biz:** Holy shit! It's a Gremlin! That's a Gremlin from the movie *Gremlins* but it's a spider Gremlin!

Theresa: It's—if you guys wanna look this up, it's—it's a spider Gremlin.

00:13:13 Biz Host Holy—

00:13:15 Theresa Host If you google Spider Gremlin—

00:13:15 Biz Host —shit.

00:13:17 Theresa Host —you will find this toy that my child—

[Biz laughs.]

—brought home from school.

00:13:21 Biz Host Oh my god!

00:13:23 Theresa Host I—

00:13:23 Biz Host That's not, like, a cute robot thing.

00:13:25 Crosstalk Crosstalk **Biz:** That's—

Theresa: I can't—

00:13:27 Theresa Host I find—I find it physically upsetting to look at?

00:13:30 Biz Host Wow!

00:13:30 Theresa Host Not just the picture, but the thing in real life.

00:13:33 Biz Host Does it move like a horrible nightmare?

00:13:35 Theresa Host It's not electronic. It doesn't, like, move?

00:13:38 Crosstalk Crosstalk **Biz:** What the fuck does it do?

Theresa: It's just like a mo—

00:13:40 Theresa Host It's like a—an action figure. It's like a model. And the le—but you can move the legs yourself.

00:13:45 Biz Host My god.

00:13:47 Theresa Host And it has, like, the big—

[Biz laughs.]

00:13:51 Biz Host —spider, like, body? And back? Like, the big—
Like, the sac! Like a big old spider butt sac!

00:13:55 Theresa Host It's—you guys—don't look this up unless you're like up for it.
Because it's really gnarly. Like, you just—ugh!

00:14:01 Crosstalk Crosstalk **Biz:** It is a surprise.

00:14:04 Biz Host **Theresa:** I mean, Oscar is terrified of it.
I'm surprised it was just—'cause you were describing that they keep
the reward toys or whatever kind of in the corner in the class and
like—like a store—

00:14:12 Crosstalk Crosstalk **Biz:** —so kids can—oh!

00:14:14 Theresa Host **Theresa:** This one wasn't.
This was a surprise.

00:14:14 Biz Host Surprise!

00:14:16 Theresa Host Yeah.

00:14:16 Biz Host Huh. Wow.

00:14:18 Theresa Host So...

[Biz laughs.]

00:14:23 Biz Host That's—that's a whole other thing. Okay?

00:14:27 Theresa Host Dear eight-year-old, I kind of know your intere—it'd be like saying—
No, no! She told them she wanted this. She found this. Told them
she wanted it. And it came home.

00:14:33 Biz Host Okay. I... know 12-year-olds who would love a copy of *Porky's*. But
you wouldn't [*though laughter*] give—like, the movie *Porky's*, right?

00:14:39 Crosstalk Crosstalk **Biz:** You wouldn't—it's— [*Laughs.*]

00:14:42 Theresa Host **Theresa:** I—can't even.
I can't even start. I can't even start with this. What I will focus on so
that I don't just run my voice out being angry.

00:14:53 Biz Host Sure.

00:14:53 Theresa Host At other adults.

00:14:55 Biz Host Yeah!

00:14:56 Theresa Host Is—I will just say that... now this is a real challenge for my child and
for me. Because what happened was—she—and I think this is, like,
an extreme example of something that has happened before and
can happen a lot. Which is—she was so excited to show this to me.
She's so happy. That she has this? She's—and I—I—I'm having
such a visceral reaction to it? Like, I've told her it's fine if she likes
horror movies. Like, I'm not gonna, like... take away—like, I'm not
gonna try to make her feel bad about her interests.

But I have explained to her, like—there's stuff that you like that I
won't like and there's stuff I like that you won't like and that's totally
okay. You know? I want you to have the things that you are
interested in! But this thing... when she showed it to me months
ago? I was like—you can't have that? Ever? And if you did have it,
like, I'm—I can't spend money on that? And I also—if you ever
saved up for it and bought it yourself, it would have to stay put

away. Like, you could play with it? But I can't look at it! It really upsets me.

00:16:00 Biz Host Wow. This is something you guys have already had a conversation about!

00:16:02 Theresa Host Yes!

00:16:04 Biz Host Wowwww.

00:16:06 Theresa Host And I said, it really really upsets me. It's really just—like, it's physi—it's one of those things, like... y'know, when you see... like a big spider, that physical feeling of fear? And like—yes, I could probably sit there and stare at it and like try to get over it? But this is just my natural reaction to it. And so—and she knows this, but I think she kind of got her hopes up that I would change my mind or she—I don't know. But it really hurt her feelings that I don't wanna see it! And I don't—y'know? And so we had this, like, pretty significant conflict last night. I didn't say I'm gonna trash it; I didn't say it's gonna get thrown away; but I did say, like—I don't—I don't wanna see it. Like, keep it under your bed or something. Like, keep it under your covers.

00:16:52 Crosstalk Crosstalk **Theresa:** Or keep—she wants to sleep with it!

00:16:54 Theresa Host **Biz:** Where all the other monsters are!

00:17:00 Biz Host I mean, she—like, she loves this thing! Okay? That's fine. I don't wanna see it! So this is, like...

00:17:03 Theresa Host That's a hard—that's a rock and a hard place.

00:17:14 Biz Host Yeah! But I think it applies with so many other things that are not that—not as extreme. Like, there are definitely things that just keep showing up on my floor.

00:17:14 Theresa Host Yeah.

Or keep showing up out on the coffee table. And... my kids are—like—y'know, there's this like—hat that—

[Biz laughs.]

—is like—it's like an Angel's hard hat that was like a promotional hat?

00:17:26 Biz Host It's small?

00:17:28 Crosstalk Crosstalk **Theresa:** That the kids—yeah! Well, it's not small? It fits my kid's head. Yeah.

00:17:32 Theresa Host **Biz:** Is it like—for—oh, okay. You can go on the head. It can go on the head. But it's like—it just came home from a baseball game where they were giving them away or something. And like, we're not fans of that team. And...

