

[00:00:01.390] - Lisa Qualls

Welcome to the Adoption Connection podcast, where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls,

[00:00:10.310] - Melissa Corkum

and this is Melissa Corkum. Don't worry, we get it, and we're here for you. We often have opportunities to be guests on other podcasts, and we've had some great conversations we would hate for you to miss.

[00:00:25.930] - Lisa Qualls

Them because we're taking the month of July off from recording new episodes. We thought it would be the perfect time to share some of those interviews with you right here on our podcast. This is one of our favorites. We hope you enjoy it.

[00:00:44.170] - Chris Turner

I'm Chris Turner, and this is the Empowered Parent Podcast. Greetings and welcome to another episode of The Empowered Parent podcast. Joining me, as always, are Ryan and Kayla North. Hi, guys.

[00:01:08.240] - Kayla North

Hey, Chris

[00:01:09.150] - Ryan North

Christopher.

[00:01:10.220] - Chris Turner

We have a guest with us this evening. Lisa Qualls, the author of the new book coming out next week as we're recording, The Connected Parent, which she co-wrote with the late Dr. Karyn Purvis. Hi, Lisa.

[00:01:24.530] - Lisa Qualls

Hi. Thanks for having me.

[00:01:26.630] - Kayla North

Hey, Lisa. We're so glad you're with us.

[00:01:29.370] - Lisa Qualls

I'm glad to be here. It's wonderful.

[00:01:31.970] - Chris Turner

So Lisa is the mom of twelve kids by both birth and adoption, and sometimes more through foster care. And she uses her training as a TBRI practitioner and as a certified Enneagram coach to mentor and coach, adoptive and foster moms in her membership community, The Hope Circle. And that's so they can renew their hope, gain courage, and become the moms they're meant to be. She's also a speaker and the co host of her own podcast, The Adoption Connection. Did we miss anything? You're busy in other words, that's what I get out of reading that, is Lisa's busy.

[00:02:10.120] - Lisa Qualls

I am busy. Yeah.

[00:02:12.330] - Kayla North

Okay, so tell us what's the age range of your kids right now? Because your kids are mostly older now.

[00:02:17.740] - Lisa Qualls

Yeah, I have a 20 year span, so my oldest daughter's 33 and my youngest son is 13.

[00:02:25.890] - Kayla North

Okay, so you still got teenagers in the house.

[00:02:28.800] - Lisa Qualls

Next year I'll have an 8th grader and a 9th grader at home. And then we had a daughter who just graduated from high school a couple of weeks ago.

[00:02:37.450] - Kayla North

Wow.

[00:02:38.220] - Lisa Qualls

Yeah. COVID graduation.

[00:02:42.350] - Kayla North

COVID graduations were a little different this year. Yes, it was a little strange.

[00:02:48.930] - Chris Turner

Speaking of covid graduations, the Texas Rangers just built a brand new stadium here in the Dallas Fort Worth area. Because the Major League Baseball season got delayed opening. They've got this nice shiny new facility and nothing to do with it. So they got the brilliant idea they would partner with local school districts to hold graduation ceremony there because it's really easy to social distance. Yes. And so a friend of mine, who Ryan knows, texted me a funny little photo from a few days ago that somebody had captioned. They don't know it yet, but the Rangers have built the grandest graduation ceremony venue in the country.

[00:03:29.730] - Kayla North

I bet

[00:03:31.710] - Ryan North

You kind of got to feel a little bit bad for the Rangers because they had a new ballpark built and I think three in an extra \$200 million for a retractable roof so that they could shut it. Because, I mean, baseball game, it's 110 down here in August. Right. Well, one of the things that Major League Baseball is requiring teams to play this year is that they cannot shut the stadium roof. So they dropped the next \$200 million or whatever for the feature that was supposed to make it super fancy, and they can't even use it.

[00:04:04.500] - Lisa Qualls

Yeah. This is a very strange time, for sure. Kind of a sad time to launch a book, too, I have to admit. A lot of things we hope would happen can't happen.

[00:04:15.030] - Ryan North

Lisa, I've got to be honest with you, and I don't like to do this, but that's why I'm sitting 6ft from Kayla, because she can't kick me out of the table.

[00:04:23.320] - Kayla North

I'm going to throw something at him, I guess.

[00:04:25.300] - Ryan North

No, because I was going to say because my perspective is not the perspective of the author. My perspective is the perspective of the consumer. Right. And also Kayla and I have created training and video based training and live training and stuff like that. What I think is even in the midst of everything bad that's happening and it's been really bad, people dying, millions of people losing their jobs, a lot of bad things have happened. But I think that a book like this probably is more needed today than it was July 7, 2019, because we're all more stressed. Things are way more difficult at home and providing a resource that is readable. It's not a clinical book. It's a book that Moms and Dads can consume and apply. And again, I don't have any of your anxiety because I didn't write the book.

[00:05:26.950] - Lisa Qualls

You don't care if there's a launch party? Is that what you're telling me, Ryan?

