

Wonderful! 278: Love, Peace, and Taco Grease

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[theme music plays]

Rachel: Hi, this is Rachel McElroy.

Griffin: Hello, this is Griffin McElroy.

Rachel: And this is Wonderful!

Griffin: Welcome to Wonderful, a show where we talk about things that are good, we like, and into it. All of them. We are into them. The things we talk about on this show.

Rachel: Uh-huh.

Griffin: A lot of people get on the comments in they're like, "You don't actually like, you know, Guy Fieri trash can nachos," which I have not talked about on the show before. But that was just, like, a rough example of something that we would. Now I have to pivot. 'Cause when I talk about my thing people are gonna be like "I wish he had talked about Guy Fieri trash can nachos instead."

Rachel: [laughs] You can put that on the, uh... what, the bench? The...

Griffin: I'll put it on the—yeah.

Rachel: The batter's box?

Griffin: Bench is bad. If you say, like, "I'm gonna bench Guy Fieri's trash can nachos," that's bad.

Rachel: Okay.

Griffin: If you say "I'm gonna put 'em in the queue—"

Rachel: On deck? On deck.

Griffin: Or he's on deck.

Rachel: On deck.

Griffin: He's warming—Guy's Fieri's trash can nachos is warming up in the dugout. In the bullpen. He's throwing baseballs very fast at a net, which I guess helps you... play baseball better. Um.

Rachel: Yeah.

Griffin: You've—I've actually—you know I've eaten these before, right?

Rachel: No, I do. I know this.

Griffin: Okay. You gave me a look like... "You're a poser even [crosstalk]."

Rachel: No! I was trying to think of if you've eaten them multiple times.

Griffin: No, I had 'em the one time.

Rachel: Mmkay.

Griffin: We went with, uh, Lin to the Guy Fieri's restaurant. That's just what it's called. In Times Square, god, a million years ago now, and we got 'em. And I'll never forget. It was a singular dining experience for so many reasons, but I was sitting across from this large... painted sign on the wall that said "Love, peace, and taco grease" on it.

Rachel: Yeah, yeah, yeah.

Griffin: And that has been stuck in my mind like a thorn in a lion's paw, uh, since that fateful day. But anyway, that's a lot of talk about that.

Rachel: Was there merch there? Do you remember?

Griffin: Oh. Probably? You could probably buy, like—

Rachel: It seems like that would be on a shirt.

Griffin: You could probably a shirt with that on it. You could probably buy a hat with, like, the Guy Fieri wig sort of poking out of it, which shame on me. Little did I know that I would be doing a Fieri-themed sort of... streaming event. Which I haven't talked about on this show. Trial by Fieri is back. I'm playing Ocarina of Time in a really silly way on our YouTube channel, at The McElroy Family. You should come watch it.

Rachel: Griffin a lot of times will say sentences like "Well, I gotta go do my Fieri thing." I'm like, you are the only person...

Griffin: That's not true. I imagine there's lots of content creators who have said that exact sentence.

Rachel: Who do Fieri stuff?

Griffin: Probably not the way I do it? Everybody does their own sort of twisted spin on it.

Rachel: [laughs] Uh-huh.

Griffin: Do you have any small wonders?

Rachel: Um... gosh. So many, like, finales and new beginnings of shows. Um... I have a feeling that you're gonna talk about one.

Griffin: 'Kay.

Rachel: Uh... so I'll—

Griffin: If you wanna swoop it, do—you know, swoop it. I've got lots of good stuff going on right now.

Rachel: [through laughter] Oh yeah?

Griffin: Yeah!

Rachel: Um, well, I mean, there's Barry.

Griffin: Yeah, man.

Rachel: Um, but you were the one that thought about it, like, all day yesterday. So I feel like I—

Griffin: I couldn't—I was amazed. I was looking for some support yesterday, like a Barry finale support group. Uh, and you—you had not—it had not been lodged in your brain in the way that it had mine. I just wanted to read about it, and read other fan interpretations.

Rachel: [laughs]

Griffin: Like, I haven't gotten that deep into some shit like that since, like, I don't know, *Lost* or *Breaking Bad* or something like that.

Rachel: And I have so many that I haven't watched yet. I haven't watched *Succession*. I haven't watched *Yellowjackets*. I will say, we finished *Survivor*.

