

[00:00:01.290] - Lisa Qualls

Welcome to the Adoption Connection Podcast, where we share resources by and for adoptive and foster moms. I'm Lisa Qualls,

[00:00:09.000] - Melissa Corkum

and this is Melissa Corkum. Don't worry, we get it. And we're here for you.

[00:00:14.450] - PJ

Hey, guys. Welcome to 100th episode of the Adoption Connection podcast.

[00:00:18.170] - Claire

We're so glad you're here.

[00:00:19.800] - Lisa Qualls

Well, we're very excited because today we are celebrating the 100th episode of the Adoption Connection Podcast.

[00:00:27.540] - Melissa Corkum

And you probably didn't recognize this first two voices, but we have asked a couple of our kids to come and help us co host this episode because we asked you guys a while back in our Facebook group what you would want to ask us. And so we are going to have them interview us with those questions that you all provided.

[00:00:49.370] - Lisa Qualls

So, Claire and PJ, would you please introduce yourselves to our listeners?

[00:00:54.530] - PJ

Hey, guys. I'm PJ. I'm 17. I'm Melissa's son, and I happen to be right in the middle of all the other kids.

[00:01:00.470] - Claire

Hi, everyone. My name is Claire. I am Lisa's daughter. I am number ten of twelve, and I'm right in the middle of all four of our adopted kids. I am 17, and I'll be going into my freshman year of college.

[00:01:13.960] - Melissa Corkum

Awesome. How did we get two 17 year olds? Lisa, that was amazing.

[00:01:17.110] - Lisa Qualls

And we both have a 13 year old, too. You don't have a 15 year old, though, right?

[00:01:20.490] - Melissa Corkum

I do.

[00:01:21.450] - Lisa Qualls

Okay. We have the same. How did we not realize that after all this time, I knew... Anyhow yeah.

[00:01:27.100] - Melissa Corkum

All right, so, PJ, you're going to start us off.

[00:01:29.790] - PJ

So the first question is from Summer, and she asked I'm sure you have stated this, but how did the two of you connect initially, and how did your vision for the Adoption Connection unfold?

[00:01:38.470] - Lisa Qualls

Well, my first contact with you, Melissa well, first of all, I had seen you on the Parenting With Connection Facebook group because you were a moderator there, so I'd seen you interacting there. But then you asked me to be on your podcast because you had a different podcast before we had our joint podcast and you interviewed me. That was my first real time talking with you.

[00:02:00.470] - Melissa Corkum

That was really one of the first times, I think you told your story of being a birth mom.

[00:02:05.540] - Lisa Qualls

Yeah, I think it was the first time that I did it on the Internet.

[00:02:09.870] - Melissa Corkum

I was following you, and I had been following your blog and your story for a while. You had been mentioning that you were interested in starting a podcast. And my podcast didn't have the purpose, and it really didn't have direction. It was kind of just like this weird side gig. And I just had this thought, like, man, I wonder if Lisa would be interested in partnering with me to put together a podcast. And she had specifically mentioned that one of her hold ups was she wasn't sure about the tech side. And of course, for those of you who have been listening for a while know that I love all the science and the technology. And so I kind of offered her, like, hey, if I could do the tech part, would you be interested in partnering?

[00:02:49.850] - Lisa Qualls

So I always tell people that Melissa makes all my dreams come true because she can do all the tech things that I cannot do. Yeah. So we came together, we started. It was really funny. We were like at first we thought, well, let's start a podcast. And then we thought, well, wait, to have a podcast, we need a website. Okay, so we'll have a website. Well, maybe we should offer some courses. And it just snowballed and snowballed. But we had a lot of fun getting it going. And honestly, I'm so proud of us for having so many episodes so quickly. Really? We're only two years in.

[00:03:20.670] - Melissa Corkum

Yeah, I mean, we pretty much have done almost every week. We've had a couple of breaks for holidays. We've done a couple, like, rebroadcasts. Here's another fun fact, is that we started in 2018. It was like spring of 2018. Our first episode dropped, I think, on August 7, 2018. So the Adoption Connection, like the Facebook group and the page, the website all launched, I think maybe in like, April or May of 2018. We didn't meet in person until March of 2019, a whole year later at Refresh.