- [00:05:30.460] - Ryan North
No, what I'm saying is that it's a really needed resource for such a time as this. It's perfect.
- [00:05:37.800] - Lisa Qualls
I do think that's true, and I think it is very readable. It's not excessively long. There is story woven throughout. And I've been hearing from people that they're just devouring it and really loving it. So, of course, that makes me super happy.
- [00:05:54.370] - Kayla North
Yeah, it's a really easy read. And so I went to go pick up a to go order for dinner one night. I guess I stopped on the way, and I had to go inside the restaurant, and they were kind of slow, and I went inside and I just grabbed it because I had it with me, and I just went inside and I just read a chapter literally while I was sitting there waiting for a to go order. And I just have my pen, and I'm underlining things and stuff, and it was very readable because I know there's been some books that I loved, and I ended up loving that. It took me a little bit to get into them. Like, I knew I needed to read it, but it took me a little bit. But I didn't find out with this one. I wanted to hear more of your stories, and I wanted to hear more of just kind of the back and forth between you and Dr. Purvis and just kind of she would reference back to some of your stories, and you would tell stories of your kids, and I just loved hearing some of those. It was very readable.
- [00:06:56.830] - Lisa Qualls
Well, I'll tell you, the idea for the book really came to me because when we were struggling so much, I mean, we were in a hard place, struggling with bringing home three kids at once and then one more a year later. And I just remember literally kneeling in front of my bookcase and pulling. I have a lot of books, and I'd read them, and I remember pulling them off the shelf and thinking, where can I find help? Where can I find what I need right now? And I also remember thinking as I was reading, these people aren't living my life. They're asking me to do things I don't think I possibly can. I mean, they're wonderful. I'm so thankful for all the experts. We've all gained so much, but they're not living what we're living as parents. And I just thought, what if we could put this together and give parents a book that's filled with compassion and understanding for them, in addition to all the knowledge and skills? I wanted to give people very simple tools. Yeah. Very practical. And I wanted to be pretty honest in the book, too. You'll see, the further you get into it. But I wrote this book because it was what I needed.
- [00:08:20.230] - Kayla North
Yeah. Looking back, I mean, I remember one particularly challenging kiddo that we had, and she wasn't with us for very long, just a couple of weeks. And I just remember sitting on the couch, and she was kind of raging in the background and destroying things. And I am, like, pulling kind of the same when you said you're sitting, pulling stuff off the bookshelf, I was I was like, there's something here. I know I've learned something that I'm supposed to use in this moment. But I don't know what it is right now. And I didn't have quite the right thing that I could just go, okay, I can read this one little chapter and it's going to give me some tools. And it's going to help me in this moment because it's those moments where you're just like. I don't remember anything I've learned.
- [00:09:02.630] - Lisa Qualls
Right, because our prefrontal cortex is offline. We're totally disengaged, but we don't have the capacity to do a whole lot of complex thinking when we're under that kind of stress.
- [00:09:16.700] - Ryan North
Before we get into, look, we didn't warn you, but if you really want to grab a trailer. It is our absolute favorite subject to talk about.
- [00:09:28.350] - Kayla North
And I think our listeners, too, because it's one of our most downloaded when we talk about the brain, those are our most downloaded episodes.
- [00:09:36.250] - Chris Turner

Understanding that will parenting this way prepare my children for the real world?

[00:09:40.690] - Kayla North

Yes.

[00:09:42.410] - Ryan North

But what I wanted to talk about just a little bit here and Chris, I hope you don't mind me jumping into this question, and if you were about to ask it, I apologize. But what's really intriguing to me about this, we got to know Karyn a little bit, mostly near the end of her life with our involvement in Tapestry and with Empowered to Connect. And I remember the last time I spoke to her, I'm six foot five, I think she was maybe five foot, even in heels. I don't remember, people are a lot shorter than me, I can't really tell, but she's a lot shorter than me. And the last time we spoke, I hugged her and said goodbye, and she kissed me on the cheek and she said, you're precious, and then just put her hand on my face and walked out of the room. And so to me, that's one of the most like, that's a really endearing memory for me because I think at that time there was probably some sense that she wasn't going to win the battle that time. I won't get into details of that, but certainly I think there was a sense that she probably wasn't going to win anymore. I think the day that she discovered she wasn't going to be cancer is probably when she was standing in front of the Lord and it's like, oh, she was feisty to the end. But one of the things, and we talked about this briefly before we went live, I think one of the things that's really fascinating to me and beautiful about this book is that she's the fourth anniversary of her death was in August, in April, I'm sorry, of this year. And now this book is coming out next week for all of us, except for people like you who are involved in this project, because this project did start before her passing. And so we'd like for you to talk a little bit about the genesis of the project some, because I think it's very interesting, but in a lot of ways with this book coming out on Tuesday, it's kind of like you're bringing Karyn's voice from beyond the grave. And I don't mean that to sound weird because we really thought we weren't going to hear from her again, and now we have, with your help. Yeah.

[00:11:56.550] - Lisa Qualls

Yeah. It's kind of like discovering a letter.

[00:11:59.530] - Ryan North

That you didn't know, did know it was there, and then all of a sudden you're like, oh, my gosh, I haven't read these before.

[00:12:06.840] - Lisa Qualls

Yeah, it's really special. And you can imagine the incredible, both honor and responsibility I felt with this book. But would you like me to go back and tell you a little bit about how it came to be?

[00:12:20.820] - Chris Turner

Yes.

[00:12:22.030] - Lisa Qualls

Okay. So as I mentioned, I had been thinking, well, let me go back a little bit further, but I'll be careful not to spend too much time. But when we brought our children home so we brought home three children in the spring of 2007 and returned to Ethiopia. They were all from Ethiopia. We returned a year later and brought home one more daughter, and they were joining our family. We already had seven kids. Of course some of them were grown. But we had a lot of kids at home still. And I think we were feeling prepared and somewhat confident because we've been parents for 20 years. And I had a background in mental health. And we've done tons and tons of training. But, wow. There are some things that I think you just can't really be fully prepared for. The changes that can come when you bring children who have been very traumatized into your family. And so our life very quickly and dramatically changed, and our family was struggling. There was a lot of sadness, a lot of fear. And in the midst of those struggles, one of my blog readers I had started blogging at OneThankfulMom.com in 2006, and I didn't even know what a blog was. One of my teenagers got it started for me, and he said, mom, you got to stop sending these group emails. Let's just do a blog. So he got it going. But one of my blog readers was the one who told me about The Connected Child and about Karyn. And I remember she sent me a link to some videos from an early Tapestry conference. And I remember

hearing later that they didn't know if anybody would ever really even see these. But I'm telling you, there were three videos. And when I watched her speak, I was so moved and so encouraged, and I just thought, she has hope. She has hope for my children and for my family. And I wanted to learn everything. And so I read *The Connected Child*. I was blogging about it. And right around that time, Russ and I celebrated our 25th wedding anniversary. I think we might have gone away a little early, but anyhow, it was right around in that time, and we went away. And I told Russ, I said, there's only one thing I need you to do. I need you to watch these three videos by Karyn Purvis with me. But I'm telling you, I can still remember. We went to this beautiful mountain house in Montana. I can remember sitting on the sofa watching these videos and just crying, both of us, yeah, okay, she has hope, and we're going to hold onto her hope, because we were out of hope at that point. We were so worn and scared. Through me starting to write about Karyn and her work and *The Connected Child* and learning everything. I ended up meeting her and Michael and Amy Monroe at a conference and started writing for Empowered to Connect and then later spoke with them. So that was sort of how I came into it. And then Russ and I both went and got TBRI training and became practitioners in 2011. So quite a long time ago now. But this idea for the book was growing in me. And I approached Karyn at breakfast one morning at a hotel, and I'm so nervous because she's so amazing, and I just told her I had this idea, and I said, well, what do you think? And she said, I think it's a great idea. And I said, so do you want to do it? She said, I think so. Anyhow, that's how it got started. And her assistant at that time was Emily Pickett. And you'll see her name on the cover of this book, too. And Emily was really the person who kept us organized, so all the drafts and chapters and things were going back and forth.