Griffin: Great fuckin' season of *Survivor*.

Rachel: And I really enjoyed it.

Griffin: *Survivor*, if you have not—okay. Since season 40, which is wild... they have really freshened it up. And I would say the last four seasons have been, like, all of them, all time bangers. This season in particular was a really, really really funny one.

Rachel: Yeah. There were very few players that you felt like were just being kept around.

Griffin: Yes.

Rachel: You know? Like... there were very—I mean, there were a couple. There were definitely people where I was like, "I don't know that this person should win." But it wasn't like the season where it's like, two clear front runners, and everybody just trying to get them out every week. You know? It really felt like week to week it was anyone's game. I enjoyed that.

Griffin: Kickass finale, too. One of the more exciting firemaking challenges that has maybe ever been on the show before. Uh, really great. Really great. Yeah. I mean, I was gonna—I had one night a couple nights ago where we watched the Barry finale and then I finished the new Zelda game, and that was a very emotionally sort of compromising...

Rachel: [laughs]

Griffin: A lot of highs, a lot of lows, a lot of victories and defeats. Um... yeah. That was just a good night. That new Zelda game, y'all, is... something special. A very special video game. I'm very excited that I—it exists and we got to play it. Um, you go first this week.

Rachel: Yes..

Griffin: What do you got for me?

[pause]

Rachel: The thing I'm going to talk about this week...

Griffin: Yes.

Rachel: Is feelings.

Griffin: This is...

Rachel: Not the song. The... just that there are them.

Griffin: What song?

Rachel: You know the... "[singing] Feeling... [unintelligible]"

Griffin: [unintelligible singing]

Rachel: Yeah.

Griffin: You sang—that's the quietest I've ever heard anyone sing.

Rachel: [laughs] I don't like—

Griffin: The lack of—

Rachel: I don't like singing publicly.

Griffin: That is true.

Rachel: I sing to our young son in a dark room by myself.

Griffin: It's very good to catch some of that through the door. I love that very much.

Rachel: [laughs] Um, no, just the thing.

Griffin: Feelings.

Rachel: Just the thing of feelings, yes. This is kind of new to me.

Griffin: [laughs loudly]

Rachel: [laughs]

Griffin: Rachel's entering a new era of connection with herself and her fellow human.

Rachel: There are these things that I guess I've had all along. It's very Wizard of Oz. That I didn't really know were there, or how to connect with

them or talk about them. I've mentioned group therapy on the show before. Unfortunately when I moved to DC I had to kind of sever that relationship in Austin. It's something that I'm planning to pick up again in DC. Uh, but it really kind of spring boarded me into, uh, the ability to have a feeling, recognize it, and talk about it.

Griffin: Yeah. It's been very cool, as your husband, to s—

Rachel: [laughs]

Griffin: —not that there was some fatal flaw in your character before you did this thing. But it has been a genuinely... fascinating and exciting transformation to watch, on my end.

Rachel: [laughs] Yeah. I mean, I would say you and I are similar in that, uh, we... we don't go to feeling first. Um, I would say we are problem solvers, kind of at our core.

Griffin: Yes.

Rachel: And this is something we really had to explore when we had Henry, because I think we were realizing that we had this kind of problem solving approach that we were trying to kind of rush him to a solution.

Griffin: And if you are a new parent, or even if you're not in you're interested in this stuff, let me summarize every children's parenting book that has been released in the last ten years. "Don't just problem solve. Like, stop just problem solving it. That's bad, and you gotta chill on it and sit in a feeling for, like, a minute."

Rachel: [laughs] Yeah, and even the, like... even what seemed cheap, right? Like a lot of what we read about and learned was just being like, "It sounds like you're saying you're angry." Like... for most adults that would be kind of, you know, like, a frustrating thing to hear.

Griffin: Yeah.

Rachel: Like, yeah.

Griffin: But they're not adults!

Rachel: But—yeah.

Griffin: That's crazy!

Rachel: Kids, like, are just like, "Oh, you're listening to me. That's a good thing."

Griffin: Yeah.

Rachel: You know? And they're also, like, trying to develop the vocabulary.

Griffin: I also do like it when you're like, "It sounds like you're angry."

Rachel: [laughs]

Griffin: To me.

Rachel: [through laughter] Yeah?

Griffin: Not that I ever really express that particular feeling. Um, but, you know, just as an example.