[Biz laughs.]

Like, my kids sometimes put, like—Curtis sometimes brings it out to put it on 'cause he thinks it's fun and cool and kind of like a construction worker hat? But it just ends up around. And it bugs me 'cause it's kind of big? And... it's just sits th—like, hats are weird. There's nowhere to—

[Biz laughs.]

—like, put a hat. Do you know what I mean? And it's not—it's not soft so you can't put it away. It doesn't have a thing you can hang it with.

00:18:03 Crosstalk Crosstalk

Biz: Yeah, no. You can't, like—it doesn't go in a drawer easily. Yeah.

00:18:06 Theresa Host

Theresa: So it's just—yes!

So it's just around. And like, I would like to throw that away. But like... it's mostly—mostly the reason I wanna throw it away is because he's playing with it so much that it comes out a lot!

[Biz laughs.]

So like, it's actually not a good thing for me to throw away! Like, it's a thing that's coming—the reason I—the reason it's bothering me—like if it was just in the costume chest, it would never bother me. But he's bringing it out—

00:18:29 Biz Host

And you have to see it.

00:18:30 Theresa Host

And I have to deal with it!

00:18:32 Crosstalk Crosstalk

Biz: Yeah. Do you—okay.

00:18:34 Biz Host

Theresa: Yeah. And see it.

This is something I'm not sure we talked about, but it's—it's making me think of—with the baseball hat. When you have multiple children in your house, it's like... I understand hand-me-downs. 'K? But in our house, the moment—I've had to tell Katy Belle—do not announce you're throwing something away. Because Ellis will—what are you throwing away? I would like that! And it doesn't matter if it is actually something that's, like, a reason—I mean, like, sure! I'm like, yeah. Give him those books! Right? That's fine.

But like... it could be... a piece of, like, garbage artwork that she, like, made and didn't want anymore and he's like—I want *[though laughter]* like right now next to his bed, there's like, a little small, like... 4x3 palette? And it's just covered in feathers and googly eyes? I'm like... why is this still here? I mean, it's got, like... ugh! Why is this here? So yeah. There are things that like... come out and they're annoying to me because they keep impacting my space.

Which I think a lot of—sometimes—this is what it's about. I have tried to—with Ellis—get into this zone of... I'm just not going in his room! *[Laughs.]* Like, I'm just—I'm just not going in there! You know. I—I will! Occasionally. But like... I can't keep trying to make sense of some of this. Occasionally I will go through and do the, like, just take stuff out that I really think is taking up space and is garbage and/or he hasn't looked at it in a million years. I'll put it in a box! And it goes out to that garage.

That plate of garbage that I gave them in their stocking this year that I talked about on the show and I posted a picture of, like, grow-your-own-crystal thing? That plate of garbage—he's—vehemently was like, do not throw this away. It's cute. I love it. So I took the whole tray and I just put it in the garage. And it's been three weeks, and Stefan clearly threw it away. And the tray is now back. And... no one has said anything!

00:20:47 Theresa Host Good teamwork.
00:20:47 Biz Host Yeah! Some good teamwork there. I wanna talk about the other end of this, which surprised me.
00:20:55 Theresa Host Okay!
00:20:55 Biz Host We talk aloud—a lot about... can we help our children purge. Whether it's really garbage or if it's just stuff they don't play with anymore. Right? Like, honestly, stuff—like, you—well you—with Ellis, we try and do the talk of like... look. I get that this was something that you played with. But there are other things that you like playing with more, and you really haven't played with these in a while. Is it something you're really still interested in? You know, we can always move it to the garage and then see—right?

But like... trying to help him realize that he doesn't have to hold on to everything. This has worked so well with Katy Belle that she purges—that child is ready to live in a New York apartment. Like, A, because her bedroom is like the size of this booth. *[Laughs.]* So she doesn't have—

[Theresa laughs.]

—room to keep stuff. But she purges—but she purges stuff that is—still has some value! And it—it's become tricky for us because she loves notebooks. She has loved notebooks since the time she could pick up a pen. She's always had—and we're like, alright. I can encourage notebooks and writing and drawing! This is great! And we're trying to work with her on the, like... don't feel guilty if there's stuff you don't want. Even if it was a gift from us. It really is okay.

00:22:13 Theresa Host Yeah.
00:22:15 Biz Host So... she comes out with like a stack of notebooks, diaries, and she says—I don't want these anymore. And I'm like—okay. Well, let's... let's just—just put 'em on my bed and I'll—I'll take a look. Well I don't want you to read them. And I'm like—okay. I won't read them. But I need to see if they're still usable. Right? Most of them, like, three pages were written on. And then the rest is all still fine! Some of them, about half of it was full—but it was diary style stuff! And I'm like—would she want this?

00:22:52 Theresa Host Yeah! Like, wouldn't she someday—
00:22:54 Biz Host Day—wanna—I mean, you know, look. I'm all—you don't have to. I throw mine away. But—well I didn't throw all—no. That's not true. *[Laughs.]* I still have a box of some diaries. But like—would she find this interesting? Should this be a decision she makes a little later? Right? And then some were just filled with some garbage and I was like, this is not savable. I can't do anything with this one.

But I did! I—I divided them all up. Some went in the trash. Some I just said—these two are still really usable. I—I'd like you to consider putting them in your closet? In case you need a place to write. And... then the other ones I put in a box! That—with—along with some other stuff she had come out saying, I just don't want this stuff in my room? And I was like... do you not want it in your room, or do you wanna say goodbye to it? And she's like... not in my room. Great! We'll get a Tupperware bin and we'll stick it in there and put it in the garage! And she's like—okay.

So... that's hard 'cause I—y'know, part of me's like—I should be, like, throw it the fuck away! But—I—there's like a mix of... these are things that you asked for. These are still usable. Right? Like... I feel like I am stuck in this place of... what message is the more important message? I want you to understand things do actually have value. Some things have value and they should be used, because we can't just go around buying notebooks after you've written three pages of them. Now you get a new notebook. That's not a good lesson!