[00:16:24.880] - Kayla North

Yeah, because this is from Texas to Idaho. You could go sit and have coffee and discuss.

[00:16:30.460] - Lisa Qualls

We had to talk on the phone and send a lot of emails back and forth. And we started writing in 2012, and it probably took me at least a year to write the book proposal. I had a whole lot to learn, which is another whole topic about publishing books.

[00:16:45.860] - Kayla North

Oh, my gosh.

[00:16:46.810] - Lisa Qualls

But, yeah, we just continued to work. But through those years, she was diagnosed with cancer, and so we stopped working on her parts for a time, but I continued working, and then we were really in some really hard places with parenting, and so there were times when I couldn't write and she could write. And then people who followed me for a while know that at the end of 2014, we were in a car accident, Russ and I, and our daughter Kalkidan, and we lost our daughter. And at that point, I remember thinking, I don't know if that we'll ever finish this. I didn't know if I'd ever be able to write again. I felt so emotionally and physically broken and somewhere in there, and I can't quite remember the moment Karyn's cancer returned. So I think that must have been after we started writing again, because I remember reaching out to her and saying, okay, I need to finish this for my daughter. I need to finish this in honor of her, because she is the reason that we learned all of this. She's the reason that we found Karyn, and we devoted ourselves, threw ourselves into learning connected parenting. And so she said, okay, let's do it. And then, of course, her cancer came back.

[00:18:02.570] - Kayla North

Right.

[00:18:03.730] - Lisa Qualls

But we had to book in a really good, strong space before she passed away. And after we'd wait a little while, I spoke with her family and I said, how do you feel about this book being finished? And they wanted it done. Her three sons, they knew that she wanted it done, and they wanted to finish it with her last written work. So they were very much behind the book being completed. And Emily stepped in just brilliantly and took the parts that were still like drafts, and she just put it all together using all Karen's words, videos and interviews that hadn't ever been aired and things to put it all together. And

she did an amazing job. I'm so thankful.

[00:18:48.370] - Chris Turner

That's awesome.

[00:18:49.400] - Lisa Qualls

Yeah.

[00:18:49.830] - Kayla North

Because we know that Karyn, till the very end, was working hard for kids. She wanted to make sure, I've heard stories of just her when she wasn't feeling well, getting dressed and going to fundraisers because she knew that her speaking there would make a difference. And so I know that this book was important to her because she worked on it for many years.

[00:19:15.430] - Ryan North

You guys are sounding really sentimental now, which is really going to be bad when I say the thing that I wanted to say, because the whole time you were telling that really moving story, Lisa.

[00:19:27.090] - Lisa Qualls

Yes.

[00:19:27.740] - Ryan North

I kind of got stuck on the anniversary trip where you made Russ watch the videos. And I wanted to say that this is a little known fact, but Russ called and I once spent a lovely weekend together at a mountain resort in Colorado.

[00:19:41.180] - Lisa Qualls

Yes, you did.

[00:19:43.470] - Ryan North

There were like 98 other people there.

[00:19:46.510] - Kayla North

Did you make him watch Dr. Purvis videos?

[00:19:50.290] - Ryan North

I just held him when he cried about that time, his wife. It was funny, though, because we were at the men's retreat in Colorado Springs, and it was a really difficult time for me. I just try to avoid people the whole time. I was really struggling emotionally, but Dan Cowley was there. Andrew Schneider. And they kind of dragged me out of my emotional malaise back to reality. But on the last full day there, they have this breakfast. You got to kind of hike up the side of the mountain, and they make, like, pancakes the size of car tires over there for this, the cowboy breakfast or whatever. And so that's where Dan introduced me to Russ. So we did get to talk a little bit, mostly about our wives. I always like people like, we have to talk about Kayla again.

[00:20:45.010] - Lisa Qualls

I think one of my memories of that, it's that I think it was Kalkidan's birthday while you guys were there, and her favorite color was orange. And a lot of people wore orange for her. They sent me pictures, a bunch of guys dressed in orange.

[00:21:06.500] - Kayla North

And that is very special.

[00:21:09.420] - Lisa Qualls

I love our community. We adoptive parents got to stick together.

[00:21:13.570] - Kayla North

Yeah, absolutely.

[00:21:15.790] - Ryan North

I was really upset about something. We had actually had a Tapestry conference and brought somebody in from Atlanta to speak. And for about 90% of the people, this person went over really well. And if I said her name, Lisa, I'll tell you afterwards. You probably know you probably know her.

[00:21:36.480] - Lisa Qualls

Okay.

[00:21:38.050] - Ryan North

But it was somewhat controversial for a handful of folks. What we try to do after the big events is just kind of do nothing the night of the last day and then do nothing the next day. But we were tired of soccer game and doing warm ups. And so I, of course, because like most of us, I'm an email addict, opened my email and it was like the seven paragraph email where I was accused of a whole bunch of really ugly things, really simmering about it. And then I think the next weekend is when we did the retreat and I was talking to Andrew Schneidler over there, and I said, Man, I really want to respond. And he said, no good will come of it. In Andrew's defense, he's a lawyer, so he considers words very carefully. And he said, I'll tell you what. You type your response, send it to me. I'll delete it, and you can feel good about it, but you're not sending that to anybody.

[00:22:30.730] - Lisa Qualls

He gave me some good advice once. He told me, Lisa, you'll catch more flies with honey than with vinegar. So, you know, he's a wise guy.

[00:22:38.370] - Kayla North

There you go.

[00:22:39.460] - Ryan North

Now, we must have Schneidler on. We probably should probably have Michelle on, though.

[00:22:45.360] - Kayla North

There we go. That's perfect. Oh, my goodness.

[00:22:49.230] - Ryan North

Sorry, I didn't mean to derail us there. I did forget about the orange on that.

[00:22:54.970] - Lisa Qualls

Yeah, we still do that. That's very special.

[00:22:57.360] - Ryan North

That's awesome.

[00:22:59.230] - Kayla North

So it's her birthday. Is that her birthday in September? October.

[00:23:02.080] - Lisa Qualls

October.

[00:23:03.760] - Kayla North

Ok I knew it was fall. okay.

[00:23:06.610] - Ryan North

I think it was like the week after Tapestry conference that year that we went up.

[00:23:10.310] - Kayla North

Okay. Yeah.