Rachel: So a big thing that happened for me when I started doing therapy in Austin was, uh... I would start talking about something that was upsetting me. And I would start going through why it was upsetting and, like, the different factors I had identified, and the concerns that I had. And my therapist would stop me and say, "What is the feeling you're having right now?"

And it was like all the lights would turn off.

Griffin: [through laughter] Uh-huh?

Rachel: And all the doors would shut. And it was like... "Uhh... " and I had no connection to it whatsoever. It was like I felt like something had happened to my brain and all of my processes had shut down. Because, like, the part of me that, like, reasons through something felt very disconnected from, like, the emotional part.

Griffin: I think this is very much our... like... our thing. And I do not think it is terribly uncommon in this modern age of, like, full—when you go into survival mode or problem solving mode or let's fix it mode, there is a... like, full blown dissociation from your own... body.

Rachel: Yes.

Griffin: That you kind of—that comes as a natural, uh, like, side effect of that.

Rachel: Yeah.

Griffin: And recognizing that, uh, I've never done group therapy but I think it would be hugely beneficial for me. Like, recognizing that is, like, a genuine—like a reawakening of sorts. Of like, "Wait a minute. My body feels stuff... and I should probably pay a little bit of attention to it."

Rachel: Yeah. So I read a lot of articles about kind of why it's so hard to express your emotions, like, where that comes from. Uh, there was an article in The Atlantic in 2015 called How to get Better at Expressing Emotions. [laughs quietly]

Griffin: Simple. Right across the plate. Love it.

Rachel: Um, and they recommend doing what they call a physiological check so, like, ask yourself when you're feeling something happening to your body, like, where is this coming from? Is this anxiety related to the communication I'm about to make, a decision I'm about to make, an email I'm about to send? Where is the irritation coming from?

Just kind of, like, noticing tension in your body and trying to kind of check in with yourself. Because it is that lack of vocabulary and awareness that, like, makes it kind of a weak muscle. Like, for me that was so surprising is I have always been somebody who felt like I can find the words and I can say them. Like, that is something I felt confident about. Like, it is easy for me to communicate with people because I have the resources.

And then when I got to the emotion I was like, "Uh-oh. I have no words." [laughs] It was like—it was shocking. And so that's what the physiological check is all about is, like, trying to build that awareness and that skill.

Griffin: Yeah. God, that would be—that's such a—god, I wish I was good at that.

Rachel: [laughs]

Griffin: I'm tryin'!

Rachel: Well, and so much of it too—I think a lot about how, like, technology has changed things. Because when I was, like, in middle school and high school, the coolest thing you could be was, like, indifferent. You know? Like, unconcerned. Like, if you liked something you had to be kind of, like, chill about it. And particularly like—and this is probably an experience throughout the world, but being somebody who grew up in the Midwest, the whole concept of trying to make yourself stand out was, like, a shameful thing. You know? Like, liking something and putting it out there and being vulnerable was, like, a thing that you... shouldn't do. You know?

Griffin: Right.

Rachel: And so I feel like this ability to, like, express when you're upset, or happy, or excited, you had to be very, like, thoughtful. Like, "Is this gonna be okay? How is everyone else gonna receive this? Like, if I say I like Weezer, am I prepared to name 10 songs by Weezer? Because—"

Griffin: Do it now.

Rachel: [laughs]

Griffin: Sweater Song. My Name is Jonas.

Rachel: Say it Ain't So.

Griffin: Say it Ain't So. Creep... is Radiohead.

Rachel: [laughs]

Griffin: They probably covered it at some point.

Rachel: There you go! Um... I think part of the reason—so there's a New York Times article. It's funny, a lot of these came out in 2020. [laughs]

Griffin: Hey. Yeah, man.

Rachel: There was a New York Times article in 2020 called Why Talking About Our Problems Helps So Much. And it talks about when you are feeling an intense feeling, your amygdala is running the show. That's the part of your brain that handles your fight or flight response. And it is your job as a whole to figure out if something is a threat and devise a response to the threat.

Uh, so when you get stressed, this part of your brain takes control and can override just everything else. Uh, whereas if—this is research from UCLA says that if you start putting those feelings into words, you can diminish the response of the amygdala, which over time will make you less stressed about something. So if you got in a car accident, being in a car immediately afterward could overwhelm you. But as you talk through your experience and put your feelings into words, you can get back in the car without having the same emotional reaction.