[00:03:57.630] - Lisa Qualls

Yes. That was so funny because we knew each other very well after spending hours and hours and hours together, but we'd never met in person.

[00:04:06.830] - Melissa Corkum

And we agreed to room together for Refresh. So that was kind of like the big test, if we could be roommates and still like each other.

[00:04:14.690] - Lisa Qualls

Yes, we do. We still like each other.

[00:04:17.640] - Claire

All right, guys, Alexia asked, how the heck did Lisa survive adopting so many kids in such a short amount of time? Also, how was she allowed to?

[00:04:27.510] - Lisa Qualls

That's such a good question. Claire, what do you think? Did we survive adopting so many kids in such a short amount of time?

[00:04:34.890] - Claire

Surprisingly, yes.

[00:04:37.050] - Lisa Qualls

But not easily. Not easily, right?

[00:04:39.600] - Claire  
Not even remotely.

[00:04:41.860] - Lisa Qualls  
No. It was very hard. We did survive, but through the process, we had to learn a lot, and there was a lot of hard times. And yeah, we really went through a lot with so many children. And there were the really hard things, like tough behaviors, but also just the adjustment to expanding our family so dramatically in such a short time. Because we brought three kids home in spring of 2007 and then one more daughter in the summer of 2008. So it's pretty much an explosion of people personalities, all of it. Now, in terms of how was I allowed to? I am not sure who was in charge here?

[00:05:25.620] - Melissa Corkum  
Well, it was a long time ago. A lot of things have changed since then.

[00:05:30.480] - Lisa Qualls  
Yes. Back then, when we were adopting from Ethiopia, you did not meet your children until after the adoption and you went to meet them and bring them home all at the same time. So it was very different when we first started the process. So as far as allowing us to, I think that probably the caseworkers thought we were such experienced parents, and we already were managing a large family that we would probably be able to manage four new children as well. Actually, I'm sure we were not capable, but I think God sent people to help us, a lot of people to help us, but it was not without some scars and some hard things, too.

[00:06:11.510] - PJ  
So next, Julie asked, what would you say to your younger self who just stepped into adoption?

[00:06:17.110] - Melissa Corkum  
I think I would tell myself to just be more humble and that I didn't really know as much as I knew. And I would try to convince my younger self a lot sooner to let go of a lot of control. And I tend to have to learn things the hard way. I don't know if my younger self would listen, but that's what I would attempt to tell her.

[00:06:37.150] - Lisa Qualls  
I think what I would tell my younger self is that it's going to be okay. It's going to be really hard. This kind of question totally still chokes me up after all these years. But it's going to be really, really hard. But you're going to be okay. Your marriage is going to survive, your kids are going to survive, and you're going to become a whole new family, something you couldn't even have imagined. And it will be beautiful too.

[00:07:02.630] - Melissa Corkum  
I love that. Well, we're going to take a quick break. So the really fun thing about this 100th episode, well, there's lots of fun things, but one of the fun things is that we have this massive giveaway for you guys. And we reached out to the internet, the community, all the different places, and we have a bunch of really generous businesses who have things that they want to allow us to gift to you. So we're going to go through and kind of list off some of these things in short breaks throughout this episode. But here's what you need to know. What we're going to do is make it one big giveaway. There's a pinned post in our Facebook group. So to enter this big giveaway, you can do one of two things, or you can do actually three things. One, go to our Facebook group, leave some kind of party dancing celebratory gift on that post. There's also a 100th episode graphic on our Instagram feed, and so you can go there and tag a friend in celebration of our 100th episode. All of those gifts and tags will all go into a big pot.

[00:08:10.400] - Melissa Corkum  
Or if you want ten whole entries in one shot, you can go to itunes and leave a review for the podcast, screenshot it before you submit it and send it to us. Either tag us in a story or send it to email@theadoptionconnection.com. We're going to put all the entries into one big giant virtual hat and then draw randomly for each of these prizes. So we're super excited and we'll just do a different winner for

each prize. And the entries for this are going to close on Monday night. So it's Tuesday now if you're listening to this on the day that it releases. So you have a week to enter into our 100th episode giveaway.