00:24:25 Theresa Host

Interesting.

00:24:26 Biz Host

Yeah!

00:24:26 Theresa Host

Yeah! I think this—part of what's interesting about this is like... our personal values about what we wanna save is so—kind of—hard to un-coil from... teaching our kids just about a skill, which is... getting rid of stuff that's no longer useful. So that you can live in a nice space. That is usable to you. So like—like, I can see you almost feeling emotionally attached to the idea of her being emotionally attached to her... diaries! Y'know what I mean? In a way. And like, that's—really nice! You know? But like... also... maybe if she threw them away... she won't—either she won't care, or later she'll be like—oh, I wish I had kept those! And then she'll—

00:25:13 Crosstalk Crosstalk

Theresa: —think about maybe—yeah!

00:25:15 Theresa Host

Biz: Which is also a lesson! Yeah!

Like, it's kind of—it's interesting just how—like... so much of this is just like on a gut level? Right?

00:25:22 Biz Host

It's a—yeah.

00:25:23 Theresa Host

That—like—how do you teach that or—or—or is it just a lifelong process, like, there's time—there's been times in my life, like... especially if we're like moving or something?

00:25:32 Biz Host

Oh yeah!

00:25:32 Theresa Host

Where I'm just like—oh my god. Just fuck it. Like, fuck it!

00:25:36 Crosstalk Crosstalk

Biz: [*Yelling*] Yeah! Fuck itttt! Fuck it! [*Laughs.*] Just fuck it! [*Laughs.*]

00:25:40 Theresa Host

Theresa: I—I—fuck it! I—I can't! I can't! I can't! Like, I just can't! I'm looking at this, I'm like, sure! Something. I'm feeling something but fuck it.

00:25:44 Biz Host

Fuuckk ittt!

00:25:45 Theresa Host

Yes!

00:25:45 Biz Host

Right! [*Laughs.*]

00:25:45 Theresa Host

And—but then there's other times where I do have—like, I—we di—I—recently, in my Sudafed high, I purged a lot of stuff. And a—I made a couple trips to Goodwill and one of the times when I dropped stuff off at Goodwill and I was getting back in the car and I felt kinda weird! I felt kinda... [*inhales sharply*] this feels really weird. I'm letting go of a lot of stuff that was meaningful at some time to our family? Am I gonna... think of something and wish I had—like, ugh! You know?

00:26:17 Biz Host

Yeah. No. I—yes. I have a thought on that, but I wanna circle back and say—just to show how weird a place it can be—why don't you just give those journals to Ellis? And I'm like, [*screaming*] nooooo! Ahh!

[*Theresa laughs.*]

He has too much! Stuff! Like, he doesn't need those! He doesn't need tho—right? Like... that's a weird place, where, like, my instinct is—you should keep this and you should never have them. Right?

00:26:42 Theresa Host Oh, that's interesting.

00:26:43 Biz Host Which is interesting. But... with the sentimentality of it all, I recently, like—we let filing stuff kind of pile up until it starts to fall over. And then I file it. *[Laughs.]* In the filing cabinet. And... y'know, I take everything out and I lay it out and I was like, y'know what? The filing cabinets are getting a little tight. I am gonna take a look and see...

00:27:03 Crosstalk Crosstalk **Theresa:** I need to do that. Yeah.

00:27:06 Biz Host **Biz:** What's necessary!

And like, the whole bottom filing cabinet, I looked in and I was like... wow. Not only do I have a ton of, like, Katy Belle's, like, books they put together at the preschool when she was like three? Which is kinda not—to be honest, it wasn't that interesting when I went back and looked at it. And a lot of, like, artwork that I did save of hers. Like, first fingerpaintings! And like—and I was like... wow. And y'know, it's flaking. It's falling apart. And I thought... none of us have looked at this. I'm looking at it, and I don't really feel an actual attachment to it. 'Cause she's making a lot better art now! *[Laughs.]*

[Theresa laughs.]

And like—also... what am I—I just went through, like, a bin like this at my parents' house? And I was like... I didn't really want any of it! Y'know? And like—

00:27:58 Theresa Host It's like, are you just saving it for the next time you have to go through stuff and see—

00:28:02 Crosstalk Crosstalk **Theresa:** —stuff and see—

00:28:05 Theresa Host **Biz:** And I've been—

00:28:07 Biz Host —whether you should keep stuff? Like—

Right! And like, I've been ruthless with Ellis's stuff, but I'm like—why am I keeping all this stuff of Katy Belle's? That is essentially not great! Like, maybe one or two—like, any time she wrote, like, stories or comic books or like—'cause they would do things where they would draw pictures and tell the teacher the story and they'd write those down? I saved those. Those are fun! They're interesting. It's funny to see what your ima—but like the fingerpainting or like—

00:28:30 Theresa Host Well, it depends on your kid, too. 'Cause like, there's probably kids who you probably got a lot more out—like, from them? Like, from their—who they were? From their, like, artwork. Whereas, like, Katy Belle it was the stories that are—

00:28:43 Crosstalk Crosstalk **Theresa:** You know what I mean? Like—it wasn't just an activity. You know what I mean? Like—

00:28:48 Biz Host **Biz:** Yeah! The stories I would rather keep than that. And it—yeah! And it wasn't like I was gonna throw away her entire, like, preschool existence. It was just like... why am I keeping this? Is this something... that... is—feels, like, necessary. Right? What do we have that actually triggers real sentimental value for us, versus... what is just something... because she was the first child I thought I should put in a drawer? Right? And so... as a follow-up topic, it was, like, oh! I—my feelings have changed on this. My perspective has changed. And I don't have a need to save the—and I know

that—I mean, I have a friend—she really—she is emotional to every single thing that her child’s done. So I get it! I mean, I get that that’s... like—

00:29:35 Theresa Host And people have different relationships with objects in general. Like, I feel like... Jesse really attaches a lot of emotion to objects? And I usually don’t at all. So it’s, like, an interesting...