Griffin: That makes sense. My issue is I feel like if I don't talk about how I am feeling, I every time will spiral. Because I will lose—I will lose any context for what, like, place that feeling has in my life and my... relationships, and my own sort of, like, self-value. Uh, but then when I am

able to say that and get a little bit of feedback or mirroring or anything on that, it instantly, like flipping a switch [crosstalk].

Rachel: This is something that has been interesting to watch you really develop with, like, your brothers and your dad. Like, you guys are in business together. You have disagreements and it is, like, critical that you figure them out as fast as possible, and I feel like you guys have gotten really good at that.

Griffin: It's changed the dynamic of our fa—like, this was not... our home was an incredible warm and loving home growing up, but as adults, with their own shit going on, like, that skill was not one we were particularly well equipped with.

Rachel: Yeah. I mean, you think about kind of the generational, like, the greatest generation, this, like, generation that grew up in extreme poverty during war time and this sense of, like, the struggle, and how important it was to just put your head down and persevere, and how that has been kind of passed down. And it's getting better, obviously, with each generation, but I think this idea of talking about how you're feeling about something, and if you're scared or upset, is, like, a relatively new one? [laughs quietly] Which is why I feel like I'm like, "Hey, you guys know about this?" [laughs]

Griffin: [laughs]

Rachel: Um, there are a lot of reasons, obviously, that it's hard to talk about feelings. There was a Medium article from 2020 that talks about things like avoiding conflict, having a fear of rejection, uh, low self-esteem. Uh, and then you believe feelings must be present for you to talk about them. This would happen to me constantly. I would reflect on something and feel like, "Oh, you know what? That really upset me."

But then I would be like, "Oh, you know what? Moments—the moment's passed."

Griffin: "That was yesterday." [laughs] "I missed my chance."

Rachel: The moment's passed. I should've said something then. [laughs]

Griffin: It's so unrealistic, too. Because I have never even... after, you know, therapy or medication or anything like that, I have never, ever, ever had the experience of feeling upset by something and immediately being like, "Hey! That upset me when you did—" like, it is always usually for me, like, a thing I bring up later when, you know, I...

Rachel: Yeah. So, this was the other thing. This is the last thing I'll talk about. In the Atlantic article from 2015 they talk about how people that are extroverted tend to have higher emotional expressiveness.

Griffin: Well, yeah.

Rachel: Which, like, kind of surprised me a little bit. Just thinking, like, um, how that can be such an advantage of, like, I am ready to talk to anybody at any time, and that just makes me more ready to talk about my feelings, because that's part of who I am. You know?

Griffin: Right.

Rachel: Whereas me I'm more introverted, so a lot of times I won't have that instinct or that awareness right away, and then the moment will pass and I'm like, "Well, I guess... "

Griffin: Missed—missed my window.

Rachel: I guess that was it. [laughs] Um, yeah. So there's obviously there's a lot to read about this, and it definitely—it's, like—it feels like a muscle. It feels like something that I am working on and now trying to build in our children. Uh, and I don't know. It's been kind of cool to follow that evolution.

Griffin: It's helpful, also, once you can do it with your kids. 'Cause it literally is, like, how do you—"Hey, how do you feel right now? Oh, okay. Cool." [laughs] Like, it's—

Rachel: [laughs]

Griffin: It's some very helpful data, which—

Rachel: Yeah. I read a little bit about that too, and it's just like, talking about emotions in different settings with your kids. Um, letting them share first, reading stories to help your child build emotional vocabulary, and helping them understand that emotions are always changing.

I think there's this, like, fear of, like, oh, but if I let myself feel bad I'm gonna feel bad forever. You know? Or if I'm angry I'm gonna be angry forever. You know?

Griffin: Yeah. I mean, god. As we get older and we have this parenting journey...

Rachel: [through laughter] Uh-huh.

Griffin: I think about Inside Out a lot.

Rachel: Yeah! One of the articles I read, the, like, therapist—

Griffin: [simultaneously] And how fuckin' revolutionary—

Rachel: —the therapist was like, "I'm so grateful, because people talk about that now when they're..." [laughs]

Griffin: Yes. As an adult... seeing that movie and being like, "Sad's good."

