

THE RESILIENT KID PODCAST

Season 2 – Episode 3

The Family Pot – Real-Life Family Example

[00:00:00] **Ashley:** Hello and welcome to the Resilient Kid podcast with me, Ashley Costello, psychotherapist of the Resilient Kid author, podcaster, you name it, you know, if you follow me for a while, you know exactly who I am and what I'm doing here. So today, very excitingly, I have got the first of our season two real life examples, and this is a parent and I'm going to more and more invite parents on.

So some of the stuff that I talk about. I'm going to invite parents on who have put this into practice, you know, for good or for bad, but to give it a go and see how it's impacted their family and yeah, if it's worked for them. So today we're talking about. The family pot and I'm going to introduce our guest first and we'll do a little recap of the family pot.

But in the last episode we talked all about it. And so I thought it's really cool because this parent reached out to me and said, I've been using it, I've been using it with my boys. And so I thought, Let's get her on. Let's get her on the podcast. So without further ado, Amy, welcome, welcome to the Resilient Kid podcast.

I have

[00:01:13] **Amy:** Thank you, Ashley. Hey.

[00:01:15] **Ashley:** You're welcome here. I've known you quite a while. Kind of, you have read the book. You have we've had chats about your boys and, and what I love about you, Amy, is because quite often I will Either do sessions with parents or have just a brief conversation with people and then you'll never kind of know and Amy's amazing Dropping me little messages and going guess what?

I tried this with boys and it's really worked off. Guess what? I tried this You're not gonna believe what they and I love it because I get as excited as you do when they're making progress So welcome Amy

[00:01:53] **Amy:** Thank you, Ashley. Thanks for having me on. Thank you.

[00:01:56] **Ashley:** You're welcome. So tell us a little bit about your family set up.

[00:02:01] **Amy:** Yeah. So just going back a little bit, yeah. You and I met maybe a couple of years ago now. Really in the fact that I don't find parenting natural. I, I don't find it easy at all. I don't think anybody finds it easy, but I always like to have resources and people around me that can guide me and point me in the right direction.

So, my setup at the moment is I'm married I have two boys, one's 15, one's 12. So, they're both at high school. So, we've just been through that whole transition from primary to high school. So, luckily year 7 went okay, which is great. But... It's very, very different to my childhood and I think that's probably where I struggle.

So I was brought up by a single parent, my mum. And my dad tragically died when I was three and he was 31. So my mum brought us up and I lived in a family of girls. So it was me, my sister and my mum. So, now I find myself with two boys and a husband, and it's very, very different. It's very different times now.

I never had a mobile phone till I was about 20. All things like that, really. So, it's, parenting's different, but also boys, girls, and also finding out the role of a dad, because I didn't have that growing up. So, when I was married and my husband became a father, I started to have to learn at the age of 27, 28, what a dad did.

And that it was okay to delegate, and it was okay that that was a daddy thing to do. And I'm still learning day to day that, yeah, that's a daddy thing. They can go, go off to the gym or whatever. I don't have to be there all the time. So, where where I met you actually was, we had a family meeting. And a lot of it was We had a family meeting with yourself.

Really down to lockdown. So during lockdown my eldest son was year seven at high school and he only had a few months there and it was lockdown. Year eight, again, same thing, lockdown. Year nine was his first full year at high school. So he's missed out on two years of, and I don't mean academic wise because there I think, you know, he's caught up and everything's fine.

Social wise, mental health wise, friendship wise. So actually it's only now, in year 11, it's going to be going into year 11 in September. He's nearly 16 and it's only

now that he's socialising, where I would have liked to have seen that a lot earlier. So, I came to you really asking for, you know, what do we do?

At this age I was going out. But obviously it's different times now, mobile phones, online gaming, but also lockdown. And I think you were there to support us as a family, to make sure that we knew it was okay. Thank you very much. It's all right. We're not breaking them. But also just to give us a few tips and tricks to use, which we totally have and we've totally you know, had fantastic results from.

[00:05:02] **Ashley:** I think there's a few things there. I think the first thing you said is like parenting doesn't come natural to me. And I think we have this perception, particularly as mums, as women, that it's... Oh, once the baby arrives, you'll feel it all, you'll know what to do and all that. And actually, that's not true.

And it is hard, hard work at times, you know, it's really hard work and, and I had a conversation with a parent yesterday where she'd got to that stage and that she was seeing loads of improvement, that she was really, really pleased with how well she'd done. And then she went on holiday and it all went to pot.