00:29:49 Biz Host Yeah. Emotional object—it’s very—for—this is a stuffed animal follow-up.

00:29:54 Theresa Host Oh yeah!

00:29:55 Biz Host Story. So... in our room—our room—has been sitting Bubba, the, like... dog that it would take, like, two hands to pick up. This stuffed animal.

00:30:07 Biz Host Onion—

00:30:08 Theresa Host Is that the one that wasn’t in good shape?

00:30:09 Biz Host It’s not in good shape.

00:30:10 Crosstalk Crosstalk **Theresa:** Okay. ‘Cause I think you mentioned there was a dog that wasn’t in good shape. Yeah.

Biz: It’s got, like... I probably mentioned it—yeah. It’s got, like, holes—

00:30:15 Biz Host —and stuff. Mama, can you sew this up? So it somehow made its way in. Onion the cat has loved on it.

00:30:21 Theresa Host Yes. Yes. Got it.

00:30:23 Biz Host *[Meaningfully]* Loved on it.

00:30:24 Theresa Host Yes. *[Laughs.]*

00:30:26 Biz Host A number of times. No one has asked about Bubba. Bubba’s been with us for a while, though. And I finally said to Stefan—Stefan? I need Bubba out of our room. These are the two choices—because I can’t pick up Bubba. I just—emotionally—cannot do something with Bubba. If you have it in you, could you make a choice of putting it in a bag and either putting it in the garage to store, or putting it directly in the trash can. I don’t want to know what you chose. I don’t need to know. I just don’t wanna see Bubba in the room. And... Bubba disappeared!

00:31:09 Crosstalk Crosstalk **Biz:** And I’ve never asked! Right? So, like—

Theresa: Good job, Stefan. That’s so good. Good job to both of you.

00:31:14 Biz Host I get... feeling attached to things. And no, we’ve never spoken to the children about it. *[Laughs.]* Y’know? Like... it’s hard! It’s tricky. I—I think I was hoping that like my, like, no-nonsense approach to clutter? Was gonna make—this very easy? As we went through life? And it hasn’t. And as you said—things keep coming in.

00:31:39 Theresa Host Yes. It’s very hard to keep up.

00:31:41 Biz Host It’s very hard to keep up. Yeah! It sounds—if I heard you right—that the best way to handle it is to just Sudafed up!

00:31:49 Theresa Host Yeah!

00:31:49 Biz Host And go for it! Drugs—

[Theresa laughs.]

—will help you— *[Laughs.]* Will help you with deciding whether something is trash or treasure.

00:31:58 Music Music “Ones and Zeroes” by “Awesome.” Steady, driving electric guitar with drum and woodwinds.

00:32:16	Theresa	Promo	<i>[Music fades out.]</i> Music: Laid-back acoustic guitar plays in the background.
00:32:31	Biz	Promo	<i>One Bad Mother</i> is supported in part by Franklin & Emily, a departure from the throwaway culture of today's kids' furniture. Franklin & Emily's award-winning children's furniture is U.S.-made with materials safe for kids and their future planet. Franklin & Emily's line includes a luxurious, fine-grain, leather lounger; an adorable club chair; and a plush two-seater sofa that are made with durable, machine-washable fabric that will endure the messes and madness of childhood. And it is light enough for your little one to carry! And I—it—came built in a box! And I was so dreading this and I went out and I just picked it up! It was <u>so</u> light! And beautiful!
00:32:58	Theresa	Promo	Visit FranklinEmily.com to see how their kids' furniture will complement the aesthetic of your home. Use code "badmother" at checkout for 15% off your first purchase.
00:33:18	Theresa	Host	<i>[Music fades out.]</i> Hey, you know what it's time for! This week's genius and fails! This is the part of the show where we share our genius moment of the week, as well as our failures, and feel <u>better</u> about ourselves by hearing yours. You can share some of your own by calling 206-350-9485. That's 206-350-9485.
00:33:37	Biz	Host	Genius fail time, Theresa. Genius me!
00:33:40	Clip	Clip	<i>[Dramatic, swelling music in background.]</i> Biz: Wow! Oh my God! Oh my <u>God!</u> I <u>saw</u> what you did! Oh my God! I'm paying <u>attention!</u> <u>Wow!</u> You, mom, are a <u>genius</u> . Oh my <u>God</u> , that's <u>fucking genius!</u>
00:33:55	Theresa	Host	<i>[Biz and Theresa repeatedly affirm each other as they discuss their respective genius moments of the week.]</i> Okay. So, the way our family's schedule is working this semester—it works out so that I have, like, an <u>hour</u> with Oscar on Mondays. Just the two of us, like, between when his school ends and when we pick up Curtis. And go home for Grace. And it's... kind of magical.
00:34:16	Biz	Host	Aw.
00:34:17	Theresa	Host	Like, Oscar and I both like to skate? I have— <i>[though laughter]</i> I have rollerblades and he has roller skates and he's gotten good enough that we can go skating together, and so we've been doing that. And it's like—I try not to make it a, like, "we're gonna skate every Monday." Blah, blah, blah. 'Cause like, you never know. Sometimes it's too windy or cold or whatever. But we just— regardless, we have this time together that we <u>know</u> is our time! Sometimes we have an errand. Sometimes we read books on a bench. Sometimes we just go have a snack. Whatever. And he looks forward to it and I <u>!</u> look forward to it and it's just... the best. I love it.
00:34:55	Biz	Host	That is so nice!
00:34:56	Theresa	Host	Thank you.
00:34:56	Biz	Host	Good job!
00:34:57	Theresa	Host	Thanks.
00:34:59	Biz	Host	A long progress of working with Ellis to help him manage his feelings.