Rachel: Sad can be good.

Griffin: Sad can be good.

Rachel: Sad can be good?

Griffin: Thinking like, "Sad can be good? Are you sure?! Sad can be good?! But it's the bad feeling! It's the opposite of the good happy feeling! Are you sure about that Pixar?"

Rachel: [laughs]

Griffin: Uh, can I steal you away?

Rachel: Yes.

[ad break]

Griffin: This is gonna be a very—it feels like sort of parenting-heavy episode, 'cause my thing is adjacent to that. I want to talk about the world's best bedtime book. [pause] There Goes Joe. Joe Biden, again, fuckin' barnstorming our house in his chopper. What's it called? Big Eagle?

Rachel: Oh, I don't know.

Griffin: I think it's called Big Eag—Condor 1.

Rachel: I don't think we're supposed to know.

Griffin: I don't think you're supposed to know the name of Joe Biden's helicopter.

Rachel: No.

Griffin: I'm talking about Goodnight Moon.

Rachel: Yeah! You were reading this to lil Gus the other day.

Griffin: I've read this book to Gus multiple times a night for a very long time. For as long as I've been reading to him. It is, like, his number one jammer. Henry liked it a lot. I read it to Henry a lot too, but Gus, like... wants it every night, and sometimes multiple times.

Rachel: Yeah. Henry moved very quickly through books, and we just started stepping up our game so much that now we just—we have so many books on this house.

Griffin: We have so many books.

Rachel: Whereas Gus is like—Gus has some favorites and he will hit those over and over again, and it is delightful, especially if it's, like, a good book.

Griffin: If it's, like, therapeutic in the way that Goodnight Moon is.

Rachel: Yeah!

Griffin: Um, I think it's the best, like, putting a kid to bed book. And I feel like I can say that with some authority, because I've probably read it several hundred bedtimes now.

Rachel: The way, like, the illustration, too. Like, obviously the words are very soothing, but the pictures are so, like, I could look at any of those. I could print that out and put it on the wall and just be happy staring at it.

Griffin: I love that about you.

Rachel: [laughs]

Griffin: Um, it really does, particularly for Gus, have a... a soothing effect. Um, I feel like I have seen that firsthand. Not that—usually every night I will read to Gus for, like, 10 or 15 minutes before you come up to do, like, his bedtime, just to kind of, like, reset him a little bit. It's part of—

Rachel: 'Cause with Henry we used to really, like—we had a whole process with Henry.

Griffin: Yeah.

Rachel: Where we would, like, bring him up a half hour before, we would read books, and then we would, like, spend all this time winding down. With Gus it's like, 10 minutes. [laughs]

Griffin: Well, and then you rock him to sleep for 45 min—

Rachel: Well, yeah.

Griffin: —like, don't make it sound like—

Rachel: [laughs] No. No.

Griffin: Like, that's wild.

Rachel: The—the wind-down time is shorter and the bedtime routine is longer, perhaps unsurprisingly. [laughs]

Griffin: So Goodnight Moon was written by Margaret Wise Brown, with illustrations from Clement Hurd. And it was first published in 1947 where it kind of flopped. Only 6000 copies were sold that fall that—

Rachel: Yeah. I mean, judge a book by its cover, right? You're like, "Oh, Goodnight Moon, okay."

Griffin: "Oh, okay. Goodnight Moon."

Rachel: "Whatever."

Griffin: It wasn't picked up in, like, libraries, which is a huge circulation thing back then. And it wasn't until the baby boom that it kind of started to grow exponentially, in step with the baby population of the country. Um, because there were so many babies, and I imagine folks were just desperate for anything, anything that could help these rowdy, rambunctious, you know, post-World War II babies just go to sleep.

Rachel: Yeah, they've got, like, six of 'em in their house, and they all have to go to sleep.

Griffin: They've got, like, six to seven kids. They all gotta go to sleep.

Rachel: [laughs]

Griffin: Um, as of 2017 it had sold nearly 50 million copies. That was, you know, six years ago now so obviously it's much higher than that. It was selling roughly 700,000 copies annually back in 2017, so who knows how that number has increased with the COVID baby boom. That—has that ha—has we figured out if that's happened? I mean, we did it. So, like, don't make a face at me.

Rachel: [laughs]

Griffin: We did it.

