

00:00:00 Biz Host This is Biz. I'm a part-time working mom with two full-blown kids.
00:00:04 Theresa 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 *One Bad Mother*.

00:00:16 Music Music "Summoning the Rawk" by Kevin MacLeod. Driving electric guitar and heavy drums.

[Continues through dialogue.]

00:00:20 Biz Host This week on *One Bad Mother*—oh, yeah. It's all your fault, mother! COVID-19 edition! Plus, Biz has a secret and Theresa gets musical.
00:00:32 Crosstalk Crosstalk **Biz and Theresa:** Wooooo!

[Biz extends hers into a song.]

[Biz and Theresa repeatedly affirm each other as they discuss their respective weeks.]

00:00:38 Biz Host Theresa. I have a new direction for us to go in. Now... that we are all... in the midst of the pandemic. And that is going to be that before I ask you how you're doing, I think we should actually start the show off by telling people... that you are doing a great job. That sounds like I was saying telling people that you, Theresa, are doing a good job?

00:01:04 Theresa Host Mm.
00:01:04 Biz Host Which you are.
00:01:06 Theresa Host Right.
00:01:07 Biz Host Uh—
00:01:08 Theresa Host So are you!
00:01:08 Biz Host But—thank you. [Laughs.] Now how are you? I'm just kidding.

[Theresa laughs.]

00:01:20 Theresa Host I'm like—[Laughs.] Everybody? You're doing... a good. Job.
00:01:22 Biz Host You are.
00:01:25 Theresa Host Theresa, how are you?
00:01:25 Theresa Host Okay. I'm okay. This is—

[Biz laughs.]

Everything's crazy. It's so hard. I can't figure it out. It's hilarious. It's hilarious. And then you go on—

[Biz laughs.]

—with like—you go online with like your classmates or whatever? Like, your kids' classmates? Like, we went—we had like a morning meeting with Oscar's kindergarten class? For the first time this morning?

[Biz laughs.]

And it's just—it's funny! It's funny. Because nobody has anything together. Everybody's doing such a good job and trying so hard? But it's truly... impossible? And hilarious. Like the kids just like—they go around the—the teacher's like calling on people to say what they've been up to the last two weeks? And everyone's just kind of

excited to share about, like, the different kinds of screen time they've been getting?

00:02:15 Biz Host Yeah! *[Laughs.]*

00:02:16 Theresa Host And—it's—which—I mean, it's—sure! Yes. And... And—how else would anybody be getting anything done right now? Like, it's so—it's just—it's—none of this makes any sense? I decided...

[Biz laughs.]

—to buy a guitar. For myself. *[Laughs.]*

00:02:33 Biz Host Ooooh! *[Laughs.]*

00:02:35 Theresa Host Which is also hilarious.

00:02:37 Biz Host I love this.

00:02:38 Theresa Host For those of you who've been listening to the shower forever, uh—

[Biz laughs.]

You probably might remember that I did used to play the guitar and I did used to have a guitar that my kids broke. I think they actually broke two guitars.

00:02:55 Crosstalk Crosstalk **Biz:** I think so.

Theresa: They were—but one—

00:02:57 Theresa Host —was like a hand-me-down from my dad that got broken.

00:02:59 Biz Host Oof.

00:03:00 Theresa Host And then soon after that, a friend of ours who has a lot of guitars just gave me a guitar. That like had a dent in it? But it was still good? Like, still usable? And I was like, perfect! I can use a guitar that has a dent in it and then my kids broke that one.

[Biz laughs.]

And so I just swore off guitars for the longest time! 'Cause I was like—I—this is so sad. And it's making me miserable. So anyways, I decided that now is the time to get a guitar. And... I don't know what will come of this? It's funny—

[Biz laughs.]

—because the idea is, while I'm stuck at home I'll have all this time now to play guitar. But the reality is I have way less time than I've ever had in my entire life.

[Biz laughs.]

So... we'll see what comes of that! And also, my back is out. So like it's uncomfortable to sit? And hold a guitar? Right now? So that's funny. 'Cause it's like... and maybe I'll relax and play some guitar but then I'm sitting there and I'm like, oh, this hurts.

[Biz laughs.]

00:03:58 Biz Host Do you—do you need a strap? You could—you—*[Through laughter]*

[Theresa laughs.]

If you have a strap, you could walk through the house.

00:04:08 Crosstalk Crosstalk **Biz:** Playing—

00:04:10 Biz Host **Theresa:** Yeah. It hurts to walk, though, too.
00:04:14 Crosstalk Crosstalk —the guitar. I'm sure that carrying something else...
Theresa: Yeah. It's not—yeah. I mean, I have to—

00:04:17 Theresa Host **Biz:** —strapped to your body—is not— *[Laughs.]*
I'm gonna have to—I'm—my back is gonna have to start feeling better before I can really spend significant time playing guitar? But I'm sure that once my back is feeling better? I'll be playing... so much guitar. You guys.

00:04:29 Crosstalk Crosstalk **Theresa:** I'll be just playing it. By then, I'll—yeah.

00:04:33 Biz Host **Biz:** Because by that time—yeah.
00:04:38 Theresa Host I am sure. That you're gonna play that guitar. Do you know why?
00:04:39 Biz Host Why?
Because your children... by the time your back feels better? Will be completely self-sufficient.

00:04:48 Theresa Host I agree. How are you?

00:04:52 Biz Host *[Biz laughs.]*
Ugh. Uh, yeah! I—yeah! Not good, guys. Like, it goes in these real weird waves where, like... I'll think—I've got—I've got this. This is going okay. We're all... we're all doing okay. And then... we're not all doing okay. And... it's like—all the normal... stuff... plus this, like, weighted blanket of anxiety. And stress. Right? That just feels like... ugh! Like— *[Laughs.]* Like I'm just carrying even more?
00:05:32 Theresa Host Mm-hm.
00:05:34 Biz Host But something that makes me tickled is I really wanna do a show called, "I'm Not Really a Blonde." I don't think— *[Laughs.]* I don't think there's actually a great deal to talk about with that title? But all I can think of is the fact that I am not the—a blonde naturally. Or even over the last year. But I've gone blonder because of... the white hair I've had since, like... I was a teenager. And... I am one of many. *[Laughs.]* Who, over this unknowable amount of time that lies before us, is gonna come out of it with the truth. *[Laughs.]* Exposed in their roots! Unless you are good at dyeing your hair at home. But I just think of like all—I just—that just brings me great joy? *[Laughs.]*

00:06:29 Theresa Host Oh, yeah!
00:06:31 Crosstalk Crosstalk **Biz:** Yeah! Just like—

00:06:32 Theresa Host **Theresa:** I know! For—
—so many of us—like, all of the stuff that anybody does—I'm even like—I've been looking at Oscar and I'm—he's so overdue for a haircut. And I'm like, well! We'll just see where this goes. We'll see what happens.