And I said to her, why is that? And she went, because I thought I could relax. I thought I could have, I was on holiday as a parent and I realized. You don't really have a holiday. You can have a nice time but it doesn't mean to say that you can suddenly take two weeks off parenting because like you just can't, can you?

So I think what you're saying there, it often doesn't come natural and I think that is so true and I think You know, the other thing is that it's hard and, and that's really something, you know, that we need to acknowledge more and just be more aware of and, and make it normal. You know, this is a hard job.

This is a hard, it's that, you know, I say for me, you know, I've been doing this over 25 years. I've seen thousands upon thousands of kids over the years and the hardest job I ever have to do, you know, and despite. court cases and things that I've had to support kids and parents with and, you know, really horrific, some horrific stuff.

The hardest bit is my kids and my job doing my kids, you know, because they push your buttons and, and yeah, so it is definitely, I'm really glad that you mentioned that. And I think the other thing as well is that, you know, there's some Single moms out there, there's a lot of, or single parents that are doing an amazing, amazing job and, you know, absolutely hats off to them.

But actually we, we don't recognize that actually when those kids grow up and, and have a former partnership, suddenly they haven't always got that. Other side. Yeah. What do you do? What's my role? How do we co parent? You know, because you've had the model of mom through obviously tragic circumstances and she's obviously like it's been, you know, she's done a fantastic job, but actually you've not had that.

Oh, how do I, how do I split this responsibility because mum had it all for you girls?

[00:07:33] **Amy:** Yeah, and it is a very, very empowering role model to have a single parent, whether it's a dad or a mum, in my case mum very, very empowering to see her doing everything, you know, mowing the lawns to baking a cake, it literally was, everything in the house was, was her role.

But like you say when I was that age we didn't have any counselling. There wasn't anything set up in place for us to cope with that. So, skip forward, I meet my husband, we get engaged, we get married. And, you know, I've never lived with a man before. It's things like that, you know, because I grew up in a house of girls, everything was girls.

And I had my grandad, he was a great, and now I'm surrounded by boys. So you can tell that, you know, I'm definitely a fish out of water. And that's definitely why I read all of your books and all of your emails that come through because yeah, anything that you can tell me and it's, it's also interesting.

So everything about me up until children was career. So it was about the career and about the money and getting a good job traveled the world with my husband. So. That was great, but when it came down to children, this was a brand new concept. Brand new, I'd never held a baby. And actually, quite interestingly, the only book me and my husband read about babies was the NHS books that they give you at the hospital, and it's a purple book.

And it's literally step one, do this, step two, do that, because it is the most easiest and straightforward book. I've just been reading some of your Amazon reviews of your book Parents Guide to Raising a Resilient Kid. And somebody on there has actually put the same thing. It's overwhelming. I don't have time to sit at night and sift through ten Annabelle Carmel books to look at what I should be feeding my baby, whereas the NHS book is literally, you know, you need to do this.

And, and that's exactly what some people need, is just simple, straightforward but, but fact, you know, very, you know, factual, obviously we don't want any misnomers in there. But I've just found it so overwhelming with all the books and all the information and there's so much going on you don't have the time to do that.

So that's why I kind of, you know, a newsletter a week from you is like, right, yes, that's what I'll do. It's bite size, it's manageable, it's understandable, it's relatable.

[00:09:55] **Ashley:** Cool. And that's, you know, and that's kind of my view in writing the book was more to, I was getting, you know, there is only one of me.

I do have somebody who helps me with the therapy side, but actually to be able to reach parents who might not be able to afford, you know, one on one therapy for their kids or a one on one meeting with their family. And I must just say that the wellbeing. kind of, we call it a well being check in family meeting that you had with all your boys.

And it was really funny because that's the first time that the kids have been on camera as well with me. And we had I've sometimes, I've often done it with parents. I've sometimes done it with kids in the room, but it was, I think it was in the second lockdown and we were all on Zoom, weren't we? And your boys were there.

And at first they were kind of like, what we're doing here. You know, mom's making me do this. I'm not really sure what I'm here. And I kind of was like, right, guys, I need to speak to you. And I think, you know, I'd introduced myself to you and your hubby and, and then talk to the boys. And I think they were a bit like, Oh, we get a say in this.

And it was just so lovely because, you know, they weren't initially, they weren't like interacting that much, but then when they realized this, they had a say and, and actually they wanted some change as well. It was, they were so cool. And they've really, you know, and that's what I love. about your little updates is I get to see how the boys are progressing, you know, your eldest, as you say, is in, is coming up to year 11.