Rachel: [laughs] Yeah. Yeah. I didn't know that's what we were calling it, though.

Griffin: COVID baby boom? There's probably a better name for it.

Rachel: Well, I didn't know that was a fact, I guess. It seemed like a lot of people had babies, but there was also nothing else going on.

Griffin: Nothing else to do but—but—[holding back laughter] make boom-boom.

Rachel: Oh no!

Griffin: That sounds like poo—that's... like, poop.

Rachel: Oh no...

Griffin: Isn't it? You wouldn't call that thing that.

Rachel: I want to back out of the room. Can I do that?

Griffin: Rachel is slowly—but wait, that's the balcony! No!

Rachel: [laughs]

Griffin: Um, so if you've not read Goodnight Moon, that's wild. Like, that's wild that you've made it this far. It's a very sort of hypnotic rhyming poem about a young anthropomorphic bunny rabbit and his ritual of saying goodnight to everything that he can see.

Rachel: Yeah. He's just looking around the room and just saying goodnight to stuff.

Griffin: I cannot think of a more iconic or memorable opening line in all of bedtime literature than "In the great green room, there was a telephone and a red balloon and a picture of a cow jumping over the moon."

Like, that is very g—I'm not a poems guy. [laughs] You know me. But that is, like—that hits so right for me every single time. I could probably recite the book from memory, which is not that impressive, I think, because it is quite short and I have read it several hundred times out loud. Um...

Rachel: What's your favorite part?

Griffin: I mean, the fuckin' drop of "And a comb and a brush and a bowl full of mush and a quiet old lady who's whispering 'Hush.'"

Rachel: Yes, me too.

Griffin: Can't beat it. And then of course the book is sort of a, uh... there's probably a good fancy, like, you know, language word for it where it builds its way up of him looking around the room and seeing all of these things that are in the great green room, and then it kind of starts over, and then he says goodnight to everything in the room. And so in the second repetition of it it says "Goodnight, comb. Goodnight, brush. Goodnight, nobody. Goodnight, mush. And goodnight to the old lady whispering hush."

It fits "Goodnight, nobody" into it?

Rachel: Yeah.

Griffin: Which is so silly, and funny, and it just—to fit kind of the meter of the poem this bunny rabbit says goodnight to nobody, which I love so much. That's obviously the best. Do you have a different [crosstalk]?

Rachel: No, that's the part. The whispering hush. Like, that...

Griffin: Goodnight to the old lady whispering hush is...

Rachel: That's such a lovely phrase.

Griffin: It's all very, very good. Um... so yeah, I mean, Gus loves the book. We read it every night when he's, like, too rowdy to sit through a Gerald and Piggy, something from the Boynton collection. [laughs quietly]

Rachel: That's what I will say. Like, having Henry and getting so intense on books, we have such a great library for Gus now. Like, I really have bought maybe two books since he was born 'cause we had so many just ready to go.

Griffin: I also want to stress that, like, it is not... I don't just like the book because of the positive calming effect that it has on our kids. Like, I feel personally... soothed by reading it. Partially because I get to bust out my—I don't know if this is a thing you do or know about. But, like, my bedtime reading voice.

Rachel: Oh yeah!

Griffin: Like, my gentle parenting, like, half whisper. Like, "[quietly] In the great green room." Like, gentle pseudo-ASMR reading voice to help the boy calm down. I genuinely love doing that. I find it as therapeutic as I hope that our son finds it.

Rachel: Well, and I think it's also a nice contrast, because I feel like you also have a gear where you're reading, like, a, you know, a—

Griffin: Oh, my Gerald and Piggy voice is, like, full blown—

Rachel: [crosstalk] Or like a pigeon book where you're just, like, all characters, all emotion.

Griffin: When I'm reading Happy Pig Day I'm, like, off the fuckin' walls. I'm Robin Williams over here.

Rachel: [laughs]

Griffin: Goodnight Moon, though, I dial it in. I found this great quote from the wiki article about Goodnight Moon from a children's book academic named Ellen Handler Spitz. She wrote a book called Inside Picture Books. She writes, like, exclusively pretty much about sort of, like, child psychology by way of, you know, child literature.

Um, and she wrote this, and I think this is so gorgeous.

"The psychological function of the surviving objects in Goodnight Moon is profound. They teach young children that life can be trusted, that life has stability, reliability, and durability."