00:06:43 Biz Host Yeah. Absolutely. We're all just gonna— *[Laughs.]* We're all just gonna be like... Bohemian! *[Laughs.]* We're gonna—we're gonna look like we're living on the commune, except unable to live near anybody.

00:06:58 Theresa Host Yeah! *[Laughs.]*
00:07:00 Biz Host Great. So... uh, none of that really ties in to what we're gonna talk about today? But it's just so nice to talk to somebody? *[Laughs.]*

[Theresa laughs.]

Uh... today, we are gonna talk about... how... now, everything is really your fault. Mother.

00:07:23 Music Music Banjo strums; cheerful banjo music continues through dialogue.
00:07:24 Theresa Host Please—take a moment to remember: If you’re friends of the hosts of *One Bad Mother*, you should assume that when we talk about other moms, we’re talking about you.

00:07:30 Biz Host If you are married to the host of *One Bad Mother*, we definitely are talking about you.

00:07:34 Theresa Host Nothing we say constitutes professional parenting advice.
00:07:37 Biz Host Biz and Theresa’s children are brilliant, lovely, and exceedingly extraordinary.

00:07:41 Theresa Host Nothing said on this podcast about them implies otherwise.

[Banjo music fades out.]

[Biz and Theresa repeatedly affirm each other as they discuss the weekly topic.]

00:07:46 Biz Host Theresa. We have been home in my house... let’s see. Three weeks. And I have found... that no matter how hard I try to... stay on top of all the things that need to be stayed on top of, things fall through the cracks. And then my children blame me.

[Theresa laughs.]

So far, those—those moments of blame have been pretty unpleasant. And... I’m just— *[Laughs.]* Could just be that I am like, what? Ten years into kids in my house and I’m so broken that like when they’re yelling at me—you didn’t tell me this or why didn’t you show me this or I missed this or—it—this is your fault that this didn’t happen—I’m just like—I—I just stand there? *[Laughs.]* Like, I just stand there like, uh-huh. I’m really sorry. That that is bad. Yeah. Okay. But lie like I just feel nothing now? *[Laughs.]*

00:09:02 Theresa Host Hmm.
00:09:03 Biz Host But... I was thinking—
00:09:04 Crosstalk Crosstalk **Theresa:** I—that—that was my question, actually.

Biz: Yes—

00:09:06 Theresa Host Can you clarify like what’s going through your head when you’re standing there? Like, are you actually feeling nothing? Or are you—
00:09:11 Biz Host Okay. What’s going through my head in this particular situation that we are in currently—sheltering at home—is... Fuck. You. Like, that’s what’s in my head. My head is really like—for real? Like, for real. Like, uh, one of you who’s mad at me is mad at me when I’m too involved and now you’re mad at me because I gave you space. And... I can give you more specific example of that as we move forward. And the other one’s, like—I don’t wanna do anything. Wait! Why didn’t you tell me about the things that I could’ve been doing? Right? And I’m just like—where am I supposed to be in that? Like... it’s a very much a “damned if you do, damned if you don’t” sort of situation. And it’s... extra-exhausting because... you’re—*[sighs.]* I’m trying to do it on top of staying on top of everything! And there’s like so much to stay on top of! Right now. So when I say I’m just standing there? It’s a little like I’ve gone just a little numb. To try and hold back... like... anger. Right?

00:10:34 Theresa Host Yeah.
00:10:35 Biz Host Does that make sense?

00:10:37 Theresa Host Yes.

00:10:38 Biz Host Okay. Good.

00:10:40 Theresa Host Right. Because you can't just storm around and yell and scream. 'Cause at this point, there's nowhere to go. *[Laughs.]* You're all here together. You have to make the most of it and it's the long game. Like... it's not like you can just have a bad day and then tomorrow everyone will get a break. It's like... no. We need to like... we need to like keep it together a little bit more.

00:11:01 Biz Host It—yeah. you have to keep it extra together. It's like that—like—one of the thoughts that goes through my mind is—be the example. Right? Like, I can't... I can't add sour milk to this rotten yogurt. Right? I— *[Laughs.]* I can't add more—

00:11:24 Crosstalk Crosstalk **Biz:** —to it! I have to—

00:11:26 Theresa Host **Theresa:** Yep. Yeah! That's actually—no. But that's actually really good I think? Because I think in that situation, like, it would be very easy to feel like—oh. We need to—like, they can't talk to me like this. This is not okay. Like, I need to— but the reality is, like... there is so much on our plates right now? There's so much that we have to manage? That like... I—I'm with you! I think the best thing we can do is try to de-escalate every situation as much as possible. Because we have to conserve energy! And we have to, like, try to keep things as chill as possible! Because— *[Laughs.]* There's a lot of days left.

[Biz laughs.]

00:12:07 Biz Host *[Through laughter]* Of this. *[Through laughter] [Inaudible.]* I—I agree. And I wanna just give a quick nod to... my children's feeling before I push those aside. Because this show is about our feelings. I also try to remember this is very weird for them. And...

00:12:25 Theresa Host Oh, yeah!

00:12:26 Biz Host They don't even know. That it's weird sometimes. Depending on their ages. And so...

00:12:34 Theresa Host They can feel that it's weird and they don't necessarily get how or why it's weird. But they still are experiencing the weirdness. Yes.

00:12:42 Biz Host Yes. And so... it's just like, an extra thing we have to carry.

00:12:51 Theresa Host Yeah.

00:12:53 Biz Host As we carry a bunch of stuff. So—

00:12:55 Theresa Host Yes.

00:12:56 Biz Host I guess what might help is if I give an example real quick and then I wanna hear—because it—a lot of this stems from... the learning-from-home aspect. Which... everybody is doing a remarkable job at? And... I... can see... how... the teachers and faculty at my school are definitely trying their best? To make it as streamlined as possible? But so many times, things are overlapped? With the kids? Or there's stuff they don't want to do that's on their list? Surprise! And you're trying to remember—okay, well I'm trying to give them a break. So—with the very first week of all this, like, the art teacher had had like an art project for them to do at home. And when Katy Belle saw it, she was like, I don't wanna do that. And I was like— *[through laughter]* fine. *[Laughs.]* Of all the things you have to do? Fine. Plus, you draw! All day. Like... you're good! With some art. Right?