[00:08:52.820] - Lisa Qualls

And the reason we're giving ten bonus entries if you leave a review on itunes is that reviews are really, really important in the whole itunes algorithm. The more reviews we have, especially really good reviews, the more we rise in the rankings and the more itunes shows our podcast when people go in and search things like adoption or foster care. So reviews really, really help. And we will give you ten bonus entries if you post one for us. If you write one for us.

[00:09:21.650] - Melissa Corkum

Yeah. So if this podcast has been helpful, then that will help other families find this so it can be helpful to them as well. All right, so our first item that we're giving away is from Kathie Leece with Monat, and she's donating a bottle of Monat Rejuvenique oil. She says they call it liquid gold. It has over 100 benefits.

[00:09:40.480] - Lisa Qualls

The second thing we're going to be giving away is our devotional that we were the editors together. We didn't write every entry, but it's called *Faith, Hope, and Connection a 30 day Devotional for Adoptive and Foster Parents*.

[00:09:54.570] - Melissa Corkum

Our next prize is from Sandra Lamgo of Lamgoland. And she is giving away a tubal pet feeder. And if you are not a pet owner, she also engraves a variety of products that are non pet related as well.

[00:10:11.060] - Lisa Qualls

Our next prize is from John Cole of Mathnasium of Bel Air. He's offering one free month of online math tutoring. And if you, like me, are looking at the school year of doing school at home, this could be a wonderful prize to win.

[00:10:27.740] - Melissa Corkum

Yeah. And then the last one for this little break is actually from our daughter Mia, and she has an Etsy shop called Creative Quillings, and she also instagrams at @CreativeQuillings and she is giving away one of her butterfly quilling kits.

[00:10:44.930] - Lisa Qualls

So now we're going to flip things around a little bit and Melissa and I are going to ask our kids a couple of questions. So Jen asked, I think I'd love to hear from your bio kids about having siblings by way of adoption. And we thought it would be nice if each of them shared two hard things and two good things because we want to be honest and realistic here, but also...

[00:11:06.630] - PJ

Definitely one of the hard things with bringing adopted kids into your house is, like you've met them for at least in our family situation, we met them once in Ethiopia and then after that, they flew over. And it was like bringing, like, a total stranger into your house. You've never met these people before. It's kind of weird compared to, like, if you have a biological sibling, they're born and you have this baby and you get to watch them grow up and you get to know them. Whereas for us, we brought in three teenagers within the span of, like, one or two years, we'd never met them before. It was surprising how quickly you can get to know people. Some good things about bringing them in is it was definitely different. I feel like before we adopted them, we were kind of just sitting at a spot with our family. We weren't sure, like, what we were doing. We were kind of just existing. And then when we brought them in, it sort of like, gave I feel like it gave my parents more of a purpose and definitely, I think, made me a better person.

[00:12:05.030] - Lisa Qualls

Can you elaborate at all on what some of the good qualities are that you think you developed through

the process of having adopted siblings?

[00:12:14.130] - PJ

Now, bringing adopted siblings in is definitely a hard experience to go through, especially with some of the kids that we adopted. But I think a lot of that hard experience makes you better. It can make you a kinder person and make you more patient. With all that, having to live with some kids with harder behavioral issues, I think it can definitely help me with my patience and helps me deal with other people who also have similar problems.

[00:12:40.770] - Lisa Qualls

Yeah, good. Thanks for answering that. Claire, how about you? Some hard things and some good things of having siblings join the family through adoption.

[00:12:50.390] - Claire

It's really even a little hard to know where to start because there were so many struggles, but also just a lot of blessings that came from our family's adoption. Like upon reflection or really noticeable was it was really hard when we brought kids into our family and all of a sudden, a lot of their special needs and attachment, special needs needed all of our parents' attention. It was hard going from me, I was the baby of the family, the bio baby, and all of a sudden there were kids who needed so much more time and energy and effort than I did. And there was definitely a sense of loss. And we all, I think, went through a little bit of a grief period feeling like we lost our parents. And there was also some guilt that accompanied that went along with that. Because it's like, well, these kids need my parents maybe more than I do, so why am I prioritizing myself and why am I feeling bad for myself that I'm losing my parents when really it's these kids who need them? They didn't have parents.