00:35:03 Theresa Host Uh-huh. *[Laughs.]*
 00:35:04 Biz Host Some of it can be accredited to us; some of it can be accredited to developmental stages. But he has recently had two successes!
 00:35:13 Theresa Host Okay.
 00:35:13 Biz Host In managing some feelings. He really wanted to have a playdate with a friend over at our house. And we were like—okay. Understand, it will end and we will warn you when it's ending. Like, well before. And... how do you wanna handle that? Because... ending on “everything is ruined and this was the most horrible playdate ever and I don't like that person—” *[Laughs.]* Which is how they usually end—

[Theresa laughs.]

—I was like—uhhhhgh! Right? And he was like, okay. And he did a great—

[Theresa sighs in relief.]

00:35:52 Theresa Host —job!
 00:35:53 Crosstalk Crosstalk Good job.
Biz: And—in fact, I was like—get out of here! Because—he's—he said goodbye! Hustle bustle! Yeah!

Theresa: So good. Yeah! Yeah, we're ending on a good note! That means quit while you're ahead! Yeah.

00:35:59 Biz Host And then, uh, somebody *[though laughter]* had a birthday party at night!

00:36:03 Theresa Host Okay!
 00:36:04 Biz Host Yes. I'm gonna post the picture in this indoor play space of—I guess—their three biggest rules? That are—every parent walked past and was all like—wow. Like, it is a very—*[though laughter]* loaded set of rules regarding children's behavior and my favorite—parental behavior.

00:36:25 Theresa Host Wow.
 00:36:25 Biz Host Wooooo! I'll post it.
 00:36:27 Crosstalk Crosstalk **Biz:** I'll post it.

Theresa: Is this the place where alcohol is allowed?

00:36:29 Crosstalk Crosstalk **Biz:** There was booze allowed, too! I couldn't believe it! That's probably why.

Theresa: Yeah. That's why. But that's probably why they have to have the sign.

00:36:34 Biz Host I was just like—*[though laughter]* what the hell! Also I was like—there's booze here?

[Both laugh.]

00:36:39 Theresa Host Nice.
 00:36:39 Biz Host What the hell! Anyway. He's doing great!
 00:36:42 Theresa Host Good job.
 00:36:44 Biz Host Thank you!
 00:36:45 Caller Caller *[Answering machine beeps.]*

Hi! I am calling with a genius. My five-year-old last week told us that she is a girl, not a boy. And... we said thank you so much for telling

us, and we talked to school, and school said so much for telling us. And... she asked me to tell her dad, who is my ex-husband, and... was physically violent in our marriage. So very scary to approach this conversation with him. But my child is more important and I did it! And... it feels great. And she's so happy. And... I also wanted to say thank you so much to Theresa. We have *It Feels Good To Be Yourself*. I think that was a huge part of what made her feel safe to tell us. And I'm doing a great job! And so are you. Thank you! Bye.

00:37:37 Crosstalk Crosstalk

Theresa: Such a good job!

00:37:39 Crosstalk Crosstalk

Biz: *[Yelling]* So good!

Biz: You're doing such a good job! *[Cheering]* Woooo!

00:37:43 Theresa Host

Theresa: Like, so many parts of this!

00:37:45 Biz Host

There are, like, 25 geniuses in this.

Yeah! I know. That is some... mom-ing up and like... brave-ing up, and... ally-ing up and support-ing up of your kid. And it speaks so much about the relationship that you have created with your child, that she feels safe enough to tell you. You are doing... such a good—it's so simple.

00:38:12 Theresa Host

Yeah.

00:38:12 Biz Host

To listen, guys.

00:38:13 Theresa Host

Yeah!

00:38:14 Biz Host

To your kids!

00:38:15 Theresa Host

Yeah. Good job.

00:38:15 Biz Host

And—yeah! I just—*[laughs excitedly.]*

00:38:18 Theresa Host

So awesome!

00:38:18 Biz Host

[Enthusiastically] You're doing so good!

00:38:19 Theresa Host

Yeah. Good job.

00:38:19 Biz Host

So is she! Failures.

00:38:22 Clip Clip

[Dramatic orchestral music plays in the background.]

Theresa: *[In a voice akin to the Wicked Witch of the West]* Fail.

Fail. Fail. FAIL!

[Timpani with foot pedal engaged for humorous effect.]

Biz: *[Calmly]* You suck!

[Biz and Theresa repeatedly affirm each other as they discuss their respective failures of the week.]

00:38:28 Biz Host

Fail me, Theresa.

00:38:30 Theresa Host

Okay. So I recently—I'm—I recently sort of came to the conclusion in my own brain that Oscar is probably lactose intolerant?

[Biz laughs.]

Okay. Sure. We decided to try cutting out dairy for him for a few days and just see how that went. He felt a lot better. It was obvious how much better he felt. So we just said, yeah. We're gonna stay away from dairy for a while. His diet is pretty limited, because he's a very picky eater. So it's actually pretty challenging to—like—replace things that were things that he would eat! Like macaroni and cheese. Or, like, bagel and cream cheese. Or cheese and crackers, or—y'know. Yogurt! He ate a lot of yogurt for—you know. So it's—it's been challenging but we've been doing okay. But one thing that

I said to him when we kind of, like, committed to doing this, was like—look. You're not allergic to dairy. If you want to have some dairy at some point, you can. It's not gonna kill you; it's not the end of the world. It's not gonna make you severely ill. We just need to, like, be careful about when we decide to do it! It should be for like a special occasion or you're like really craving something once a week or something. And—that was fine and that did help him, like, manage. But—the reason this is a fail is that I just don't have... like, a real... rule around—

[Biz laughs.]

—when he can and can't have dairy? So like, it'll be like—he's with Jesse for like six hours and they didn't have ice cream because of this; they did something else instead and then he comes home and like I give him a yogurt tube 'cause he really wants one. And then... like, oh, he's like desperate for mac and cheese 'cause he's been craving it, so I like agree you can have it tomorrow. But then he really wants some cream cheese on his crackers tonight. So I'm like—well, you gotta pick one.