00:14:06 Theresa Host It doesn't even matter. Yeah.

00:14:07	Biz	Host	It doesn't even matter! And like—
00:14:08	Theresa	Host	It doesn't matter.
00:14:09	Crosstalk	Crosstalk	Theresa: Especially in the first week.
00:14:11	Theresa	Host	Biz: Not really!
00:14:12	Biz	Host	You're just—yeah. So then the teacher had added an <u>additional</u> art project that probably <u>was</u> more in the vein of what Katy Belle likes to do? But I didn't mention it. Outside of—because she was really making a big deal about wanting to check her schedule every day. And I would help <u>make</u> a schedule? But I wasn't being super specific because— <i>[laughs hollowly]</i> —whatever! <i>[Laughs.]</i>
00:14:36	Theresa	Host	Yeah!
00:14:37	Biz	Host	And she's reading <u>hers</u> . And... and then this week, y'know, two-and-a-half, three weeks in, she finds out all of her friends have been doing this other art project. And it, like, <u>broke</u> her? Like, for her, this was too much. Not knowing something? And <u>everybody</u> else knowing it? Which is a very Katy Belle-specific personality thing? And... I got it. You know. This is—why didn't you tell me? <i>[Quiet screaming]</i> Why didn't you <u>tell</u> me?! <i>[Regular voice]</i> And like she was so sad! And I was like—I—I—you're reading your—it's like, I'm trying so hard to be like—I'm sorry. I... you know—"You make my schedule!" Well, yes and no. Y'know. I leave a lot of room in there and you're reading it <u>too</u> and... it—like—and I <u>knew</u> eventually it wasn't about me? In a way?
00:15:33	Theresa	Host	Yeah! Yeah!
00:15:35	Biz	Host	But that, y'know, I—it was gonna come <u>at</u> me. And... I just... y'know. That night I go to bed and I'm just like—what the—how—it's unfixable. I don't even have the energy to make whatever changes need to be changed for me to help her? Right? Like... and I think... we're gonna just get up tomorrow and do it. Again. <i>[Laughs.]</i>
00:16:02	Theresa	Host	Mm-hm.
00:16:03	Biz	Host	It'll be something else that I—I haven't shown her. Because I can't stay on top of... <u>all</u> of the different things that our school provides because what they're trying to do is provide different kids different stuff. Right? Like... not every kid wants to do the same thing and so they're trying to provide different outlets? I—it's a lot! Uh, I can't do it. So I think about... I think about <u>you</u> , because you've got... three. And school. And appointments that—are—you're keeping up with. I—so—have you... disappointed your children in a major way yet? <i>[Laughs.]</i>
00:16:47	Theresa	Host	<i>[Theresa laughs.]</i> Ugh. I mean... I think that—this is interesting. Because I think that... in <u>my</u> life, right now... I am experiencing... <u>more</u> of, like... blaming <u>myself</u> for stuff that's happening?
00:17:07	Biz	Host	Mm.
00:17:08	Theresa	Host	Which I <u>think</u> plays into what you're talking about as well? Because I think <u>part</u> of the problem right now... is that when your kids blame you, you actually feel that you're kind of to blame. And so you are blaming yourself? Like, whether fairly or not? You're taking that on. And... so like for <u>me</u> , it's coming in the form—like, whereas I think in daily life, if like Katy Belle forgets an assignment, you're probably like—well, that's a good learning experience for you. You didn't keep up with this. Or whatever. And like, you don't feel as responsible because you're <u>not</u> the only one there! She has her

teachers and she has friends and she goes to school and she's not with you all day long. And she's old enough to, like, keep track of her assignments. But because the kids are at home and there aren't other adults taking any of the responsibility from us?

00:18:02 Theresa Host

Like, what I'm experiencing is this feeling that... whenever—like, mostly it's like—how kids are feeling. And like what kinds of behaviors are showing up. I'm feeling it... a little bit with Grace and a little bit with Oscar just in that... I can see... they're just a little bit more sensitive than usual and a little bit easier to, like... be explosive with their emotions? Just—I think just because things are different? And that—that's to be expected. I think the hardest one for me right now is Curtis, because... his preschool is—I think—just like a really... really important part of his life? That is like... how do I describe it? 'Cause it's—because it's a Montessori school and it's very, like, organized and calm? I think that— *[through laughter]* it's very different from our house? And like that was in part why Jesse and I chose that school for him. Because we were like, it will just be nice for him to be in a place that has a lot of rules and a lot of structure and is very calm and is very quiet and very organized and... yes, the teachers are really kind and the relationships are important too? But like it was more just the overall atmosphere? And—whereas now, he doesn't have that place to go.

00:19:28 Theresa Host

And... he—like—I've gotten personally really upset hearing him say that he misses his friends or his teachers or his school. And hearing him ask about wanting—he even asked me the other day, when we were going on like a napping drive? He looked out the window and we were passing an elementary school and he said—mom, can I go to another school? And I was just like... and I explained to him, no, nobody's at school right now. No—all the—that school is closed. All the schools are closed. You know. And I just explained it. But inside myself... I felt so bad! That he— *[through laughter]* is stuck with us!

[Biz laughs.]

You know what I mean? Like, I just felt—I feel so bad that there is this thing in his life that is really—I think—a really, really good thing for him? That I can't do for him here. Like, I can try—I mean, I do! Of course I try to keep our home organized and like calm and I—of course I try to do those things? But—that's just not... that's just not our house! It's just not—

[Biz laughs.]

—I can't—but I—but see, I'm blaming myself for that. Like, I'm not able—I feel like I'm not able to give him—and so then when he is acting out, like, if he starts doing like some impulse—'cause he's, like, pretty chill. But like if he starts acting really impulsive or being loud or like hitting a sibling or something? I am immediately blaming myself. Like, I'm just like... why can't I do a better job so that he's... doing better? You know?

00:21:04 Biz Host

Yeah. Yeah. It—and it... It just sucks. Because—

00:21:11 Theresa Host

Yeah! I mean, this is—it's not—there's no village. Like, the—we take—

00:21:15 Crosstalk Crosstalk

Theresa: We talked about so many times—

Biz: No! There's no village!