That's amazing. You know, so I feel like I've watched them grow, but also you guys as a family as well. And I think that's my biggest thing about. Writing the book. It wasn't, it wasn't really ever on my list. It wasn't something I felt, oh yeah,

really want to write a book. It was more of a, I felt compelled to have to, to just give very easy practical sound advice based on, obviously based on my experience and, and science and things like that.

But just to wade through some of the rubbish that's out there to go, do you know what, if this is what's happening, try this. It's, you know, and, and just make you very dealt with. So yeah.

[00:12:10] **Amy:** And it really is. It's so relatable, but I've put in my review and I'll tell, you know, I'll tell you in the podcast, it's just, it's funny, it's engaging, it's an easy read and don't buy that.

Please don't, you know, take that as easy content. It isn't easy content. It's, it, it flows really, really well. And it's just the amount of, right amount of information that you need. And I've got it here, I use it as my bible, so at any point I can just flick to the back, the index and go, right, I need to know about exercise so that's, I'll read that chapter.

So, it is that I think the other thing I was going to say was yeah, funny story about my eldest. He wouldn't go to the shop by himself, and I'm sure this is lockdown. We used to watch the news together, and again, Was that a good thing? Was that a bad thing? With the government telling you, you must not go outside, you know, and children like rules, they like boundaries, this is something else that you've spoken of, and they're not going to go outside.

So when I took them to the park, when we could, They were petrified. You could see it in their eyes. They were petrified. They did not want to go. They were like limpets on me. They did not want to go off. And I said, okay, we'll walk around and we'll go home. None of us felt comfortable. So when he did finally go to the shop, and it was out of his own need, by the way, that he needed something.

And I said, no, I'm not going for you because it was a chocolate bar or something like that. And he went and I messaged you straight away and said, he's done it. He's done it. He's gone. And because it is a massive, massive thing. You know, you could tell, I could tell anybody now, you know, in the street. My son's just been to the shop and bought a chocolate bar.

In itself, it doesn't sound anything. But in our family, it's massive. So if I'm cooking a big dinner and I've forgotten something. Oh, we've got no gravy. Can,

oh, can you just nip? You're 14, nearly 15. The shop's literally next door to us. No, no, I won't go. So, actually, it's a bit of an inconvenience, but also, again, relating back to my childhood at 14, 15, I was doing a meal for the whole family and the cleaning and the washing.

So, again, it's I guess we move on nicely to the family pot. And what we put in and what we can take out. And I had a chat with you about the family pot and then I also re-listened to the podcast of the family pot. And I've relayed it to my boys.

[00:14:33] **Ashley:** So let's just, that's a perfect segue. Honestly, just true transparency.

Amy is not on commission. She is not being paid to promote my book. She is just a parent that we have been accepted. So but on that note, perfect segue into the family pot. So the last episode was all about the family pot and how it's really great for kids, but as a family, to understand what it takes really to, you know, to keep a family going.

And the way I look at it is, you can either put in the pot financially, You can put in the pot emotionally or you can put in the pot practically. So for instance, financially, it might be you know, you and your hubby putting in wages, which contribute to the house and the heating and holidays and all that kind of thing.

It can also be around practical things like going to the shop or you know, Putting in some washing or making a dinner like you said, Amy, you did, you know, as a kid for your, your family, but also as well, emotionally, it can be putting in the pot. So that might be anything from, oh, you know, mom's not, well, let me.

Look after her. It can be stuff like a text. How are you, mom? How are you guys? You know, things like that. It can be, you know, I've been on very lengthy calls sometimes or on conferences and I've had like a little cup of tea sneaking. You know, it's things like that that just contribute emotionally. And I always say don't underestimate how kids financially can contribute to the pot.

And I'm not saying let's send them out to the coal mines. I'm saying, I know that if I'm working, I can earn more money than they can if they were doing a paper round or a Saturday job. So there's actually times when my, like my eldest, who is just a year above your eldest, I think, Amy She's on a longer summer.

So, so today she cleaned, like the room that I'm in, she cleaned it all up, tidied all my papers, things like that, while I was out doing something, which means that I'm then not having to do that, and I can work longer, or I can spend time, because I've got more energy. and more capacity to spend time with the family.