[Biz laughs.]

And then it's like—you know what I mean? Like, it's that thing where it's a slippery slope—

[Biz laughs.]

—and we're doing a good job? But I've created, I think, actually more work for myself? And more, like, confusion for him? Because it's kind of always on the table but not really?

00:40:38 Biz Host

Yeah. As opposed to just being like, you can never have it. Everything is a—

00:40:43 Theresa Host

Or like, you can only have it at birthday parties. Or like, you can—y'know, like today they're having, like, 100th day of school celebration and they're doing, like, 100 scoops of ice cream or something? And he thought I was gonna bring a Tofutti Cutie for him, and I never... got that 'cause I thought—I thought—for some reason I thought we talked about it but he decided he wanted to have ice cream with his friends and I said that was fine? So then we had this miscommunication about—you know what I mean? It's just like—he's like, I told my teacher I'd be bring—I don't know. I'm making this way harder—

[Biz laughs.]

00:41:17 Biz Host

—than it needs to be. *[Laughs.]*

00:41:20 Theresa Host

Oh, wow. You're doing a horrible job, Dr. Mom! *[Laughs.]*

00:41:22 Biz Host

I know.

Katy Belle wanted to make her own valentines. She and Stefan made this decision. He was gonna make copies. She was gonna draw it. She, of course, hasn't been doing it. You know. Uh—Katy Belle, have you done it? This goes in line with, have you done your homework? I'm gonna do it later. And then, y'know, later comes and it's before bed! And, y'know. Anyway. I had already retired to bed and overheard all of this.

00:41:52 Theresa Host Mmmm.
00:41:52 Biz Host And she clearly did some valentines, and she brought 'em out, but they clearly weren't maybe exactly the best way—I don't know. I just heard Stefan, like, pushing back on the, like, format. Probably for—and—her pushing back. And... then it was—I—I heard this, like, "Well I'm not gonna do this over!" And then she stop—and he's like, Katy Belle? And she's like, *[frustrated sounds]* "Homework! I still have homework to do and I still have like—"

[Theresa gasps.]

And I was like—and luckily he didn't bite. He didn't bite! Good job, Stefan. But she—the—there was so much, like—*[melodramatically]* "Everything is coming to an end!" And, like, huffing and, like—not slamming, but like, *[angrily]* stomping to the bathroom to brush her—"I'm too tired to brush teeth." 'Cause the other things is—do not tell me to brush my teeth. This has been going on for years. Uh-huh. Okay.

00:42:45 Crosstalk Crosstalk **Theresa:** Yeah. But then—brush your teeth! Right! Yeah!

00:42:48 Biz Host **Biz:** Well, brush your fucking teeth! And when we both—
—ever tell you!

[Theresa laughs.]

But then she'd—later—later!—and then you're like—have you brushed your teeth? *[Unintelligible screaming.]* Anyway. Uh... I think we're just sort of failing in that mix of... trying to respect space while simultaneously needing her to fulfil the things that she has said she wants to do!

00:43:11 Theresa Host Mm-hm.
00:43:12 Biz Host And I think my solution to that is just to keep going to bed at—early as possible. *[Laughs.]*

00:43:16 Theresa Host There ya go. *[Laughs.]*
00:43:19 Caller Caller *[Answering machine beeps.]*

Hi! This is a fail. Uh, we had to go out of town for over a week and... two classes. And I've signed my kid up for makeup 'cause I wasn't gonna lose out on those classes. And I just showed up for my kid's makeup an hour early?

[Biz laughs.]

Um... and then I checked the makeup confirmation slip and they have the correct time on there. I was just wrong! And I rushed my kid out of the house an hour early and... it's pouring rain and... now we're gonna go sit in barn—Barnes & Noble for an hour because I can't read an email. And, um—yeah! I just—thought that I was on top of it and, um, I wasn't.

[Biz laughs.]

You guys are doing a good job. I'm not today. But I'll get it right tomorrow.

00:44:11 Biz Host Y'know what this says?

[Theresa sighs.]

This is like... grass is greener, 'cause we talk a lot about the, like, missing—y'know, I've done all this work to make sure we're gonna do it and it's the wrong day or I'm an hour late.

00:44:25 Theresa Host
00:44:26 Biz Host
00:44:30 Theresa Host
00:44:31 Biz Host
00:44:34 Theresa Host
00:44:35 Biz Host

Right.

But an hour early? Is equally rough.

It's disruptive.

Because now you're there for, like, two hours!

Yeah.

And you have to fit—it's like—not enough time to really go anywhere?

00:44:39 Theresa Host
00:44:41 Biz Host
00:44:46 Theresa Host

Right!

And it's, like... too much time to try and find something to do?

And I feel like with my kids I'm always worried, like, what—what they're gonna be like at the end of this hour? Like, are they still gonna be ready to go to this class? At the end of an hour? Of waiting around? Like—

00:44:58 Biz Host

And also, like... there's— *[Laughs.]* There's something about, like, the look they give you? That's a little, like—*[judgmentally]* can't you get this together? Like, you're still gonna get that look! Right? And I'm like—ugh. Well, I guess we'll have a snack? But then there— *[yelling, but moderately]* ahhhh! Well.

00:45:14 Theresa Host
00:45:14 Biz Host
00:45:17 Theresa Host

Yeah.

You're doing a horrible job of being early.

Yes you are.

[Both laugh.]

00:45:19 Music Music

"Mom Song" by Adira Amram. Mellow piano music with lyrics.

You are the greatest mom I've ever known.

I love you, I love you.

When I have a problem, I call you on the phone.

I love you, I love you.

[Music fades out.]

00:45:45 Biz Promo

Music: Mellow, jazzy piano music plays in background.

One Bad Mother is supported in part by Beta Brand.

00:45:48 Theresa Promo

Imagine you're getting ready for work, and you're trying to decide if today is a stylish day, or a comfortable day. Well now—thanks to Beta Brand's dress pant yoga pants—you don't have to decide.