[00:13:58.000] - Claire

Those were some of the really hard things, but also kind of like PJ was talking about, I learned so much from having kids with kids from hard places in our home. Definitely. I've seen a lot of my, just kind of natural skills being around kids who maybe have some abnormalities or sensitivities, it has transferred really well to my work. I found that I have kind of a better ability to connect with kids, maybe who the world sees a little different and who maybe need a little bit of extra support. And such think that those are skills I probably would have never come by if I hadn't been thrown into the crazy world of adoption and living with siblings with special needs.

[00:14:54.190] - Lisa Qualls

Thank you.

[00:14:55.070] - Melissa Corkum

Thanks so much. Claire, in both of our family's stories, there have been really hard times, and I'm sure your siblings haven't always been super kind to you all. And it's like Claire said, in some ways there was a sense of loss. Like, all the attention kind of got sucked. It's like a vacuum into this whole world of really big, challenging behaviors. And so Debbie asks, I would love to hear how you are encouraged to kind of stick with it with your adopted siblings, kind of what keeps you working on relationships even after it's been so hard?

[00:15:36.010] - Claire

What has been the most encouraging is, like, the little glimpses that you get in times where you all of a sudden realize, like, oh, we made it. For example, everyone knows my sister Kalkidan passed away, and she was 13, I was 11, and we had a really, really hard relationship growing up. There was a lot of tension and there was a lot of fear and a lot of anxieties, and it was really hard for us to be close. But after she came home from 18 months in inpatient therapy, we really had this amazing, miraculous fresh start, and we really became inseparable for the three months she was home before she passed away. I know my parents had to eventually kind of put down some rules. There was a bunk bed down in her bedroom, because even though I had a room, I ended up spending most of my time down there. And my parents eventually had to put some rules in place that I could only sleep down there on weekends because the two of us would just stay up all night laughing and talking and listening to music and creating stories together. And I just think that it was those memories, those last three

months, where I got a little taste of, we finally made it. This is what it's like to have a healthy relationship with your sister. That really encouraged me to keep on going.

[00:17:18.010] - Lisa Qualls

And does that encourage you to keep going with your siblings now, even with Kalkidan gone?

[00:17:24.330] - Claire

Yeah, absolutely. I mean, I know with the little boys, there have definitely been some ups and downs, like, times where we really feel like things are going well, and times where it feels like we're right back where we started and we've made no progress. But even just another, like I got one of those little glimpses of kind of making it just a couple of months ago when, it was this past summer, and I was in the kitchen and I think I was making lunch and my youngest brother was in the kitchen with me. And just kind of out of the blue, we weren't even talking. He just goes, I'm going to really miss you when you move out this fall. And he goes, I'm going to miss you driving us to school and listening to your weird music in the car. And it was just one of those, like, I didn't even think he cared about that. I didn't think that was an important part of his life. And him just unprompted telling me that we had connected in that moment was really meaningful.

[00:18:25.800] - Lisa Qualls

That's great. Thank you, Claire. How about you PJ?

[00:18:28.770] - PJ

I think one of the big things that kept me going and kept me trying to improve my relationship with my siblings was, like, the thought that they're not going anywhere, they're part of the family, they're part of my family, they're my family now. And if I don't make steps or try to get along with them and try to get to know them better and become friends with them, it's just going to make it harder on myself. And it's just going to be harder on them. The best option was really just to try to get along with them. And me and my older sister Kayla haven't always gotten along well, and more recently, we've started going to the gym together and we've started doing things like that together. I'll watch her daughter for her sometimes, and it really helps our relationship being able to go out and do something together and get along in an environment where we're both enjoying ourselves.

[00:19:19.690] - Lisa Qualls

Do you find that your little niece has been a bit of a bridge between you and Kayla? I mean, she's adorable.

[00:19:27.590] - PJ

Yeah, she's a little bundle of joy. But, yeah, I think it definitely has helped with our relationship because Kayla, the baby, stresses her out sometimes. She doesn't like a lot of the crying that Ava does, but if I come in and take the baby for a little bit, give Kayla some time alone, give her a little break, she appreciates that a lot. So that definitely helps.