00:21:18 Theresa Host That it takes a village. There is no village. And like, I'm sorry, but the online stuff for—for the schools? I understand why they're doing it and it's—and I understand why maybe it's better than not having it. And like it's nice to see people and stuff. But like—it really is more work. Like, it's so much more work. And so not only do we not have a village, but we have more to do. Like... we have more.

00:21:45 Biz Host Yeah.

00:21:46 Theresa Host And we have more to do and less— *[Laughs.]*

[Biz laughs.]

00:21:51 Crosstalk Crosstalk I don't know.
Theresa: It's just—it's—

00:21:52 Biz Host **Biz:** Do you wanna say it again?
More to do? *[Laughs.]*

00:21:53 Theresa Host Yeah! We have more to do! It's—it's a lot.

00:21:56 Biz Host Well, I worry... I worry as well... when it comes to blame. It—and—and I know you're—you're not saying you're doing this, but this is like a thing I worry about. 'Cause who doesn't have anything to worry about right now? And that is... walking that fine line... of feeling like you're to blame. Like, blaming yourself. 'Cause this is where I feel like I am with the kids right now. And their ages. If I... show them—if they see? That I think I'm blaming myself?

00:22:34 Theresa Host Mm-hm.

00:22:35 Biz Host I don't want them to think that's the case. Like, there's all this parenting that has to happen? Right now?

00:22:43 Theresa Host *[Through laughter]* Yes! *[Laughs.]*

00:22:45 Biz Host And it's really hard to do! All the normal parenting when you're also hyper-aware that nothing is... normal.

00:22:56 Theresa Host Yeah.

00:22:57 Biz Host Another element... of this "it's all your fault," or it's all my fault—I think—is... is the emotion of sadness? If that makes sense? Like, I—*[sighs.]* I am... y'know... I'm sad? About... many things? You know, I'm sad that I feel sad about it. *[Laughs.]* I—I think there's something about being sad... that... this is happening right now. And that our, y'know, kids are quote-unquote "missing out" on something. I think makes it so it's much harder to do that parent thing? Like, y'know, like you'd said—Katy Belle—this would've been a totally different breakdown? If... we were at school. Absolutely. And my response might've been different. If we were at school.

00:23:56 Theresa Host Yep.

00:23:57 Biz Host But my response is modified because... we're not. And... this falls into that thing we've talked about always, which is—unhelpful advice or let me tell you how to make it easier in your house. The whole idea of the, like, "well then just fuck the schedule!" *[Laughs.]*

00:24:15 Theresa Host Yeah.

00:24:16 Biz Host My children demand a schedule. Like, Ellis will get upset if we have not sat down in the morning and made the schedule.

00:24:24 Crosstalk Crosstalk **Biz:** That—he'd been—

00:24:27 Biz Host **Theresa:** Yeah. No, the schedule's helpful.
Yeah! And then he doesn't want to do anything like on the schedule?

00:24:30 Crosstalk Crosstalk **Theresa:** Oh! Interesting.

00:24:32 Biz Host **Biz:** But then it—
If we don't do it, he gets mad that we didn't stay on schedule.
[Laughs.]

00:24:40 Theresa Host
00:24:41 Biz Host Wow!
00:24:42 Theresa Host Yeah. That's—
00:24:45 Biz Host What do you—how do you cope with that?
I... not well? I do a lot of like... I—I look at the list in the morning.
Right? I make a list of the things that supposedly he has to do. And then he and I create the schedule based on that. And there are no times on the schedule, by the way. I gave—like, that's—

00:25:05 Crosstalk Crosstalk **Theresa:** Yeah! Good! Good.

00:25:07 Biz Host **Biz:** —meaningless.
Time means nothing anymore. And, uh, I feel like... there's one thing and it's called like writer's workshop where they can draw and then they write, even if they're not spelling [through laughter] how they're supposed to do it? I—I'm like... I know he actually enjoys this. This is gonna happen every morning at the same time.

00:25:28 Theresa Host Mm.
00:25:30 Biz Host And I know lunch is gonna happen at the same time. [Laughs.]
00:25:34 Theresa Host Mm-hm.
00:25:35 Biz Host Every day. And then everything else, it becomes more of a checklist? But... let's say... the other day, he wanted to go walk to his friend's house. In which we would walk to the friend's house and stand on the sidewalk and everybody would yell back and forth to each other. So—it's getting to be after lunch and I say, do you want to go on the walk now? And he proceeded to... uh... say he did not. And he was yelling. And screaming. I am not going on a walk. You cannot make me go on a walk. I am not doing it. At which point, I just nailed it as a parent. By yelling, "You will. Go on a walk. Right now." I do not care! If you are crying during the entire walk. But we are walking! Right? And I didn't even say we were gonna go to the friend's house? I just wanted us, at this point, outside? 'Cause the kids need to be... outside somewhere? And so we just... go for a walk down the street and back. And he was fine. Like, the moment we got out there? Fast-forward. An hour and a half later, "We didn't go to so-and-so's house!" And I was like, yeah, no, we didn't. Because when I suggested walking, you were very vehement about not wanting to go on a walk. "But now we have to do it!" Okay. There's a real good chance that's not gonna happen now. Y'know.

00:27:09 Crosstalk Crosstalk **Biz:** I mean, maybe. If all the stars align!

00:27:12 Biz Host **Theresa:** Yeah. It's late now. Yeah.
Right? Like... that is a classic example of... I want a schedule. I don't wanna do the things on the schedule and now I am mad that we did—it's my fault that I didn't make him do the things that he said he does and does not want to do.

00:27:29 Theresa Host Yep. I've been there.
00:27:31 Biz Host What kind of hell is that? That's like, a hell. Of some kind.
00:27:35 Theresa Host Yeah. Yeah. That's how Grace is, too. We just have to do all the things that we say we're gonna do, no matter what.

00:27:42 Biz Host Yeah.
00:27:43 Theresa Host It's—yeah. No. I know. I know. [Deep breath.] I know. And the way this is relevant now is that... instead of dealing with that once or twice a week, you're dealing with that every single day. Every single day has that kind of pressure.

00:28:01 Biz Host Yeah! It—
00:28:03 Crosstalk Crosstalk **Biz:** And that's—

00:28:04 Theresa Host **Theresa:** Even just—
—the pressure to make a schedule and then do the things on the schedule? Even if you do a really mellow schedule. Just having to make a schedule every morning—

[Biz laughs.]

00:28:20 Biz Host —and stick to the schedule—that is a lot of pressure.
It is also? Taking away a lot of time? That you could be doing... something else.