[00:23:12.310] - Ryan North
Okay. Well, back to the book.

[00:23:13.790] - Lisa Qualls
Okay. Back to the book. Yes.

[00:23:16.270] - Ryan North
Chris, you got any questions?

[00:23:17.840] - Chris Turner

I do have one question, because I know this is a question that's probably floating around in some people's minds. I've read The Connected Child, and I've read The Whole Brain Child and whatever other books we have available to us about connection and understanding our kids, all that kind of stuff. What makes this different than all those? And why should I buy this book if I haven't read all these other books? Well, you know, someone's out there thinking that right now.

[00:23:48.600] - Lisa Qualls

Absolutely. I've actually gotten that question a lot, so I'm glad you asked. Well, first of all, the obvious thing is you've got two voices in this book. You've got this amazing developmental research psychologist, and you've got a mom. A mom who yes, I had a lot of background and stuff, but I was struggling and learning and experimenting and just doing my very best. So you've got two voices. Secondly, I think The Connected Child was written I keep meaning to check this is either like 2006 or 2008. I can't remember quite what you can look so TBRI and Trust based relational intervention has really developed and grown and changed some since then. So it's more updated from that.

[00:24:36.670] - Chris Turner
2007.

[00:24:38.000] - Lisa Qualls

Okay, 2007. I should remember that this year my kids came home. I think one of the things that is a really nice change is the way we presented attachment. It's not a change, it's just different. We have a whole chapter just devoted to understanding attachment. And then the next chapter is on understanding ourselves and our attachment styles. And it's only one chapter. We could write books and books about that, but I think it's helpful and it's also very compassionate. I think sometimes the message we get as adoptive parents as well, it's your attachment style that's the problem. Well, that is not what we need to hear. We need to hear, let's be curious about ourselves and see how we can understand ourselves and our history and how that is contributing to how we parent our kids. So there's that. There's a whole chapter on teens which is really needed, and then the last chapter is on really caring for yourself and what that means. And we go far beyond typical, like self care, I think.

[00:25:48.640] - Kayla North
So you don't tell everybody to take a bubble bath?

[00:25:50.490] - Ryan North
No, there's not 20% off a pedicure coupon?

[00:25:55.040] - Lisa Qualls

Yeah, little different from that. I really just want to encourage parents that this is incredibly hard, what we're doing. And it takes a lot and we cannot do it alone. We talk about community, we talk about so many things and I just think that's very important part of the book. So those are probably the main differences, I think. The way the book is structured, I love. And so the first part is on attachment, but then the whole middle section is on all the different skills and tools. And I tried to make the chapter so clear so that it's really easy to find what you're looking for. So I made the chapter titles things like Simplify with Scripts, combat Chronic Fear, teach Respect, so that a parent can find a chapter really quickly. And then at the end of every chapter we have key takeaways. So if you're like, what was that thing about scripts? You can just look at the last page and get it.

[00:26:59.220] - Kayla North

That was what I liked when I was looking through it, too, was that it had that key takeaway so you could so if you have read The Connected Child and you're like, I really need a refresher on XYZ and I want a mom's perspective on this as well, then you could pick it up and go to that chapter if that's what you have time for in that minute. You could pick up that chapter and you already know what's going to be in it. But I also like the different learning points. Like try this with your child. Yes. And it was like, try this with your child, because that's what I think is important. As we talk to parents, we can give them all the information and they're like, where do I start? There's so much information. Where do I start? And you're like, here's one little snippet, here's one little thing, you can try this, and this will be what you can do today. And I'm like, I feel like if I read a chapter, if I were to pick up the book and say, I'm going to read a chapter a day, and I'm just going to do what that says, or a chapter a week, and I'm just going to do that little snippet, it would be a really bite size, manageable way to say I can do this. So that's what I like about it. I love the format, too.

[00:28:12.970] - Ryan North

I wrote down a couple of notes while you were speaking, Lisa. One of them is,, I'm so glad that you're talking about look. Let's finish that sentence because what I think happens a lot is and I know we did this for a long time and then obviously learned better and have tried to do better. But what happens is we bring our kids home and then what seems like it's a really great idea is that we become really focused on the child's healing. And we no longer focus on the healing that we have to do.

[00:28:50.140] - Lisa Qualls

Yes.

[00:28:53.330] - Ryan North

That conversation I mentioned earlier, the last time I spoke to Karyn, I said, I want you to know something, and that is that your work and our involvement with it and our involvement with ETC, it has done three things for me. And it's done these three things in this order. Number one, it helped me understand my dad better, which in turn gave me a lot of grace for him as a man in his 60s because I understood the impacts of his childhood. And also understood that nobody really helped him with the impacts of his childhood, right? And number two, it helped me understand myself more because I am the son of that man. And the third thing it did for me was it helped me be a better parent.

[00:29:38.670] - Lisa Qualls

Yes.

[00:29:39.950] - Ryan North

And to me, that was the value of all of it. Because now there's generational healing. I get along better with my dad today than I did in the previous 44 years of my life. Kayla gets along better with her mom today than she did when we first met. And that's because it's because we've understood that the healing journey is parallel. right? Sorry for the pronunciation there. But it's not just my kids who have to heal, it's me who has to heal. And I don't remember it was either Karyn or Henry, and talking to Karyn, I don't know, one of the two of them said this, you cannot show a child the path to healing if you don't know the way yourself because of the child. Karyn said that, not Henry. Now. And he would have said a person because he worked with adults. Right. And we're firm believers in that. So over the years, Kayla and I have developed some stuff here. This year, we launched our first some video resources, but now we've launched our first live class we actually teach with Zoom. We're running our second session right now, and the first thing that we have people do before week one, so there's homework leading into week one, and one of the homework items is to take the ACES questionnaire, right? Because we need you thinking about your childhood and its impact if we're actually going to make the progress here that you say you want to make. And that's big medicine for people sometimes. A lot of times people don't want to do that. And so just super thrilled to hear that you're addressing that in the book, too, now, as I say that now, the title makes sense to me. I heard you say it, but when it came out of my mind, sometimes I'm just a little slow on the update. I apologize.

[00:31:32.730] - Lisa Qualls

Well, I think not only when we begin to understand about trauma and attachment and chronic fear and building trust and all those things. First of all, I wish I parented all my children this way. My older crew, we parented is very traditionally in the way we were taught in the church, and they did fine. But I wish that I had parented all of them that way. But the truth is, even when you have young adults, you're still parenting. So I get to use this with all of my kids. And not only that, but don't you feel like it changes how you see all people?