[00:19:49.410] - Melissa Corkum

Baby, we call it baby therapy in our house. Babies have bridged... We've had, she's the second baby to be in our house in the last five or six years, and so babies have bridged a lot of gaps in our house. It's not necessarily how we would have planned it, but we're still certainly finding the silver lining.

[00:20:06.830] - Lisa Qualls

We're ready for another prize break, a sponsor break.

[00:20:10.040] - Melissa Corkum

We'll start this one off with something from me. So I love doTERRA essential oils and sell them, and so I have a special energized mom blend that we actually debuted at Adoptive Mom Retreat last winter, and so I'll be sending that to one lucky winner. And just a reminder again, you can enter to win prizes by going to our Facebook group or our Instagram feed, dropping a comment or a gif, or going to itunes and leaving us a review. And then sending that somewhere where we can see it and give you your ten extra entries.

[00:20:48.110] - Lisa Qualls

Our next prize is from Marie Fiebach. She is donating her cookbook *Feed Your Family Tonight*. And she says she helps busy families plan and execute weeknight dinners even when life is crazy. And she actually has a little free gift for everybody that she will send you her free weekly meal planning sheet if you go to her website, which is [feedyourfamilytonight.com/adoption](http://feedyourfamilytonight.com/adoption).

[00:21:14.720] - Melissa Corkum

Awesome. So the next prize comes from Kari Miller and she owns Tiny Dog Press, which is a company that custom designs letter press stationery. So she is donating a custom family design on correspondence cards for you to either send thank you notes for folks who have blessed your family, or just to write letters back and forth. There's all kinds of stuff, especially now during pandemic season, you might have some folks that might enjoy receiving some real mail from your family.

[00:21:45.720] - Lisa Qualls

Our next prize is from our friend Jamie Finn with Goods and Better, and she is giving away a shirt or print, or both, of the winner's choice from her store. She creates products catered to people engaging in foster care and adoption, and every purchase benefits foster kids and their families. And some of her shirts are really fun.

[00:22:07.360] - Melissa Corkum

Yeah, they're super fun. The next prize is from Nichole Sullivan and she owns Keppel and Kismet Creative Workshop. So she is willing to donate something that fills the need of whoever the specific winner is. And so if you win her prize, she will be donating an item valued up to \$60 and she'll work with you to figure out what the best fit for that is.

[00:22:29.100] - Lisa Qualls

And then lastly, I am donating a necklace from my little shop, my One Thankful Mom shop, and it will be a Courage and Hope necklace.

[00:22:38.850] - PJ

Okay, and we have another question from Ashley. And she asked, what's your favorite thing to do when you are alone with no husband and or kiddos around?

[00:22:48.230] - Melissa Corkum

I don't know, Lisa. Was the last time you were home with no husband or kiddos around?

[00:22:52.260] - Lisa Qualls

I can't remember. Quarantine has destroyed any opportunities. Wow, that's such a good question. I would probably either relax and read or I would start a massive decluttering project somewhere in my house. Both make me happy, but in different ways.

[00:23:18.110] - Melissa Corkum

So I think I probably spend the first third of that time wandering around my house trying to figure out what exactly I do want to do, because it seems so precious and I don't want to waste the time. But yeah, I think I probably would either veg out with a book. Or my other thing to do, I know that it sounds silly, but it's probably a very extroverted type seven thing to do, is I call a friend and go out. I know I can do that even when people are around, but I don't know, it feels like when there's no one around, like my time is more my own. And so then I want to connect with people I don't always get to connect with.

[00:23:56.010] - Lisa Qualls

That sounds nice, too, but I tend to want to be alone and never get to be.

[00:24:01.390] - Claire

Angela asked, if you could ask Dr. Purvis a question that you haven't already asked her, what would it be?

[00:24:08.180] - Melissa Corkum

Man, I would probably ask her to coach me on how all of the tools in connected parenting would work with someone who's the opposite of her personality, who naturally wants structure, or whose voice isn't as soothing and sweet as hers. I would want her to coach me and my personality to do what she does, but not have to sound like her.