So that is contributing on an emotional level, a practical level, and actually a financial level. So it's really cool when kids see how they can contribute, but equally, I think it's really important that they see how much they take out of the pot, which I think is often... Surprising for them. So you tell me a little bit about how you sold this to your boys, because there is a little bit of selling to them, because, you know, they might, they might not do anything at the moment and still are taking a lot out of the pot.

So what is it? How did you sell it to your, to your boys?

[00:17:33] **Amy:** Yeah, it's it's exactly as you've said, it's about putting in if you want to take out. So if you want to go to the cinema with your friends I had this the other week, one wanted to go off on a very expensive day out, first day out, and he chooses the most expensive day ever, you know, he couldn't have just started with, you know, a trip to Norfolk.

So, yeah, so it was okay, you want that, and, and, you know, I'll transfer you the money, but... I expect you to Hoover and I would like you to put your washing on and I would like you to help me with the evening meal, to put that back. So you're putting back what you're taking out. Previous to that, I would honestly say they were all take, take, take.

And that isn't a good position to be in, either time wise, or me running around ragged on a Sunday, getting stressed, literally hoovering under their feet while they watch the F1, you know, and you start to think to yourself, hang on a minute, we can pause the F1, we can take a break, it's only me that's running round.

So now it's about something that you advised me, which is brilliant, is, please can I meet my friends? It's never granted. It's never a given that I have the money to give him to meet his friends. Please, can I meet my friends? I would really like to meet my friends. And then there's a little bit of a putback.

So, I would like 20. Okay, in which case, you earn, you earn your way around the house. But one of the interesting things that has really, really resonated with me

through having known you, Ashley, is that helps us now. And that helps me in the house, and yes, as you've said, it frees us up. But think about in a couple of years time when he goes to uni, you know, what about his housemates?

He'll have to do his own washing, and he'll have to do the hoovering. And if someone's on an all nighter trying to get an assignment in, maybe he's the one that goes to the shop and gets sandwiches and coffees to try and, you know, keep everyone going through an all nighter. So actually... Everything I do is, A, it does benefit us now, but I'm not, you know, living in some kind of, you know, prison where they're never going to leave.

It's actually just setting them up for their own relationships in the future. That, that's what you do. Yeah, you know, if you want a lift at night to the pub or whatever, you know, there's got to be something. In, in, in return, in this pot it, the pot cannot just sit there empty, because, you know, that it just isn't a healthy way to be, so, yeah, two things, one, it freezes up now, but also, We're only training them for the future Yeah,

[00:20:10] **Ashley:** well, I like to call and there's lots of things that you can do for this But I like to call it future proofing our kids because I don't know about you.

Yeah, I met my hobby when we were quite young and we when we first Well, actually I was going to say when we first moved in, but I remember before that kind of being, you know, late teens, his mom and dad were going away and they were like, do you want to come and stay over and look after the boys? Because there was three boys.

And I was like, what? What the what now? And I'd grown up in a house where my dad did the ironing. You know, he would do washing and ironing, my mum would do the cleaning. We'd all chip in on a Sunday and do various different things. And she said, yeah, yeah, because I used to have my own room at their house.

And she said, yeah, why don't you come and stay over? And would you do the washing for the boys? And my boyfriend, my husband, which is now was the middle one. So the older guy didn't even know how to use the washing machine. And then when we moved in together, kind of in our 20s, he didn't realize that the toilet had to be cleaned.

He thought that flush did it, you know, and you know, when you're like, like, how is that, you know, how does that happen? And I like he was brought up with a sister. So we didn't really have boys. Everybody just chipped in. And to be fair when he would come around to my house and if it was a Sunday, he would have to chip in and, and clean the front door, you know, wipe over the front door or something like that.

It's a bit random. So yeah, I think the future proofing is really good. I think the family pot, the way I always think about it, and it was one of the things that I'd come up with. For the main carers, the mums, the, the, you know, the main caregiver in the household because there's usually always one that, you know, there's one that usually works quite a lot.

And there's, and if, you know, you're either that single mum or that single carer, or you're in a partnership where one is going out to work or one is maybe working longer hours than the other. And when you're, you know, not got kids. You kind of often do it where whoever gets in earliest makes dinner, you know, but when you've got kids somebody's got to be home to supervise, to make that dinner, to do all that.

And actually the family pot kind of for me came out of a need to relieve mums and, and those main caregivers from some of that time constraint. And some of that, at the end of the day, having nothing left to give, you know, because I've had parents where they. It's kind of sit down at seven o'clock and they're either asleep, or they've just got nothing left to give the kids.