00:28:26 Theresa Host Yes.
00:28:28 Biz Host Like—that is my morning now. I have coffee while doing this? But like I have to get up. And check all the different school-related schedules. And then check Stefan's work schedule. And then—

00:28:43 Crosstalk Crosstalk **Biz:** —check mine—

00:28:44 Theresa Host **Theresa:** And you're doing all of that—
00:28:46 Biz Host —while people are asking you for things.
00:28:47 Crosstalk Host Yes! Yes. While people—
Crosstalk **Biz:** —are asking—

00:28:49 Theresa Host **Theresa:** And interrupting you.
And wanting to tell you something and then getting into a fight. It takes me so long to do the schedule sometimes? Because... I can't—because—there's no other things that I'm allowed to just sit down in the morning and work on for 15 minutes. So why should—why should I be able to do that for a schedule? *[Laughs.]*

00:29:09 Biz Host That's right! *[Laughs.]*
00:29:10 Theresa Host Yeah! It's really stressful. And then like—so sometimes I think about doing it the night before. I think I've done that once since we've been out of school. Doing it the night before. And I was really happy that I did and it was really nice to have it! But like now I'm so—
[Laughs.] Tired, obviously.

00:29:24 Biz Host Tired. *[Laughs.]*
00:29:25 Theresa Host At night, that I don't want to be responsible at night! I just want to relax. I don't want to like think about the next day.

00:29:33 Biz Host Well, right. And—at our house, the children need to have so much input.

00:29:38 Crosstalk Crosstalk **Biz:** And whatever they inputted—

00:29:41 Biz Host **Theresa:** Oooh, yeah. Oh yeah.
Whatever they inputted at night? Will not match whatever they want to input in the morning.

00:29:49 Theresa Host Right.
00:29:50 Biz Host You know? I don't know really... where to go? It's just that... the... ease of self-blame. And—*[sighs.]* The obvious walking target of our children's emotions and blame. Just feels... so much stronger. Because like you said, there is no... free time. There's no stepping away. Right? Like— *[Laughs.]* There's no—in lots of places, there's no even going on a walk! There's no... hiding in the bathroom. There—that's not... the option. And, y'know, all that does is... chip away and like the snowball into all the other things! That... we know are coming. If they haven't arrived already. As a parent. The

resentment. The rage. The... judging. The—I mean, like, all of it! So. At least we'll have something to talk about next week.

00:31:01	Music	Music	<p><i>[Both laugh wildly.]</i> "Ones and Zeroes" by "Awesome." Steady, driving electric guitar with drum and woodwinds.</p>
00:31:19	Music	Promo	<p><i>[Music fades out.]</i> Laid-back acoustic guitar plays in the background.</p>
00:31:20	Theresa	Promo	<p><i>One Bad Mother</i> is supported in part by Beta Brand.</p>
00:31:23	Biz	Promo	<p>Here's a pro tip for keeping a routine and getting into a work mindset while working from home: put on some real pants! <i>[Laughs.]</i> Beta Brand's dress pant yoga pants look professional <u>and</u> stylish, but are as comfortable as your favorite sweats.</p>
00:31:40	Theresa	Promo	<p>Beta Brand combines customer experiences with their expertise to make workwear that's as functional, comfortable, <u>and</u> as inspiring as your favorite workout gear. Their customer-favorite dress pant yoga pants are made of wrinkle-resistant, stretch-knit fabric, making them perfect for long workdays or working from home.</p>
00:31:59	Biz	Promo	<p>Right now, our listeners can get 25% off their first order when you go to BetaBrand.com/badmother. That's 25% off your first order for a limited time at BetaBrand.com/badmother. Find out why women are buying five different pairs of these pants! <i>[Laughs.]</i> Go to BetaBrand.com/badmother for 25% off. So you can find out why!</p>
00:32:35	Theresa	Host	<p><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 better about ourselves by hearing yours. You can share some of your own by calling 206-350-9485. That's 206-350-9485.</p>
00:32:54	Biz	Host	<p>Genius fail time, Theresa. Genius me!</p>
00:32:58	Clip	Clip	<p><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></p> <p><i>[Biz and Theresa repeatedly affirm each other as they discuss their respective genius moments of the week.]</i></p>
00:33:13	Theresa	Host	<p>So... all of my kids receive different therapies of different kinds, which means—</p> <p><i>[Biz laughs.]</i></p> <p>—now we have even <u>more</u> fun opportunities to use online systems to communicate with other people outside our home. And so... we've been doing all of our appointments, um, online. With video. And... it's been kind of a mixed bag. But I had a genius moment yesterday, which was that... and I should add—I've definitely been having a <u>harder</u> time keeping track of appointment times? Not just because some of them have <u>changed</u>? But also—like, one of Oscar's they split into two shorter appointments? 'Cause it's like—it seemed to like work better for him? To do it in shorter chunks rather than like sitting there for the whole hour? And so there's like different times and plus we're just at home? So like I <u>forget</u></p>

sometimes—like, I'm just not as on it. I'm just not on top of it. So we've been late sometimes. And yesterday, Curtis was supposed to have his speech therapy appointment and we had just gotten back from the napping drive and Gracie really wanted to have a tea party with her dolls, and she invited and she invited Curtis. And she was really rude to Oscar. That's another story. But—

[Biz laughs.]

00:34:34 Theresa Host

—Anyways. We sat—we ended up sitting down and setting up this really nice tea party snack with like a tablecloth and like all the dolls and like had this whole thing ready to go and it was—it was really nice. And then as we were just getting started and we had probably been sitting there, snacking, for about five minutes when I looked at the time and I realized it was time for Curtis's speech therapy appointment. And... again, blame mom! I'm the worst. Y'know. And so—but what I decided—

[Biz laughs.]

—to do, was just wing it and I said—well, we can just set up the laptop right here at the tea party table and we can just all be at speech therapy right now! Like, we don't need to—'cause normally what we do is, y'know, Jesse takes two of the kids and then I take the kid who's in therapy into a room and we shut the door and we kind of like sequester ourselves so that we can focus. But I was like, I don't wanna shut down this nice time that we're having! And I think the therapist can roll with it. And she was great about it. And she has met the siblings. And so she totally rolled with it. My other kids totally rolled with it. And actually Curtis had like a way better session than he's had recently? Like, he was more engaged, I think, because the siblings were there and kind of talking to the screen also? And so it was like kind of more participatory and... he had a really good session! And I was really happy that I just decided to do that!