[00:32:11.280] - Kayla North

It does, because you look at behaviors of people and you go, what's behind it? Why are they behaving in that way? Even the grocery checker, you're thinking, Man, I wonder what's going on. I wonder why they're so short with people today or why they're so. I do, I feel like everywhere I go, it makes me more compassionate for people and maybe even more so. I guess now that our oldest has a job and he works in fast food, and so whenever we go get fast food, I think, how would I want people to treat my kid, knowing how he might respond or things he's gone through? And I think that's everybody's story. Everybody's got a story somewhere behind there. It has definitely made the way I interact with people on a regular basis different.

[00:33:10.560] - Lisa Qualls

Yes.

[00:33:11.300] - Chris Turner

As someone who worked in fast food as a teenager and then continued in the food industry into college, I think it's something that I'm loath to invoke the government to make people do something, but I think to be a lot more empathy if everyone had to go work in the fast food industry.

[00:33:30.990] - Lisa Qualls

I did my part.

[00:33:33.880] - Kayla North

You did your part. That's funny.

[00:33:36.750] - Ryan North

Do you agree with Chris's statement. Empathy cultivating.

[00:33:41.770] - Lisa Qualls

Well, I also work in a group home for children, which is why I was so prepared. Right.

[00:33:49.410] - Kayla North

It's different when they come to your house, though. That's what makes the difference.

[00:33:53.810] - Lisa Qualls

Yes.

[00:33:55.290] - Ryan North

We have six kids living under this roof. If we had a 7th kid, Texas be like, that's a group home.

[00:34:03.670] - Ryan North

Well, I will tell you this. My son knows that I tell this story. I've told it in front of him. It's not a secret. But when he came home in almost three years and nine months, we were told that he would struggle always. And I think the quote was never having for cognitive ability to ever live on his own. And I will tell you that, and that's right, that was the genesis of our involvement with all of this. Because up until that point, we were just sort of managing schedules with babies. But now we had a four year old who had memories and feelings and experiences and seeing people. We don't have no idea who they were. And that's when we started looking for help. And that was right at the time that Empowered to Connect was created. We went through that and I think we piloted the first course they had. The genesis of all that. And I'll tell you that that boy, he's 17 now, and I think about this every day and there are many stories, but he came home last week with not a red shirt from the fast food chicken place he

works at Chickfila, but the one with the fine blue and white hoops around it because that's his managerial shirt. They put him in the managerial track. He runs services at the thing there. And then he explains to us about working in fast food. And I'm like, I'm a reasonably intelligent person, but I would get fired, night one. There's so many moving parts when people say to me, do you believe that this stuff actually works? We get that question so much that one time we were speaking and they did Q and A at the end, and somebody said, we've listened to you for 3 hours. Do you believe it works? And I said, no, I don't. And there was like haa in the room. And I said, I don't have to believe it works because I know it does. The evidence lives underneath my room. Right? I mean, all of the diagnoses and predictions for my children were very much more bleak than the reality in which we live in today. And that's because we a long time ago. It's funny, it never used to be a long time ago, but it's more than ten years now, so it feels like a long time ago really made the decision that we were all in on this and we were going to do this. And now, after a decade plus of doing that, we actually see that the things that Karen first talked about all those years ago, because, like you, the Monroes asked us to read The Connected Child. And I'm like, that just sounds real, sort of how to get out to me. And I think that's a lot of Dad's responses initially. But then we went to the first Tapestry conference, and she spoke. And I don't remember much of what she said, but I will remember this last one. It's the one where her hair was really long and she had a cane for some reason. And if that's the one the videos you guys watched.

[00:36:59.750] - Lisa Qualls

Is it the one she talked about? What do you have in your hand?

[00:37:03.590] - Ryan North

I don't remember. But what I do remember is some version of this. And I'm probably butchering the quote, because, as I've learned, memories are not polaroids. They're stories to tell you, your brain tells you. This is my memory of the event. She said, there's nothing special about what we do. We just remember the way our grandmothers treated us, and we're trying to do it like that.

[00:37:24.070] - Kayla North

There's something similar to that in the book, actually. I was reading it and I was like, this is the story Ryan tells a lot about remembering that.

[00:37:31.230] - Ryan North

She hooked me with that because I thought about my grandmother, who was the sweetest, kindest person I have ever known. We talked so much about her in the family that when Kayla and I went to South Africa about 10-12 years ago now, we wouldn't put flowers on my grandmother's grave. And I hear Kayla crying next to me. And I looked at her, and because I was just married two years, I didn't know how to be a husband. I was just basically a moron with a wife. Okay. Instead of being kind to her, I said, Why are you crying? You didn't know her. I know. Yeah. Everybody's judging me right now, but the truth of the matter is, Kayla looks at me, she kind of gathered herself and she said, yeah, I know, but you guys always speak so highly about her that standing here by her grave, I'm just sad that I never knew her.

[00:38:22.490] - Kayla North

I cry on Facebook Live. That's not very nice.

[00:38:27.110] - Ryan North

And I think that's the legacy that you're keeping alive is that there are people who read Karyn's work and are sad because they wish they got a chance to know her.

[00:38:37.450] - Lisa Qualls

Yeah.

[00:38:39.470] - Ryan North

So in that regard, I suppose the only words I have is that. We're grateful for this book, Lisa. We hope that this is the jumping off point, the starting point of many more books for you. Thank you and for sharing your wisdom with the world. Now. I did text you. I don't know if your phone's proximate or not.

[00:39:02.610] - Lisa Qualls

Lisa I did not. I gave it to my daughter in case my boys texted while I was there.

[00:39:08.630] - Ryan North

I could ask you the question live on Facebook if you want.

[00:39:12.470] - Lisa Qualls

Whatever it is, go for it. Look at my lighting is doing something weird on my

[00:39:17.230] - Ryan North

How do you feel about us saying, hey, folks, why don't you post some questions in the comments, and we'll lob some Q and A live, at least? What do you think about that?

[00:39:29.450] - Lisa Qualls

Okay, if I don't know the answer, I will tell you I don't know the answer.

[00:39:33.480] - Ryan North

There you go.

[00:39:34.350] - Kayla North

Perfect.

[00:39:34.990] - Ryan North

All right, hold on. And then you must also say, but Kayla will find it for you.

[00:39:40.850] - Lisa Qualls

If I don't know the answer, Kayla will yeah.