And it's like, okay, why have you not, okay, let's have a look at that. And actually the family pot really helps free up some time. You know, I think for me as a, as a mom, it definitely does. But he also that what I call capacity or resource to be able to give the kids something as well, because you don't want to be the only one running around like a headless chicken and then the kids go, Oh, can we watch a movie?

And you fall asleep or can we play, you know, a game? No, I haven't got it in me, you know? So it, it. That's a nice side effect, but also the other side of that is that not only are we future proofing the kids and, and teaching them skills and things like that, but it's that not taking for granted. Suddenly they have an insight in what it takes to make dinner, what it takes to, you know, strip the bets, what it takes to,

you know, where the money's coming or where the money's not. because they've got more of a realistic view of it instead of just, you know, the mum and dad.

[00:24:07] **Amy:** It is. It's so and just recently you know, obviously the cosy lives, everything's going up, isn't it? You know, the food's going up. And when I take mine around the supermarket, I know it's you know, a very cliché thing, you know, let them add it up as they go around.

But actually they've noticed. How much we're spending and how much, oh, they really wanted that chocolate bar, but actually that's gone up. And if we go to that shop, it's cheaper in there. So actually it's again, future proofing, but also giving them that, you know, that choice to say, I didn't realize it was that expensive.

Why don't I just hold off that? And I'll go somewhere else later where I know it's cheaper. Because obviously, you know, yourself, you go to different shops and even, you know, washing powders, just, You know, anything from 2 right up to 20, depending on where you shop. So they're becoming quite savvy in that.

But it's, it's like going back to my example of if I'm making a Sunday dinner, and we have run out of gravy. It's not just the fact that I have to go to the shop and get it. I have to stop what I'm doing, turn everything off, get my shoes on, perhaps even get changed, maybe at this point. I'm in, you know, yoga pants and a t shirt.

So I have to, you know, put a coat on. The dog will want to come with me. And then walk to the shop, then tell... It's just amazing how much that little gesture of them going actually really does take all of that off you and isn't just getting the gravy. It's freeing you up, like you said, to do other things.

And it isn't just the hovering, it's while they're hovering I'll be doing something else. So it is just, you know... Yeah, do you know

[00:25:41] **Ashley:** what? For me as well, it's really lovely to hear you say that because it shows that there's that two way gratitude, you know It's not just them Appreciating the stuff that you do on a on a regular basis and they're helping out today But actually you appreciating that that will probably take even though the shop's next door probably take you a good 20 minutes and that's if you don't get caught talking to someone like, you know, if I do and and And so everything stops and they're not, you know, they're not contributing.

And actually, I think the other thing for that as well is that I think when we are the ones who does the most in the house, and I don't just mean that, you know, the. Housework, the practical stuff, but actually they're sorting out the organizing. So one of the things that I have started to get my elders to do is emails.

I don't mean my work emails, but for instance, you know, they've ordered something. It needs returning. Okay. Have a look how you return that and print off. The return slip and get that parceled up and can you take it to the post office? And they think that's cool. You know, they're quite happy to do that.

Whereas for me, that's a chart is on my list. I've got it on my head for two days until it's done, you know, things like that, or the parcels hanging around until I can get out and do it. And it's just things like that, that they start to have that appreciation. But also I have that appreciation that, Oh my God, they've just done it.

It's amazing. You know? So I think that's a bit, there's that two way. Gratitude, as it were.

[00:27:15] **Amy:** And it is, it's such a simple thing. And, you know, you think, why didn't I do this years ago? And I did, but it's only now that they're 12 and 15 that they really do get it. So although I've always said, look at the cost of that, look at the cost of that.

They've not really got it. And I think because everything has shot up. And we'll go into a shop and I'll say right my budget is x so I'll tell you a good thing Is the scanning shop so they're in charge of the scanner because they like doing that because it's a gun of course and they like doing the packing so they'll go around and my oldest will actually say We need to stop now.

We're at, you know, we're at the budget and I'll say, okay well, let's put that back and let's just get that because we definitely need that. But that, you know whatever, cat food can wait because I've got some cat food in or something. So actually they're, they're really helping me, but also they're learning as well that, yeah, it just doesn't come for free.

Nothing just, you know, nothing just comes for free, even like hoovering and they've asked for some friends over at the weekend. So we've said, you know, okay, that's absolutely fine. Thank you for asking. But on Friday, I would like you

to help me, you know, clean the front room, clean the bathrooms, make sure everything's nice.