00:46:02 Biz Promo

With Beta Brand, you never have to sacrifice comfort or function for style. Beta Brand's dress pant yoga pants are super comfy! Perfectly stretchy, and stay wrinkle-free! Which is very helpful with children in your life. Whatever your style, Beta Brand has the pants to match. And now they also offer premium denim with the same flexibility and comfort as yoga pants!

00:46:27 Theresa Promo

Right now, our listeners can get 20% off their first order when you go to BetaBrand.com/badmother. That's 20% off your first order at BetaBrand.com/badmother. Millions of women agree—these are the most comfortable pants you'll ever wear to work. So go to BetaBrand.com/badmother for 20% off.

[Music fades out.]

00:46:53 Promo Clip

Music: Relaxing ukulele music.

Manolo Moreno: Hey, you've reached *Dr. Gameshow*. Leave your message after the beep.

[Music stops.]

[Beep!]

Sara: Hi. This is Sara, and I'd like to tell you about *Dr. Gameshow*. *Dr. Gameshow* is a band of geniuses, or nerds, or brilliant artists, or kids, or some combination of all of those who get together to make a show like no other that's family-friendly. It's an interactive call-in gameshow podcast.

When I found *Dr. Gameshow*, I found joy. I told my friends and family that if they weren't listening, they were wasting joy. I sent them the episodes that made me laugh until I cried, played it for them in the car. They laugh, too! Laugh their butts off. But they still don't listen on their own, so they're wasting joy. And I keep looking for someone to understand me. Maybe it's you! Give *Dr. Gameshow* a listen, and find joy.

[Beep!]

[Music resumes.]

Jo Firestone: Listen to [Dr. Gameshow](#) on Maximum Fun. New episodes every other Wednesday.

[Music fades out.]

00:47:47 Promo Clip

Music: Classical orchestral music.

John Hodgman: Hey, everyone! It's I, John Hodgman of the *Judge John Hodgman* podcast.

Elliott Kalan: And I, Elliott Kalan of the *Flop House* podcast.

John: And we've made a whole new podcast! A 12-episode special miniseries called *I, Podius*. In which we recap, discuss, and explore the very famous 1976 BBC miniseries about Ancient Rome called *I, Claudius*! We've got incredible guests such as Gillian Jacobs, Paul F. Tompkins, as well as star of *I, Claudius* Sir Patrick Stewart! And his son! Non-Sir Daniel Stewart.

Elliott: Don't worry, Dan, you'll get there someday.

John: *I, Podius* is the name of the show! Every week from [MaximumFun.org](#) for only 12 weeks. Get 'em at [MaximumFun.org](#), or wherever you get your podcasts.

[Music fades out.]

00:48:34 Biz Host

Theresa, today we talked about trash or treasure. Do you know what's always a treasure? Listening to a mom have a breakdown.

00:48:42 Caller Caller

[Answering machine beeps.]

[Teary voice] Hi! Um, this is a mom having a breakdown. [Sniffs.] I've had a really rough night. I have a six-year-old daughter and right now we are going through a phase where... we... just wanna scream and—and hit. And throw ourselves on the ground. And just... and generally... [deep breath] just be crazy, I guess. And tonight she informed me—several times—how much she hates me. And that— [sobs.] And that she wants nothing to do with me. That I'm mean. And that... she, uh... wishes she didn't live with me. I'm, uh, I'm a single parent. Her dad's not ever had anything to do with her. And I know she doesn't mean it. But it's hard. So goddamn hard. To be a fucking parent sometimes. [Sighs.] You have to bite your tongue and not say something terrible. Because you're upset, too. But... I just... I just wanted to get it out there and... and just say something. But thank you guys. I really love your show and I appreciate everything you guys say on it. I guess that's it. Bye.

00:50:23 Biz Host

Yeah. Wow.

00:50:25 Theresa Host

You're doing such a good job.

00:50:28 Biz Host

Yeah! You are! This is like... I—[sighs.] We've already talked about—on this show—that... we as parents are comfort zones for our children.

00:50:42 Theresa Host

Yeah.

00:50:43 Biz Host

That... they always act the worst around us because they feel the safest. Does that—an excuse to allow them to be awful? No! No, no, no. But that's, like, a whole different thing. But I'm just saying—we're the safety zone. And we have to keep our mouths shut. We have to zip it up. We can't respond as we would if, like, a stranger was saying [though laughter] things to us like this?

00:51:03 Theresa Host

Mm-hm.

00:51:03 Biz Host

There's an added level to this, I feel, when you are single parent. Because you are the known and the other is the unknown.

00:51:14 Theresa Host

Yep.

00:51:14 Biz Host

And whatever is unknown? Is probably... better. To a child who is going through leaps and bounds developmentally? It's the—like—I wish I could go marry a prince scenario. Right? Instead of living... y'know, here. It's this... you are my safety zone and I know you are here to take care of me and a lot of times that means you're gonna tell me no and you're [though laughter] gonna like—you're the parent!

00:51:42 Theresa Host

Yes!

00:51:42 Biz Host

So—

00:51:43 Theresa Host

It's that thing of, you're the one that's there. So if they're upset, it's your fault. It's like— [though laughter] what I was talking about about—like, with our partners!

00:51:50 Biz Host

Yeah!

00:51:51 Theresa Host

Sometimes you're just mad at the other person who's there because something sucks and that's the only other person there! Like, that's—that's just natural that she's doing that? But it doesn't mean that it doesn't hurt really fucking bad.

00:52:06 Crosstalk Crosstalk

Biz: It hurts real bad.

00:52:08 Theresa Host

Theresa: Especially considering—

00:52:11 Biz Host

—you're doing everything. Everything.

Yeah! And—yeah! It's like, the worst trap of like... you are the—you are the one! Who is giving the most!

00:52:18 Theresa Host

You're it!

00:52:19 Biz Host

You're it!