Rachel: Oh, that's good.

Griffin: Maybe that's, like, another reason why this book brings me just as much comfort as I am sure it does for our children to hear it. Like, it is a book about the comfort of the things you know in your safest place. And how they were there when you go to sleep and they will be there when you wake up.

Rachel: Yeah.

Griffin: That's incredible.

Rachel: Yeah. Yeah, and I feel like we still do that a low Henry. Of kind of that, like, gratitude thing. Of just like, you know, like, what—what is in this space and that you're grateful for.

Griffin: Yeah. I mean, I—I—Henry's bedtime song for maybe a couple years now has been a song from Adventure Time called Everything Stays.

Rachel: [whispering] It's such a beautiful song.

Griffin: Which is incredible. I could do my own sort of segment just on that song, 'cause it's amazing..

Rachel: [crosstalk] Yeah. Every time I listen to it the thing that really strikes me is that he picked that song.

Griffin: He did. He found it on a YouTube Kids video that showed up—

Rachel: [simultaneously] It's such a perfect bedtime song.

Griffin: —and it's incredible. It's about "Let's go in the garden. You'll find something waiting, right there where you left it, lying upside down. When you finally find it, you'll see how it's faded. The underside is lighter when you turn it around."

Rachel: Yeah.

Griffin: So, like—"Everything stays right where you left it. Everything stays, but it still changes. Ever so slightly, daily and nightly, in little ways, everything stays."

Rachel: Ugh.

Griffin: It's so perfect, and I think that actually there is a lot in common with Goodnight Moon. This feeling of, like—this feeling of safety. This feeling of security, which is, as an adult, nonexistent.

Rachel: [laughs]

Griffin: As a child, like, fleeting and very easy to disrupt and break. And so I love any sort of bedtime ritual that reinforces that. And it just so happens I

have not thought about it until you mentioned that, that that is for both of our kids kind of the go-to thing.

Rachel: Yeah.

Griffin: And is, I'm sure, like, the go-to thing for all parents who are trying to, like, get their kids to calm down and go to sleep. This feeling of like, "You are—this is the safest place in the world for you right now." And Goodnight Moon does that better than anything else. I don't remember... I'm sure this book was read to me as a child. I'm sure of it. Right? I remember seeing it in our home. I have a fucking terrible memory of my childhood in general, but I really feel like it wasn't until I was a parent and used it myself that I, like, really fell in love with it.

Rachel: Yeah, I mean, I don't remember it either. But I think that's because, like, my memory of being read to starts with, like, chapter books, you know? It starts with the ongoing story that you continued every night.

Griffin: Yeah. But I—yeah, man. It's probably my favorite book to read to our kids. Uh, because I—it is a rare thing where I feel like I am getting as much sort of comfort out of it as they are hearing it, and that is an incredibly special sort of symbiotic thing that happens sometimes when you are parenting.

Rachel: I would love to know, for those of you that are in the Wonderful Facebook group, if there are other really good bedtime books.

Griffin: Oh, for sure! The—like—

Rachel: I mean, I'm sure there are, but I would love to hear more of them.

Griffin: Yeah. [laughs]

Rachel: Because bedtime with Gus in particular is more challenging. He just has a lot more energy and, like, any way we can get this child to switch gears? Welcome advice.

Griffin: Um, hey, we got some submissions from our friends from home, I remembered and have them ready to go. Our first one here is from Nathaniel, who says:

"My small wonder this week is Manhattanhenge, which is a brief period when the setting sun aligns exactly with Manhattan's buildings. City blocks, include traffic, will sometimes stop to admire. It only lasts a few days a year and it's gorgeous."

Have you heard of this before?

Rachel: No.

Griffin: It's like, you know, a specific window out of the year where when the sun sets, it sets perfectly down the main—I'm not familiar enough with Manhattan's sort of geography. But you know how there's those long streets where it's just—you can see, you know, way, way down the distance and just these huge buildings surround you on the left and the right where the sun will shine directly down it. And I've seen pictures of it before. I've never seen it in person, 'cause I don't know when the fuck it happens?

Rachel: Yeah.

Griffin: Um, but it is, uh, very, very cool. Um, Bo says:

"My small wonder is easy watching TV. Nowadays a lot of YouTube and podcasts qualify as such, but just having something to play in the background of a craft or chore that you can follow along and enjoy while half your brain is occupied."