And of course, the typical boy answer, well, that's a bit bad for me to say typical boy answer, but their boy answer is, well, it's not the queen or the king or whatever. They're not visiting. Yeah, but they're coming to my house. I have to, you know, I have to have it at some form of cleanliness or else, you know, people are just going to not come again.

[00:28:49] **Ashley:** So it's so important, amy, what you're saying there, because, you know, it isn't a, you can't have them over. It's a, you know, Can, can I have my friends over? And of course we want to encourage that, don't we? And I always say like my house is one of the house that they all kind of mingle at and they, they congregate at and I like that, you know, and sometimes it's not always convenient.

Of course, sometimes you think, Oh my God, I've already got two teens. Why do I want to add another four to this? You know, when you've had like a hard day at work, whatever, but actually, you know, where they are, they feel trusted. They. You know, their friends then trust you. You get to know more about what's happening with your kids.

I think if, if their friends, if their friends are happy to come round and stuff and also get involved, you know, my eldest had a friend over yesterday afternoon. I said, you want to stay for your tea. You know, she was sat around the table chit chatting about her holiday and it was so lovely because it was a country we hadn't been to, we found out stuff, it's somewhere we would like to go, you know, but she was really excited to tell us and it was just, you know, I think inviting them over and having that is lovely but actually you have a certain standard because it is your home, you know, you maybe wouldn't have cleaned the bathrooms till say Sunday or next week or whatever and actually, hold on, this, if you want this.

Yeah, absolutely. But we need your help. I'm a big one. If you want a sleepover, absolutely. But you tidy your room, you change, you change the beds. You know, and I'll put the washing in and do all that and it isn't, I'll never say no, you can't, or not if you don't help me, it's not, and I think a lot of parents go, Oh, but is it bribery?

No, it's not. It's a, it's a negotiation. It's a two way thing. And I think I've used this sentence with you before. When you've done that, then you can do that. Because

actually what that's saying to, to the kids, what they hear is they hear, I want this. So then, that bit of the sentence, actually, I get this done as fast as I can because then I can have what I want.

Because actually, our brain is set up to hear the last thing. So they'll do the first thing as fast as they can because they want that last thing, that's the lasting impression. Whereas actually, if we say, you're not doing that until this is done, that's completely opposite and our brain doesn't take that well.

So it's sometimes it's about how we do it, but I think the family pot and having that negotiation, but also... Seeing how they take out over the week. So I'm a big one for on a Sunday sometimes if we're, you know, if we're sat around the table having dinner or, or lunch or something like that. I'll say, right, what have we got on this week?

You know, so my youngest has been at summer school this week. He's needed a lift to Warrington and back. And you know, that's quite, it's 10 hours over the week. You know, it's twice a day, 10 hours over the week. That's a fair whack. Apart from what it's cost us for him to go to summer school. You know, this isn't me trying to work.

He could stay at home because he's, he's old enough. And dad works from home most of the time. This is something he's chose to do. And actually... He has been really appreciative of that this week. And every night he's come home and gone, What do you need me to do? Is there anything you need me to do? I'm not saying he hasn't come in and sat on his PlayStation.

Of course he has. You know, but when I walk in, he'll go, What do you need me to do? And, and that is such a turnaround, you know, from the usual of, can you do this? Oh, do I have to? You know, so I think sometimes it's just the way that we talk about it.

[00:32:33] **Amy:** It is, and it's been interesting seeing the reaction on my boys faces. So mum, can I have, or mum, can I do? And without me having to say anything, they automatically go, better go and clean my room. Better go and put the washing on. And they know what's coming. They know what's coming. They're like, they're so clever. They pick up on it. Yes, if I want that. I need to do that because mum can't take me to town and also mum can't do my washing and do the other things that we wanted to do as well.

Yeah. So yeah, it is, it's, it's really lovely to sit back and watch and Ashley, I always message you. In my head I'm like, better tell Ashley, better tell Ashley. I better message her and tell her. You're probably bored of hearing them.

[00:33:15] **Ashley:** Oh, never, never. Because often I do, you know, I might get the odd message. Yeah. But often the work is, is kind of done and it's not until they come against like a crisis or something that they get back in touch and they go, Oh, you know, that thing that was really good, but now the other one started or something else has happened. So I don't often get that. And it's so lovely. And it's part of me doing the podcast as well is, is to open that up for others.