00:36:00 Biz Host

Good! Job! That is—

00:36:03 Crosstalk Crosstalk

Biz: —a really—

Theresa: Thank you.

00:36:04 Biz Host

—good job! Because— *[Laughs.]* Something it made me think of was like—there you are. Having the tea party. Look at you being present! You're present! You're present. Look at all this time we have now to be present.

00:36:21 Theresa Host

Yeah.

00:36:22 Biz Host

Oh! Fuck! You were so present you forgot to do the thing you were supposed to do!

00:36:28 Theresa Host

Yep! *[Laughs.]*

00:36:30 Biz Host

You're doing an amazing job.

00:36:32 Theresa Host

Thanks, Biz.

00:36:34 Biz Host

Yeah. Sure. I... have—I have not done yoga for a while? Like, even before this? And... wow. All the—like—my—the yoga studio that I'd used to go do has sent out an email saying, we're doing it online. We're making it work. And I go and look at the schedule and of course—it's just two instructors out of all the instructors doing it? So... like, it's a different type of schedule. But I'm like—yeah. 11:00 in the afternoon is not exactly where I'll ever be able to do yoga again. Not even if it's, like... a 7:00 at night class! Because I'm—I'm

still putting people down. And... it's not... that's not gonna happen. They used to have this 8:00 at night class, which I enjoyed going to. And they reintroduced it and it was only one—they only offered it the one night. And I did it. And... it was ten bucks. *[Laughs.]* And I did it! And... I was so tired. But I did it. And—like—we had to, like—I was like crammed in my bedroom? Like, where there's not enough room to do yoga but we moved some stuff around? And... for, like, this brief, shining moment? I felt like a person? And... yeah! I don't know. I just was... really happy I did that and I'm hoping I can do it next Wednesday as well. Yeah. I got to do that thing.

00:38:06 Theresa Host
00:38:09 Caller Caller

That's huge! That's huge. Good job.
[Answering machine beeps.]

Hi, Biz and Theresa! I'm calling today with a genius. Brought on by our quarantine. I can't remember what fucking day it is because I have been stuck in this house for over two weeks. And realized that the danger of that is forgetting what day is garbage day. So what's worse than not knowing what day it is? Is having the garbage guy go while I have a giant container of poopy diapers. So I set an alarm on my phone for the night before to remind me to put out my cans. Which is great, except for when the alarm goes off in the middle of making dinner and I can't remember why I set it. But I eventually got there. And my trash is not downstairs, but is somewhere in a dump. Happily enjoying the company of other trash. Anyways, you all are doing a great job and all the moms out there are, too. Well, all the parents. Anyways. Thanks and have a good day.

00:39:06 Crosstalk Crosstalk

Theresa: So good. Yeah.

00:39:08 Biz Host

Biz: I— *[Laughs.]*

It's so good. And I particularly, uh, enjoy hearing the alarm go off but not knowing what that alarm is for?

00:39:17 Crosstalk Crosstalk

Theresa: Yes! Oh, absolutely.

00:39:19 Biz Host

Biz: That's—

That's amazing. You're doing—you're doing such a good job!
[Laughs.]

00:39:26 Theresa Host

Good job.

00:39:27 Biz Host

Failures!

00:39:29 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.]

00:39:36 Biz Host

Fail me, Theresa.

00:39:37 Theresa Host

Okay. So... around the time that all of the schools closed and social distancing became, like... it was like safe at home orders all of a sudden and like really having to stay home. Some of you... probably a lot of you—are—were also aware that Disney+ decided to make *Frozen II* available for streaming several months earlier

than they were originally going to. And we had recently signed up for Disney+ and I was super excited about this and I heard about it. *[Laughs.]* On Facebook. And I didn't bother, to, like—

[Biz laughs.]

—do any research? I was just like, it's up early! It's up early!

[Biz laughs.]

And so I told my kids, tomorrow we're gonna watch *Frozen II*! And they were so excited. Gracie had seen it but my other kids had not and everybody loves *Frozen* in my house and they were so, so excited and so the next day I put it on the schedule? I had it on the schedule!

[Biz laughs.]

I had... like—and I had it on the schedule for early. Like, 11:00 AM or something. And... I... was all excited. I was like, pumping them up for it. Like, it was the main event of the day.

[Biz laughs.]

And we go to do it and it just turns out it was gonna be, like, that night. Like basically like late that night or the next morning or something. And—like—something so basic that like I totally could have figured that out had I bothered to do even one tiny tidbit of research? Um—and so—but it ruined the whole day. Because... my kids were so pissed at me and so, like, what—like, what is your problem? Like—why—speaking of blaming mom, right?! And—and! Just like—the fact that it—I had worked the day around it? Like, that was like—

[Biz laughs.]

—my big gem of the day? And so I was left with nothing? Yeah. I really just...

00:41:36	Biz	Host
00:41:38	Theresa	Host
00:41:40	Biz	Host
00:41:43	Theresa	Host

Wow. Yeah.

Yeah!

You, like, just ruined their lives with that one!

I blew it. Big time.

[Biz laughs.]

00:41:46	Biz	Host
00:41:50	Theresa	Host
00:41:51	Biz	Host

11:00 AM: Blow it. *[Laughs.]*

[Through laughter] Yeah!

12:00: lunch.

[Both laugh.]

You're horrible. Alright. There is so much... happening. On all of my devices? I got a new phone and a new computer. As like... Christmas gifts. And birthday gifts this year. I haven't even gotten things... like... shifted. From old computers to—the—it's my beautiful new, I am a self, I get to have something nice. And y'know what's funny? Is this has so little to do with the fail? But I just felt

like... I don't even like the fact that nothing is mine anymore. Anyway. *[Laughs.]* So—like—at 9:30, devices go everywhere. Because everybody's got various morning meetings or—or class meetings or whatever. We've been letting Katy Belle do most of her work in her room. On the devices. And like, one day... it—she's just getting to have so much tech time, like, so much—like, I'm using chatting things and Zoom things and meeting and pictures and—y'know, and other kids, y'know, they are doing like crazy backgrounds on their Zoom meeting picture. And like typing in names. And so I've just been, like, oh, whatever. Fine. Uh, couple days ago, she was like—hey! Can I use one of the pictures from your computer as my backdrop? And I was like, uh, like, whatever! Fine! Right? Because I am in the middle of like... one of those kindergarten Zoom times. Which is just like... everybody's on acid at like a Phish concert. That's what that vibe is. People are yelling. He's yelling. Everybody—just do it! Okay. Two days later, I am... going to do... a Zoom meeting. With... Ellis's kindergarten teacher. And class. And we're early. We're a little early. Uh, so it's just one of his teachers and two other kids and I—I open it up. And my background— *[Laughs.]* Is this, like—larger-than-life photo of me. From the gif I made, like, two or three years ago? That's like—“You're doing a good job!” or whatever? And it's just—I mean it's so big. Like, it's just my face. Is like— *[Laughs.]* the whole screen! And then I'm in front of it? And I was like—what. Is happening. And so everybody can see this. I'm like, Katy Belle, you need to get in here right now. Do whatever witchcraft you need to do to get this off. This is not okay. *[Laughs.]* Not okay that you've been having your class meetings with this weird—

00:44:43 Crosstalk Crosstalk

Biz: —large picture—

00:44:44 Biz Host

Theresa: This background. Yeah.