00:52:20 Theresa Host Yeah.
00:52:20 Biz Host You know! What it means! You know all the sacrifice that you're doing. And—

[Theresa sighs.]

Yet you also have to be... the solo target! Right? And... I have a friend who's going through this exact thing. And it fucking sucks. It sucks!

00:52:40 Theresa Host It's really unfair.
00:52:42 Biz Host It's so unfair! And—
00:52:44 Theresa Host And you're doing so well. Like, you're doing amazing. Like, the fact that you're—you're... letting yourself have your emotions? You clearly identified exactly what the fuck is wrong with this situation? Like, you're not blaming yourself or your kid. You know what I mean?

00:53:04 Biz Host Wooo! That's so good!
00:53:06 Theresa Host That's—you're so—you're just—you're awesome. You're amazing.
00:53:09 Crosstalk Crosstalk **Theresa:** You're doing such a good job.

Biz: You really—

00:53:11 Biz Host Yeah. You really are. And we see... you.
00:53:14 Theresa Host Yeah.
00:53:15 Biz Host And what you're doing.
00:53:16 Theresa Host Yes, we do.
00:53:18 Biz Host And acknowledge how fucking hard it is. You're doing... such a good job. Theresa? What did we learn today? We learned... one, no matter what you take out of your house, there'll be something equally bad—or worse—to come into it.

[Theresa laughs.]

We learned that—that that's never changed! We could revisit this two more years from now. And a lot of that'll be the same. We've learned—once again!—a lot of our feelings towards this process of trash versus treasure may be wrapped up in our own feelings about things? And the fact that we have to acknowledge our children's feelings about things. And isn't it frustrating when you have more than one child in your house and they feel differently about—

[Theresa laughs.]

—things?

00:54:09 Theresa Host You guys, I hope you can hear that Biz is saying all of this with a smile.
00:54:13 Biz Host Yes! It's just—and hand gestures. Just—wow.
00:54:17 Theresa Host Yeah.
00:54:18 Biz Host It's—
00:54:19 Theresa Host It's an abundance.
00:54:21 Biz Host It's an abundance! And like—we didn't even touch on the whole, like—
00:54:25 Theresa Host *[Through laughter]* Is that a shirt?

[Biz laughs.]

"It's an Abundance"?

00:54:28 Biz Host It's an abundance. Hashtag #abundance. *[Laughs.]*

[Theresa laughs.]

So—we didn't even touch on the fact, like, Ellis is like... don't throw that away! I can recycle it!

00:54:40 Theresa Host Uh-huh.

00:54:41 Biz Host And I'm like, uh, dammit!

00:54:42 Theresa Host Yeah.

00:54:43 Biz Host Yes?

00:54:44 Theresa Host Yeah.

00:54:45 Biz Host Yes?

00:54:45 Theresa Host Does he mean reuse it? Or re—

00:54:47 Biz Host Yeah. Reuse, recycle. And I'm like—ugh... yeah, but... it you put paint and glue and glitter on it—

00:54:54 Crosstalk Crosstalk **Biz:** —I can't actually recycle it! In trash! Right!

Theresa: I'm gonna have to put it in the trash! Yeah!

00:54:58 Biz Host So— *[though laughter]* that brings up all the feels.

00:55:00 Theresa Host Right.

00:55:01 Biz Host Yeah! You know what? I don't know. I guess the real lesson is— support our children's emotional growth? And get really good at sneaking into their room when they sleep to remove all the things you don't want.

00:55:13 Theresa Host Yep!

00:55:15 Biz Host Good enough! *[Laughs.]*

[Theresa laughs.]

Good... enough. Everybody? You're doing an amazing job.

00:55:22 Theresa Host You are.

00:55:23 Biz Host I mean, holy shit.

00:55:24 Theresa Host Yes.

00:55:25 Biz Host It's amazing. You're doing it by yourself. You're doing it with others. You're *[though laughter]* doing it with one. You're doing it with many. You're doing it in small spaces. You're doing it in large spaces. You're doing it—y'know—in a boat! With a goat! You're doing it... in a lot of different ways. With a lot of things impacting you. And... yet you're still doing all the stuff you have to do, whether you want to do it or not. Eh, it's—it's... an abundance. You're all doing it? We see you. Let's go out and see each other. And! Very important! See ourselves? 'K? You deserve a little self-recognition. So go give yourself some self-recognition! You're doing a great job! Theresa! You... are doing a great job!

00:56:18 Theresa Host Thanks, Biz. So are you!

00:56:19 Biz Host Thank you! We will talk to you guys... next week!

00:56:23 Crosstalk Crosstalk **Biz and Theresa:** Byeeeee!

00:56:25 Music Music "Mama Blues" by Cornbread Ted and the Butterbeans. Strumming acoustic guitar with harmonica and lyrics.

I got the lowdown momma blues
Got the the lowdown momma blues
Gots the lowdown momma blues
The lowdown momma blues.
Gots the lowdown momma blues
Got the lowdown momma blues

You know that's right.

00:56:50	Biz	Host	<p><i>[Music fades somewhat, plays in background of dialogue.]</i></p> <p>We'd like to thank MaxFun; our producer, Hannah Smith; our husbands, Stefan Lawrence and Jesse Thorn; our perfect children, who provide us with inspiration to say all these horrible things; and of course, you, our listeners. To find out more about the songs you heard on today's podcast and more about the show, please go to MaximumFun.org/onebadmother. For information about live shows, our book and press, please check out OneBadMotherPodcast.com. <i>One Bad Mother</i> is a member of the Maximum Fun family of podcasts. To support the show go to MaximumFun.org/donate.</p>
00:57:18	Theresa	Host	
00:57:41	Speaker 1	Guest	<p><i>[Music continues for a while before fading out.]</i></p> <p>MaximumFun.org.</p>
00:57:44	Speaker 2	Guest	Comedy and culture.
00:57:45	Speaker 3	Guest	Artist owned—
00:57:46	Speaker 4	Guest	—Audience supported.