That, you know, they can comment under it or they can ask me questions or they can go, actually, I'm really stuck with this and I'll answer it on a podcast, you know, so it's kind of cool. It's like a way of getting free free advice out there for them. So as we just finish up, Amy, I wanted to ask you, how has this gone over with the big guy in your life?

How has this gone over with the hubby? Because I know when I started to implement this. I was very you know, I discussed it with the hubby first, we'd sat and talked about expectations, the two of us, and then we talked about, you know, round the table with the kids. So, but at first it was a little bit like, so I know my hubby quite often, he will get up and I, I, you know, I'll do those, I usually get up earlier, do loads of things, and then I'll start doing some work and I can hear him, emptying the dishwasher and now he doesn't do that as much because obviously the kids do it. You know, whereas he would just like plod and get it done. So it was not easy for mine. He thought it was a fab idea but also I think he kind of realized that a he probably doesn't take out of the pot as much as say other or us, the rest of us in the family, but actually, and that started for him to do other things.

So he, he now goes to the driving range, which is him getting some head space and things like that, which has been really good for him, but also as well, I think he financially contributes. So that's kind of his tick, whereas actually it isn't now, if that makes sense. So how did it go with your. with your other half?

[00:35:34] **Amy:** I think it's a quite a loaded and in depth question of which I've got many answers for but keeping it brief. I think we've gone from the youngest being in year six to going to year seven. In year six it was more reprimand, it was more you've done something naughty, you're having your phone taken off you and your internet taken off you.

Whereas nowadays I think the latest advice you gave me was let them choose their own consequences. So actually our parenting style has completely changed. So instead of saying you've done something that's annoyed me, or you've done something that's quite frankly, you know, rude or sworn or whatever, instead of going up to his room and confiscating his phone and his whatever else, we now say, you know, you've done wrong.

What's your consequence? So actually that's been a big change. So the parenting style and also when my boys, one's dusting round, one's hoovering, my husband then feels a little bit obliged to get stuck in. What, what can I do? What can I do? I'm like, yeah, this is, this is great. I can really go and, you know, sit down and catch up on my TV now or go for a walk or take the dog out or something.

So I think it's been a drastic change but One that has been well needed, particularly as my boys change. They're young men they're not babies anymore, and even though I sometimes treat them like that, they're not. They're young people, they can go out in the community, they've got money in the bank, they've got bank accounts.

You know, these, these are the... Children of the future, you know, and it sounds real cliché, but you know, it is. And I have to treat them that way. I have to treat them that they know what they're doing and that they are independent adults. They're only young adults, but they are still very, very clever and very switched on.

So yeah, I think the, yeah, in a nutshell, I think it's changed, but in a good way.

[00:37:24] **Ashley:** That's lovely to hear. And I think also what I really love about the family pot thing, but, and, and you putting it into practice, the way it's worked for your boys, is that actually it sounds like there's. Respect there like a mutual respect, you know, these are young men.

Yes We do want to treat them like kids at times and babies And there are times that we have to step in and just make those decisions, you know and say no actually you can't do that and and stuff but but actually the fact that you're treating them like young adults means that they You know, I'm a big believer that children either raise themselves to your expectations or lower themselves to your expectations.

Because you've suddenly, almost like thrown down the gauntlet, this is what we're going to do. We're going to do this family pot. If you want some out, you've got to

put some in. It feels like... You've treated them with respect, but also you, you know, they can do it. You've got the confidence in them and they're kind of raised themselves up for that.

And I love that because it's a real mutual, you know, respect. They, they probably respect you more because they know how. How do you have worked and do work? And also you know, they're willing to, to help out. And I just love it. It just sounds, it sounds like it's worked really well for you guys. Is there anything that you think like hasn't worked so well, or maybe even you've kind of tweaked it as you've gone?

[00:38:50] **Amy:** I think I'm constantly tweaking things constantly, just daily using something as a principle, but then using it to that particular child or that particular moment or that particular. What they've done. You know, how, how bad is it? How bad is the consequence? The family pot thing, again, if they want to go to the shop for a chocolate bar, I now keep a little pot of change by the front door so all you lose, change your pounds and things like that so that they can just go instead of taking my card all the time.

Yeah. I can't say anything's not changed or not worked. But again, I think it all just depends on the situation because another thing that you, you've very kindly, you know, imparted on me is, you know, once the youngest is in a meltdown and you can see he's in a meltdown, I'm not going to talk to him.