00:44:47 Theresa Host

Of me! Behind you!

00:44:53 Biz Host

Yeah. That's—what—what would—why did—do you have any idea—she just thought it was funny?

Maybe. Maybe.

[Theresa laughs.]

00:44:57 Theresa Host

I don't know!

00:44:58 Biz Host

I'm sorry. That's terrible.

It's—I just was like— *[Laughs.]* And at least it's the new computer where there's only like one or two choices? Because I hadn't changed my photos over?

00:45:08 Crosstalk Crosstalk

Theresa: Right! It could've been worse!

00:45:10 Theresa Host

Biz: Oh... wow.

00:45:12 Biz Host

Coulda been worse.

Coulda been... way worse. But it definitely was like—I'm not steering this ship! *[Laughs.]*

00:45:18 Theresa Host

Yeah. Clearly. Clearly.

00:45:22 Caller Caller

[Answering machine beeps.]

Hi, Biz and Theresa! I'm calling to tell you about my spectacular fail. We had the spring forward time change, and all of the clocks in my house were changed with the exception of the living room clock. So, going about my normal Monday, I go to pick up my children. And

see that the parking lot is empty! My children have been waiting after school for an hour. Because the clock in the living room had not changed. So I'm doing a great job. I hope you guys are having a better day. Keep up the good work.

[Theresa chuckles.]

00:46:03 Biz Host Hey. Do you remember... uh, when we were springing forward?
00:46:11 Theresa Host *[Laughs.]* When that was a thing? Like—
00:46:15 Biz Host And that was like—that was stressful and disorienting for a minute? Yeah.
That was—that was like... just a few days... before everything started shutting down? And—and like—so—I—like, I think about all of the fails related to that? That just... then got lo—like, right? Like, I've totally forgotten about it. And so many bad things happened around—*[Laughs.]* Springing forward this year? *[Through laughter]* Like I just... was not smooth in our house? Yeah! I—I just wanna say—congratulations on forgetting your child! I've done it twice in my life already and Stefan's got one on him. So. Maybe we'll have to make t-shirts! *[Laughs.]*

[Theresa laughs.]

00:47:00 Music Music You're doing a horrible job. *[Laughs.]*
"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.]

00:47:27 Music Promo Jazzy piano music plays in background.
00:47:28 Biz Promo *One Bad Mother* is supported in part by Franklin & Emily.
00:47:32 Theresa Promo Let's face it—our kids are going to be spending more time at home. And we all want to be comfortable. Franklin & Emily is here. To help with their line of children's furniture that includes a luxurious leather lounge; an adorable club chair; and a plush, two-seater sofa that'll give your little ones space and autonomy to read and learn from the comfort of home.
00:47:52 Biz Promo Speaking of learning—with remote learning becoming how children are being taught, they've recently launched a desk set for kids to have a space in which they can read, study, and imagine. It's designed for kids ages three to nine, and comes with a chair that adjusts as they grow and stows neatly underneath! Space saver!
00:48:14 Theresa Promo Visit [FranklinEmily.com](https://franklinemily.com) to see their full line of sustainable and functional children's furniture. Use code "badmother" at checkout for 15% off your first purchase, and let your kids enjoy their special place in the home.

[Music fades out.]

00:48:35 Promo Clip **Music:** Fun, upbeat music.

Dave Hill: Hi! I'm Dave Hill. From before. And I'm very excited to bring [Dave Hill's Podcasting Incident](#) back to Maximum Fun, where it belongs! You can get brand new episodes every Friday on MaximumFun.org. Or, you know, wherever.

And what my partner Chris Gersbeck and I might lack in specific subject matter on our podcast, we make up for in special effects! Chris, add something cool. Right here!

[Gunshot or whip snap.]

Also, we have explosions!

[Explosion.]

Animal noises.

[A goat braying]

And sometimes, even this!

[Two comedic timpani "boings," a springier "sproing" sound, and what sounds like a human scream.]

Dave Hill's Podcasting Incident! Every Friday on Maximum Fun. Chris, do another explosion right here.

[Another explosion, right here.]

00:49:21 Promo Clip

Music: Dramatic, movie trailer–esque music.

[The hosts use very "announcer" voices in this promo.]

Mark Gagliardi: We interrupt the podcast you're listening to to tell you about another podcast! That's right: [We Got This with Mark and Hal](#).

Hal Lublin: That's correct, Mark! This is Hal. We do the hard work for you! Settling all of the meaningless arguments you have with your friends.

Mark: So tune in every week on the Maximum Fun network for *We Got This with Mark and Hal*, and all your questions will be asked... and answered.

Hal: You're welcome!

[Music reaches an apex and quiets down.]

Mark: Alright. That's enough of that.

00:49:52 Biz Host

Chorus: *[Singing]* We Got This!

Well, guys—we're still getting adjusted to life at home. Therefore—*[Laughs.]* We are not having a guest this week. That said—we are having you, our favorite person, join us once again. Let's listen to a mom... have a breakdown.

00:50:16 Caller Caller

[Answering machine beeps.]