[00:39:43.640] - Kayla North

I was going to say that's what Ryan does in Q and A, we'll do Q and A places, and he'll be like, I'm not sure, honey, why don't you take this one?

[00:39:53.310] - Ryan North

She's so good under pressure. I'm just honing her skills. That's all I do.

[00:39:58.200] - Kayla North

I'm looking at the comments just to see if we may I haven't seen.

[00:40:02.420] - Chris Turner

Any questions, really, so far.

[00:40:05.790] - Kayla North

I can't see them all.

[00:40:08.610] - Chris Turner

While we give them a chance to maybe throw a question in there. I understand. Lisa, there's an audiobook version.

[00:40:16.090] - Lisa Qualls

Yes.

[00:40:17.310] - Chris Turner

Can you tell us a little bit about that?

[00:40:18.820] - Lisa Qualls

Yes. Well, in case I forget to say this, it's coming out on August 1, is what I have heard from the

audiobook company. And okay. I'm sorry for the people watching Facebook Live. This white balanced thing on my computer is making my face yellow. But anyhow, I keep trying to move to try to make it change, but whatever. I hope they cut that out of the podcast. So the audiobook yes. When I first learned that there would be an audiobook, I asked, is there any chance I could read it? And I was told, no, we really don't do that unless the author is famous. But otherwise, we don't do that.

[00:40:53.850] - Chris Turner

Which is funny, because a lot of famous authors don't read their books.

[00:40:57.760] - Lisa Qualls

Yeah, right.

[00:40:58.990] - Chris Turner

Like all the big names that you typically think of when you think of best sellers, none of those authors read their own book.

[00:41:06.810] - Lisa Qualls

Well, I really wanted to, but I understood it wasn't really a possibility. And then they came back to me and they said, actually, we do want you to read it. And I didn't know if it would happen because of Covid. We had to postpone a couple of times. But I went to San Diego, Russ and I went and I got to record the book. And first of all, I'm so thankful I could tell my family stories myself. Really was a blessing to me, but it was really sweet. The director of my book, I mean, it's kind of hard to picture, but I'm in this glassed in thing with my headset and everything with the book manuscript in front of me, and she's outside and she's the director, and every time I take a breath, she marks it on this computer screen because I have to take out every breath and all this stuff. And every time I made a mistake and had to say, a word again, try to stay vulnerable too many times. It's tricky. But she was an adoptive mom, and so we just had this incredible connection. So I was almost, like, reading the book to her, and it was beautiful. And there were a few times that I got pretty choked up, and we had to pause. I just couldn't talk either talking about my daughter Kalkidan, or just talking about that, this is hard work, and I know how hard people are working. It was a beautiful experience. I'm so thankful I got to do it, so I'm very excited for that to come out.

[00:42:35.620] - Ryan North

Well, Lisa, here's a question two questions from Veronica. Oh, we know Veronica. And so Veronica has two questions. I'll ask you both, and I know the answer to one, but I'd love for you to share the good news on that one. So the first question is wondering if you can talk a little bit more about the teen section. And then the second question, which is going to be the super easy one to answer, is, will there be a workbook?

[00:43:04.230] - Lisa Qualls

There is going to be a study guide, and from everything I understand, it's going to be free to people who purchase the book. It can be used by groups. It can be used by individuals. We intentionally, like The Connected Child, we did not make this a faith based book because we're really hoping it will be used for foster parent training and educators and things all over the world, really, but our country in particular. And so this, I'm hoping, will be used for training, and that study guide will really make it easier for the people facilitating the training to have it already completed. And it is nearly done, I believe. I don't know exactly what date is going to be available, but it will be available, I believe, on my website onethankfulmom.com.

[00:43:53.640] - Kayla North

Awesome.

[00:43:54.320] - Lisa Qualls

Yeah. Okay. The teen section I should have reviewed it. You would think I would know every word in this, but let's remember I started writing in 2012. But I'm really thankful in a way that I had the opportunity to read it so carefully, word for word when we were recording it.

[00:44:15.780] - Kayla North

Yeah.

[00:44:16.240] - Lisa Qualls

I think the main important things to me about the teen part are, first of all, that connected parenting and trust based parenting works for teens, but it has to be adapted to respect their maturity. We don't want to use childish phrases and scripts with them. We want to acknowledge that they're growing up and use appropriate language. We talk about kids who come to our families older, and that that's complicated and different in what they bring. And one of the things I do talk about is that we have a goal of secure attachment. But when you bring a teenager into your family or an older child, it's going to look different. It's not going to look the same way it does when you bring a baby into your family. And if you have a child who struggles with attachment through the years, the teen years, it's just going to be different. And that doesn't mean it's bad. We have to remember that our kids are doing the best they can and we're doing the best we can, and sometimes that's enough. And I think one of the things I want us to do when we're parenting teens is say, well, even if it doesn't feel exactly the way I hoped it would feel or even look the way I hoped it would feel. Look. I am preparing my child for a better future and a better life as an adult and to be a better parent themselves. Because we're investing in them for that future. So I think that's one of the things that stands out to me from the teen portion.

[00:45:55.950] - Kayla North

I love that there's a specific portion for teens, because that's something that it's a question that we've gotten for years.

[00:46:04.710] - Ryan North

I was thinking, while Lisa was answering that. So Lisa, over the years, Kayla has done her, and a couple of other folks have worked with teens, and there are some tough stories in that group. And so you're right, the principles apply. Like I've often told people that one day when I can carve out the time to do it, I'm starting a management consulting firm, and it's all going to be based on trust based parenting. Yes, because it's just all about relationships, because people still respond. People say, well, one of the questions we get is understand how that works with nine year olds. How does it work with two year olds, toddlers, how does it work with and basically, if you talk long enough, most people are saying, I accept that it works with other people's kids, but how's it going to work with my kids? Right. That's why we often get age specific questions. But I will tell you this, that if you we tell people all the time, creativity is your friend, right? Being rigid is not going to be your friend, because being rigid... And it's not just being creative in the moment, but creatively applying these things to different ages and stages. And I'll never forget one of the teens with a really tough story. His dad spoke to me one Sunday night. We were at an event, his dad came up to me. He said, hey, I want you to know we're adopting our son on Tuesday. And I said, oh, that's awesome. Congratulations. He said, yeah. I'm not telling you that because I just want you to know. I'm telling you because we would never have ever gotten there if it wasn't for him being part of that teen group. And it was just all the same principles that are just being applied, because you have to know what works, right? Hands and eyes to a 17 year old is not helpful. It's annoying.