So again, I'm to walk away. He's to go and chill out. Maybe in half an hour's time, then do it. So it is just constantly learning about the child, the environment. Have they eaten? Are they tired? Are they too hot? Are they coming down with something? And it really is that even at 12 and 15, I'm still taking every day. As it comes thinking, I hope and pray I get through it. ,

[00:40:04] **Ashley:** and you'll, and you have, and I think the biggest thing, you know, massive, massive pat on the back and brownie points for you, Amy and the hubby obviously is that, is your thirst two always constantly want to do better for your boys? And, and actually you know, my biggest, my biggest mantra is, We only have to do this right 30% of the time.

Yes, we will lose our cool. And if we do, then make that repair, show them that model, that behavior. You know, yes, I've messed up on whatever, but actually, you know, we're not going to get, we're human beings. And I think we're wired for

hard things, which I think we forget sometimes, but actually the thirst that you have to constantly adapt for your boys and go.

Am I doing this right? And actually it feels now from when I met you like a couple years ago, and now you're such a confident parent and go, okay, I don't get it right all the time, but you know what? We'll try again tomorrow. And, and you've just come so far with your boys. And you can tell because, you know, when you used to talk about the boys.

And in a parenting situation, it would be like, Oh, I'm finding this really hard. I don't know what to do. Whereas now you glow about them because you're proud of how far they've come. But I just want to take this moment and say, Amy, you have done this. You have come this far. And you have, honestly, I'm really proud.

[00:41:32] **Amy:** Thank you. That comes, oh God, that means a lot. And obviously, every minute is different and every minute does not feel like that. Yet, there are more moments of feeling proud of them now. Then there was a couple of years ago when, you know, things were just, you know, I couldn't, I don't know, just change with them.

You think you've got it sorted and then all of a sudden they're out of nappies or they're walking and you think, Ah, I've just got that sorted and now they're on to another phase. You know, they can't just stay the same all the time.

[00:42:03] **Ashley:** No, and it does change, you know, when your eldest goes off to uni and things like that, it'll, your relationship will change again, but it's, but it is about being open and adapting and meeting them where they're at, which I think you have shown that in absolute bucket falls where, you know, you will, you will meet them where they're at.

Even if like you say, the youngest is having a meltdown, okay, let me let him calm down when he's ready, we'll get back to it and, you know, and. Yeah, you've just done that. Honestly, amazing. So as much as as much as you talk about your boys now with pride and how far they've come, you absolutely need to pat yourself on the back for the work that you've done to, you know, to create these wonderful young men.

And I can say that because I know them as well. So, you know, and I've seen them and they are wonderful young men and we'll make and we'll make lovely partners

as well because. You know, they're not going to be the likes of I didn't know you had to change the bed, or clean the toilet, or Hoover the floor.

[00:43:07] **Amy:** Yeah. Can you imagine that? Yeah. I don't want to be, you know, helicopter in them when he's, when the 30 and the parent in the, you know, with the. With the other half. Exactly. But honestly, same, same back to you, Ashley. I mean, your support and, you know, all your literature that you read is just music to my ears.

It really sits well. And you're just so easy to, you know, relatable, easy to get on with. You know, I know that I can turn to you in any situation. So again, huge thanks to you as well.

[00:43:37] **Ashley:** You're welcome. And thank you for joining us. Which is tonight for us, but wherever, you know, thank you for joining us tonight, listening Telling us your story, telling us about your boys and how far you've all come as a family and especially using the family pot.

I love to hear that kind of practical advice being used out there because it's no good me just telling my story or, or, you know, us, even clients telling client stories, but actually listening to a parent who's used it and stuff is. Is brilliant and and you've been you have been brilliant to listen to amy and i've you know learned things About you guys tonight that I didn't know and so that's really lovely.

So thank you very much I really appreciate you joining us

[00:44:22] **Amy:** really great to chat to you. Ashley. I loved it. Thank you so much again Thank you. Thanks for having me on

[00:44:27] **Ashley:** You're welcome. Anytime. And if you want to get their book, it is the Resilient, the Guide, the Parents Guide. I should have asked Amy to do this, but the Parents Guide to Raising a Resilient Kid.

You can get it on Amazon or you can order it at your local independent bookshop. Anywhere in the world as well, which is really cool. You can look at... That's our, the Resilient Academy, which is our parents course there that helps you just guide you through building resilience for your kids. And you can check out the socials, we're on Facebook, we're on Insta, The Resilient Kid, and obviously the podcast, come back and listen again.

So take care, lots of love from our families to yours, and we'll speak to you again soon.