Hi, *One Bad Mother!* I'm calling with a rant. It's a coronavirus rant. Which I'm sure you've received an exceptional amount of by now. *[Sighs deeply.]* I am alone for the first time in... um... I think nine

days. I'm without a child or any other person that depends on me. *[Sighs.]* And I have a five-minute drive ahead of me and I was so excited by this information and then I was in such a good mood. Must've been when my husband decided to tell me that in a moment of coronavirus panic, he purchased a crossbow. Which I tried to stay positive, but he purchased a fucking crossbow because we may need it? I don't know how a crossbow is gonna fight this virus. We should all just be washing our hands and staying inside. But now we have a crossbow. It's not a gun, he informed me. Which, y'know, I don't want to get too political here but I'm really not into that in our home. But I was like, how are we going to safely store a crossbow? He's like, we can put it on the wall! And I was like, is our one-year-old baby gonna be able to—to—like, no. He's gonna crawl. He's gonna grab it. And he was like, it's really complicated. To which I wanted to yell, but I did not—"SO ARE GUNS!" So... um... I also don't know why he purchased it without asking me, considering we have been in the same fucking room for a week and a half straight. Working together. Doing my work and doing his work. Taking care of children. So it's not like he couldn't just check in before he purchased it. *[Sighs.]* I actually feel better. Thank you for the ranting space. You're all doing a wonderful job. My husband *[through laughter]* on the other hand... not too pleased with. We're gonna get through it. 'K. Bye.

[Biz laughs.]

00:52:20 Biz Host

Wow. A crossbow!

[Theresa laughs.]

00:52:30 Theresa Host

That's... that's... something. That is—I think I have a feeling... why... he didn't ask and check in with you—

[Biz laughs.]

00:52:39 Biz Host

—before he bought that? I feel like we kind of all know why. Yeah.

00:52:40 Theresa Host

Right?

00:52:41 Crosstalk Crosstalk

Biz: You—you probably would've said—*[Laughs.]*

Theresa: Do you think he had a feeling what you might've said?
[Laughs.]

00:52:45 Biz Host

You know, this reminds me of the time that Stefan got this incredibly expensive—

00:52:52 Crosstalk Crosstalk

Biz: —unnecessary Jabba sail barge.

00:52:55 Biz Host

Theresa: The Jabba—yeah. Yeah. It—which he had told me about and I had made a noise. Or something.

[Theresa laughs.]

That he took as approval. And that going forward? Going forward, whenever he's like—I was thinking about such-and-such, I say—first, nothing I am saying now is, uh, to signify that I want you to do that. Or that I'm okay with it. Like—not even a little! I'm not even

being sarcastic right now in saying—don't get it. Yeah. I—it's definitely an interesting response. Your partner has had... to the anxiety of coronavirus. I... think you're doing a remarkable job not coming up with where he could put that crossbow.

[Both laugh enthusiastically.]

I could—I could think of a place. Or two.

[Theresa laughs.]

But—yeah. I... I see you. And I see millions of us all across the world. Finding ourselves in similar situations. Being surprised. By a partner's choice. During these very difficult times.

00:54:18 Theresa Host
00:54:22 Biz Host
00:54:23 Crosstalk Crosstalk

Or sometimes possibly surprised by our own choices! I mean—

Yeah! Yeah.

Biz: I—that's a good point!

Theresa: We're all flailing a little bit?

[Biz laughs.]

00:54:27 Theresa Host

I think we're all learning things about ourselves that we don't necessarily...

00:54:32 Crosstalk Crosstalk

Biz: Who would you eat first? *[Laughs.]*

00:54:37 Biz Host

Theresa: —want to know? *[Laughs.]*

You are... doing... a remarkable job. I... hope that that five-minute drive was not totally consumed by... the sheer anger. *[Laughs.]* Of the insanity of a crossbow in your house. You are doing... a really good job.

00:55:02 Theresa Host
00:55:03 Biz Host

Yeah. You are.

Theresa? What did we learn today? We've learned that schedules help us remember to fail our children. So that's helpful. That we've learned that. We've learned that sheltering in place and social distancing really... oh, I'm gonna do it. Ramps up.

[Theresa laughs.]

Dials it up to 11! *[Laughs.]*

[Theresa laughs.]

The feeling of self-doubts. Self-blame. And our own children's emotions. Wanting to target it at us. And, y'know. In all honesty, I think we've learned... that... how we react to things right now and how the other members of our family—whoever's in our house—are reacting to things right now are... not the same as they would be in other circumstances. And... it is a lot of extra work? For us? As... the... parents to—to really rein it in and check ourselves and our responses? And to forgive ourselves when we don't! You know? To forgive ourselves when we fuck those responses up. And we don't respond the way we want to, aka... yelling at your six-year-old that they will go on a walk whether they like it or not. And just... moving past that. *[Through laughter]* As quickly as possible. 'K? Everybody—you're doing a good job. It's hard? Right now. Uh, for a

variety of reasons. And... you're doing your best. You really are. Even when it feels like you're not.

00:57:12 Theresa Host Everyone is doing an amazing job. This is... really different? And... we don't have it figured out? And... there's no way to be perfect about it? Because we don't know what would be... perfect? So... take it easy! Be nice to yourself. It's so much? And... there's so much that we don't know. So we can just focus on the stuff that... we do know, which is that we have to stay home. So. For staying home? We're doing it. *[Slow, deep breath.]* If you're working in an essential job? You're really doing it. And thank you. For your work.

00:58:04 Biz Host Yeah. Thank you—thank you so much. We see you. *[Deep breath.]* Everybody, just like last week, I'm gonna make sure that in our show notes there are links to various phone numbers of, uh, people who are really qualified to help us? *[Laughs.]* Right now? When it—if we are overloaded. Okay? Or in situations in which we need help. So please check those out. And—if you need it—every day, I will continue to Bop It on Instagram. *[Laughs.]*

00:58:45 Theresa Host Yes! *[Laughs.]*

00:58:47 Biz Host I—I'm just gonna keep doing it. Because... now the fate of the world depends on it.

00:58:53 Theresa Host It really does.

[Biz laughs.]

That's—our handle is @onebadmothers if you guys haven't seen this yet. It's really special. *[Laughs.]*

00:59:02 Biz Host It is something. Theresa? You are doing... a really good job!

00:59:11 Theresa Host Thanks, Biz. So are you.

00:59:14 Biz Host Thank you. And we are going to talk to you again! Next week.

00:59:19 Crosstalk Crosstalk **Biz and Theresa:** Byeeeee!

00:59:23 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.*

[Music fades somewhat, plays in background of dialogue.]

00:59:48 Biz Host 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. *One Bad Mother* is a member of the Maximum Fun family of podcasts. To support the show go to MaximumFun.org/donate.

01:00:16 Theresa Host

[Music continues for a while before fading out.]

01:00:39 Speaker 1 Guest MaximumFun.org.

01:00:42 Speaker 2 Guest Comedy and culture.

01:00:43 Speaker 3 Guest Artist owned—

01:00:44 Speaker 4 Guest —Audience supported.