[00:47:53.080] - Lisa Qualls

That's right. Well, actually let me share a really short story, and I hadn't thought about this in preparation, so I'll be slightly cautious, but one of our daughters is 20 and is living on her own, making a lot of her decisions. She's extremely independent and hardworking. And we got a call from her, and she had appendicitis. And she had to have an appendectomy in a totally different state. And trust has been very hard for her. Accepting nurture, trusting us, even though she's been in our family since she was about ten. And we ended up with this beautiful opportunity. I felt like God just placed it in our laps to love her and nurture her and care for her. We flew her home the day after surgery, which I know you probably shouldn't do that, but she needed a place to come and rest and be safe and be cared for. And it was really beautiful and very healing. So at 20 years old, I'm using all my trust based parenting skills with her to continue building trust. Because it's a lifelong thing for our kids who've had a lot of trauma and suffering and did not have parents for many years. I think it's a lifelong journey.

[00:49:13.590] - Kayla North

Yeah, absolutely. I love that.

[00:49:17.670] - Ryan North

Sorry, Chris, before you say that, I just want to learn, everybody, we've officially been at this for 1 hour, so I didn't know how long you can stay, Lisa, or not, but we are at the end of what we ask for.

[00:49:31.230] - Lisa Qualls

Well, I'm fine. I know it's a lot later for you than it is for me, though.

[00:49:36.810] - Ryan North

We don't go to bed till about one. Chris will come and record the podcast and leave here at 130 in the morning.

[00:49:42.680] - Lisa Qualls

Oh, my goodness. Okay. I get up super early.

[00:49:46.530] - Kayla North

Yeah, we're more late people than we are early people, but I think we had a couple more questions.

[00:49:55.410] - Chris Turner

Before I jump to the next question. One thing that Ryan was saying there about being creative, I think a lot of parents feel like they don't know how to do that necessarily. They feel like I'm not a creative person because they think that creative is artsy, but really creative is adaptable. And the thing I know I forget about as a parent, so I know I'm not the only one, is we forget to do the detective work on our kids when they come into our home. It's something that is easy to do when they first come into the home. But like you were just saying, Lisa, it's something you have to continue to do as they remain in your home and as part of your family, because that's how you're going to get that creativity. That's how you're going to adapt. You have to dig, but peel the onion. We've heard a call before.

[00:50:54.930] - Lisa Qualls

By the time our daughter was with us for a week, and when I was driving her, about an hour and a half drive to the airport when she left and we had the most important conversation maybe I've ever had with her.

[00:51:06.970] - Chris Turner

Wow.

[00:51:07.370] - Lisa Qualls

And it was because we had a week to lay the foundation for it.

[00:51:11.850] - Kayla North

I love that.

[00:51:13.590] - Lisa Qualls

I'm so thankful. I can't even I'm just like, God, you amaze me. You just totally amazed me that you gave us that opportunity.

[00:51:20.690] - Kayla North

Just that little moment out of nowhere in the midst of crazy that we've got going on in our world.

[00:51:27.450] - Ryan North

It's like our 17 year old son, most nights he works the closing shift. And so what that means is they got to shut it down, they got to clean it, obviously. So he gets home typically between eleven and midnight most nights of the week, and then he'll come in there and so we'll be brain fried by that time. So for the most part, we've shut the laptops and we're maybe just watching an episode or something before we go to bed. Then he'll come in and he'll sit down and he'll just tell us about his day. And some days I'm like, I'm just really tired. Do we have to have every detail of teenage drama? And I don't

say that to him. I said that to Kayla and she gently put her hand in my hand and said, hey, I'm just thankful that my teenage son wants to talk to me about his day. You're not going to ruin that for me. Yes, ma'am.

[00:52:29.110] - Lisa Qualls

It's true. It's a gift.

[00:52:31.740] - Kayla North

It is a gift. Absolutely. It's a gift. And we don't want to take that for granted. For sure.

[00:52:38.970] - Chris Turner

All right, so Brenda wants to know, how do I get my kiddos to do chores?

[00:52:44.490] - Ryan North

What a good question. Lisa.

[00:52:50.890] - Lisa Qualls

Well, I mean, sorry. There's always a structure. We have to have a very clear system that they understand of course, but I do a lot of when-then. So when this is done, then you can do that. Because I want them to know I have complete confidence that they are capable of doing what I'm asking them to do. So it's not if you do this, then you can do that, it's when. Because I know you can and I believe you will. So that's probably one little thing. I would also be very sure that you are not asking for chores that are too many steps if their brains can't quite handle that, and that they need to be done at optimal times. Like make sure your child has eaten before you do chores. Think about all the body and the brain, all of that into consideration. We also do some things just as a family, like dinner, clean up. It's just nobody's done until everybody's done. We just stick it out together. But you do have to set the bar low enough for them to get over it, right? I mean, we can't expect them to clean the way we would, so I don't know, those are just a few little things that come to mind.

[00:54:08.050] - Ryan North

Sorry, I was just going to say this. Give them simple instructions. And this is why I think that every book that's written about the brain. Particularly in a level that those of us who don't have all the letters in front of and after our names can understand. When you start learning about the prefrontal cortex and executive function. And you realize and you learn that initiation is one of the eight executive functions of the human mind. Which means that if that part of the brain. Which means it's why children always struggle with that part. Right. And then kids with trauma histories and how their brains have atypical wiring and all of those things, and you're realizing that part of their brains are being readily accessible. It's not because your kid is lazy, and we sometimes think it's because your child is lazy. The truth of the matter is literally not occurring to them because that part of their brains are working. Right. And so at our house, it's like, okay, well, I need you to do that. Okay. And then we remind and then we kind of will talk through it or whatever. Because if we're going to think because we used to do the go to your room, pick up your laundry, make your bed, and pick up your toys.

[00:55:20.010] - Lisa Qualls

And brush your teeth while you're at it, right?

[00:55:21.650] - Kayla North

Yeah. The next instruction that you forgot to give.

[00:55:26.350] - Ryan North

And you get upstairs, he's just sitting on his bed. I'm like, what are you doing? And he said, you told me to go to my room. Because the first thing, with our son who struggles with that, we'll give him your step one. When you complete step one, your step two. And so for us, what we've learned is it requires a greater deal of parental involvement and it requires more work, which is oftentimes for us, our experience and families we've worked with, it's the extra mile that you have to do to make connected parenting work that oftentimes we don't want to do. And there's a merge of reasons why we don't want to or we can't even. But like you said, hey, we clean the kitchen together. Mom cleans the kitchen

alongside the rest of the gang.