Rachel: Yeah, of course.

Griffin: A lot of the TV we watch I would say falls into this category.

Rachel: Yeah. I mean, particularly shows, uh, that do a lot of recap.
[laughs]

Griffin: Yeah, man.

Rachel: Or they follow a particular pattern. You know what was funny is my friend Alex was in a hotel recently. She's traveling for work. And I was like, "What do you watch? Do you watch Friends? Do you watch The Office?" And she was like, "Uh, Diners, Drive-Ins, and Dives."

Griffin: Yes, baby! Yes, Alex!

Rachel: And I was like, "Yes. Yes, of course you do."

Griffin: Of course, Alex. That's—yeah.

Rachel: [laughs] That's the other one. [laughs]

Griffin: I will never forget. We went to—shit. What was—I did forget. What's the town in Texas that everybody goes to and it has the Magic Mountain and there's, like, wineries there?

Rachel: Oh! Um... so, it's, uh, not Fredericksburg? Or—

Griffin: Fredericksburg!

Rachel: Is it Fredericksburg?

Griffin: It is Fredericksburg.

Rachel: Okay.

Griffin: We went there once. We rented a house. This was before we had kids.

Rachel: Yeah. Not a lot to do in Fredericksburg.

Griffin: We walked up the Magic Mountain, which was a very quick hike. And then we, like, went out to a really great dinner. Really, really, really nice

restaurant. And we walked down the street and, like, bought some fudge or something like that, and we went back to our room. And it was, like, 5: 30.

Rachel: [laughs]

Griffin: And so we just fuckin' chilled in bed and ate fudge and watched Diners, Drive-Ins, and Dives and Guy's Grocery Games and it was, like, a pretty chill time. Boy howdy, a very Guy Fieri heavy episode this week.

Rachel: [laughs]

Griffin: This week is all about parenting and Guy Fieri.

Rachel: [laughs] Uh-huh.

Griffin: Um, thank you so much for listening. Thank you to Bo En and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description. Um, and...

Rachel: Griffin's gonna be, uh, in your real-life face a number of times these next few weeks.

Griffin: Yes! Coming up here in a couple weeks, middle of June, please go to mcelroy.family to find the specific dates and schedule and stuff, but me and Travis are going to be at Awesome Con here in DC.

Rachel: I'm excited to hear about this con. I don't know anything about it.

Griffin: It looks very—I mean, it looks awesome. It looks very cool.

Rachel: You know if anybody is gonna be there?

Griffin: Uh, it's huge. It's a pretty big con.

Rachel: Big deal?

Griffin: There's a lot of people that are gonna be there. Um, so yeah, that'll be great. Then we have some live shows coming up in Raleigh and Richmond, and then next month—well, wait. When do you hear this? No, it's still May. In July we're gonna be doing MBMBaM and TAZ I think during San Diego Comic Con, which'll be rad also.

Rachel: Yeah, and if we can get our childcare situation figured out, maybe we can do a Wonderful.

Griffin: Oh, that would be great.

Rachel: At some point on that tour.

Griffin: That would be so fun.

Rachel: We will let you know.

Griffin: We'll let you know. Um, that's it. Thank you all so much for listening. Tomorrow I guess is June starts, we'll have new merch over at mcelroymerch.com for you to check out. So go watch that. Go to The McElroy Family YouTube channel and subscribe. We're live streaming there like a few times a week and it's really fun.

Rachel: And a lot of times that Griffin and his brothers will play video games and it's—it's soothing to watch.

Griffin: We do a fun—to watch. Not to play.

Rachel: [laughs] No, not to play.

Griffin: Every way we play video games is wrong... and bad. We do a Super Mario World play through now where we split the controller up, and I jump and Justin hits the tongue and cape button, and Travis moves left to right. It's fucking rough stuff, but it's a hoot.

Rachel: It is so—it's so funny to watch y'all and your, like, shorthand with each other. In your years of video game experience as a unit.

Griffin: Yeah. And after every stream of that, we do call each other, and we do unpack the feelings we gave each other.

Rachel: [laughs]

Griffin: The very bad feelings that came up. [laughs quietly] During that play through. Anyway, that's it. See you next week! Bye!

Rachel: Thanks, everyone! Bye!

[theme music plays]

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