[00:56:12.390] - Lisa Qualls
And dad, too.

[00:56:13.520] - Kayla North
Yes. That was one of the things that we had to earlier on was like, we figured out that you can't look at those, they have all those charts of what should a six year old be able to do and what should a twelve year old those don't work for our kids. Unless you're looking at developmental age, and then it might work for you. But if you're looking at just age, you're going to be severely frustrated. If you are trying to get your twelve year old, who's emotionally a six year old, to do things that twelve year olds do, you know, it's just not going to, it's not going to work. And so setting the bar appropriately for what they can do is going to be the first level of not getting so frustrated because that gosh, when we were not doing that, it was so frustrating because it's like, you should be able to look at my little chart. I printed this nice little chart off Pinterest. It tells me that a six year old or an eight year old can do x, Y, and Z. And you're not doing it.

[00:57:15.350] - Ryan North
I just want to remind everybody that this is called the Empowered Parent podcast. And my children have been appearing just to my left on screen over here. So we're either going to have to tie a bow on this. It is after 11:00. It's Friday on the east coast. And I know that there are more questions. I know that there are more questions, but those questions are in there. Lisa, you can jump into the Facebook page and reply or Kayla and I can reply. Chris can reply. Those are all questions I think we can speak to. But, Chris, we either have to tie a bow on this amigo or I've got to excuse myself because I'm writing notes on business cards and holding them out here.

[00:58:05.010] - Kayla North
If anybody who's watching the video very closely, you could see a kid just scooting down behind Ryan on the stairs.

[00:58:11.210] - Lisa Qualls
Well, I'm trying to figure out where my kids are because the whole kitchen is dark. I think when I said, do not interrupt me, they took it to heart.

[00:58:19.480] - Kayla North
So there you go.

[00:58:21.160] - Lisa Qualls
I think I hear somebody else now.

[00:58:22.820] - Kayla North
They're like, oh, wait, mom's talking about us. Maybe we can come in the kitchen now.

[00:58:27.000] - Lisa Qualls
Yeah.

[00:58:28.590] - Kayla North
Oh, my gosh. That's hilarious. Well, that is too funny. Well, and I think we should remind people that are in the Facebook Live to don't forget to tag somebody because we are going to be giving away so if you joined us late, we're going to give away a copy of The Connected Parent to you and the person that you tag. We're going to pick somebody. So if you tag somebody, then you and the person you tagged, we'll get a copy if your name is chosen. So don't forget to put that in there. We will cut that off at the end of the night tonight.

[00:59:04.570] - Ryan North
Yeah. All right. Well, enough said. Lisa, thank you so much for coming on with us. It was great to visit with you again.

[00:59:11.200] - Lisa Qualls

Yes, thank you. It was really special to be with you. I know that you share my love for Karyn and passion for connected parenting. It's really special to get to do this.

[00:59:22.890] - Ryan North

Yeah. I'm so glad you could come join us. And I can't wait to get through the rest of the book.

[00:59:28.560] - Lisa Qualls

Well, good.

[00:59:29.200] - Kayla North

I've really been enjoying it.

[00:59:31.570] - Lisa Qualls

Good. Thank you. I hope I get to see you all in person sometime before too long.

[00:59:36.210] - Chris Turner

Amen, sister.

[00:59:37.460] - Lisa Qualls

You end up in the same place. At the same time.

[00:59:39.980] - Kayla North

That's right. One of these days we will end up when we're allowed to go to places with more than like ten people again.

[00:59:46.570] - Lisa Qualls

Yes, that would be wonderful.

[00:59:49.210] - Kayla North

Oh, my goodness.

[00:59:50.540] - Chris Turner

Okay, well, thanks, Lisa. And for anyone who didn't get a question in on the Facebook Live stream, you can always email them to us at info@onebighappyhome.com. We've got our Facebook group just for podcast listeners, but we're restricting that now, are we not?

[01:00:11.340] - Kayla North

We are for Patreon subscribers.

[01:00:14.470] - Chris Turner

And how do they subscribe on Patreon? Kayla, what is the address?

[01:00:20.250] - Ryan North

You can go to patreon.com/Empoweredparents and you can find out for as little as like \$5. You can help us just keep this going because it does take a lot to keep a podcast going. And so we have perks. We had a live Q and A in June that was a lot of fun for Patreon subscribers, which is fun. They could just ask us their questions. We talked I don't know, we talked for like 2 hours. I mean, it was longer than we thought it would be, but it was a lot of fun. And it was good to just get to talk to some listeners. But we also have other things. We put some videos and extra resources. You get discounts for classes and courses that we're offering and different things. So, yeah, go to [Patreon.com/Empoweredparent](https://patreon.com/Empoweredparent) to get subscribed. And we'll also be giving away one of the books just to a Patreon subscriber. So right now that list is very short. So what I think we were going to do until the launch of the book so if you subscribe by in July now, if you subscribe by July 7 as a Patreon subscriber, we're going to draw a name from there to get a free copy of the book, too.

[01:01:40.910] - Chris Turner

All right, thanks, Kayla. Yes, you can subscribe to our podcast if you're watching us on Facebook right now, as opposed to listening to it normally and you don't subscribe to the podcast, you can find us on itunes, the Google Play Store, and on Spotify. I guess they don't call it itunes anymore. Apple has split it out. It's not Apple, but just search for The Empowered Parent Podcast and we should be the first result that pops up for any of those. And if you've got enjoyed and gotten value from the show, we would appreciate your review in any of these locations. The Empowered Parent Podcast is committed to helping parents of foster adopted kids through connecting, correcting and empowering principals. Thanks for listening.

[01:02:26.830] - Melissa Corkum

We hope you enjoyed that conversation as much as we did. Even though the podcast is on summer break for July, we are still meeting at least weekly in The Village and we'd love to have you join us. To find out more information, visit theadoptionconnection.com/village. As a valued podcast listener, we'd like to offer you half off of your first month. Just use the code Podcast when you check out. Before you go, we'd love to connect with you on social media. Our new Instagram handle is @postadoptionresources. Or better yet, join our free Facebook community at the adoptionconnection.com/facebook.

[01:03:07.530] - Lisa Qualls

Thanks so much for listening. We love having you and remember you're a good parent doing good work.

[01:03:15.810] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Roosevelt.