[00:24:37.270] - Lisa Qualls

Yeah, it's pretty hard to duplicate Dr. Purvis, that's for sure. I think I would want to talk with her. Maybe this isn't a question, but I want to talk with her about how we can use all the principles of TBRI to help parents who are reunifying with their children after foster care and to really support those families because they have a long, hard road. And I know that that's something she would have really cared about, and she probably did, but just it didn't become part of her work.

[00:25:07.410] - Melissa Corkum

All right, so the next list of prizes are all books written by folks who love The Adoption Connection. And so the very first one is Lisa's new book, *The Connected Parent*, which was also co authored, right, by Dr. Purvis. So there's a great connection there. So one lucky person will win a.. I don't know, Lisa, are you going to do a signed copy of this book, or are you going to have it set right from the publisher?

[00:25:34.210] - Lisa Qualls

Well, for this, I will sign it and actually go to the post office and mail it, which is the thing that's always the hang up. But, yes, I'd be happy to send a signed copy. Then our next book is by Ligia Cushman. It's called *Heard*. And if you heard our panel discussion on race and adoption, she was one of our guests for that episode.

[00:25:57.490] - Melissa Corkum

Our next book is also by a guest on The Adoption Connection podcast. It's by Sara Easterly, and she is an adult adoptee, and her memoir is called *Searching for Mom*.

[00:26:10.040] - Lisa Qualls

And then we have a book by Kristin Hill Taylor called *Peace In the Process: How Adoption Built My Faith and My Family*.

[00:26:17.210] - Melissa Corkum

The next book is by another previous guest on the podcast. Maria Hansen-Quine is giving away two copies of her new children's book, which was illustrated by one of her daughters, and it's called *Be Different & Be Kind*. It's a must have for every adoptive parent in teaching their child about the beautiful diversity of who they are.

[00:26:37.520] - Lisa Qualls

And then we have a book by Darren Fink of Transfiguring Adoption with a very interesting title, *A Guide to Magical Creatures Around Your Home*. So this book also comes with a complimentary copy of the Parent Guide, which includes therapeutic activities that go along with the pretend creatures in the book.

[00:26:56.180] - Melissa Corkum

And then the last book on the list is by Dr. Kris Kittle and Dr. Kelly Reed. Dr. Kris has also been on the podcast, and they wrote *Wisdom from Adoptive Families: Joys and Challenges in Older Child Adoption*. And this is definitely a reference book that if you don't win it, you probably want to add it to your list anyway, because it's a fantastic book. Even if you didn't adopt older children, there's just a lot of really great resources listed in that book as well.

[00:27:23.070] - Claire

Danny asked, what authors inspire you personally?

[00:27:27.710] - Melissa Corkum

So, in terms of fiction, I have been following this one author for years, and she writes just fantastic fiction, and her name is Karen Kingsbury. I didn't know it when I started to follow her work, but she's also an adoptive mom. Three of her children came home from Haiti.

[00:27:43.890] - Lisa Qualls

Well, there are two different authors I'm thinking of that are both very different genres that inspire me, and the first would be Dr. Dan Siegel. I think his books have had a real impact on me and influenced me in a lot of ways in terms of how I see all children, but particularly mine. Right now, Russ and I are listening to he's listening, and I'm reading *Brainstorm* finally, which is the book about the teenage brain. So I've been meaning to read it for a long time. And then in terms of fiction, I would have to say C.S. Lewis. I mean, I like all kinds of different fiction, but having been a home school mom for 23 years, I have read *The Chronicles of Narnia* aloud, I believe, at least three times. And there are a number of books, so it takes time. But those books have so much rich meaning, and they've actually impacted me quite a bit. So I would say those two.

[00:28:39.080] - Melissa Corkum

Yeah, you can't go wrong with C.S. Lewis.

[00:28:41.290] - PJ

And for a final question for the episode, Maria asks, what's your favorite snack food?

[00:28:47.830] - Lisa Qualls

Yes, I think we should all answer this one.

[00:28:50.080] - Melissa Corkum

Yeah, it's a good one. Well, I love anything that crunches. And I know this is going to sound really funny, but literally the thing I'm obsessed with right now is when you pop popcorn and there's like those half popped kernels. Like, they're really dense and really crunchy.

[00:29:04.990] - Claire

Oh, yeah.

[00:29:05.760] - Lisa Qualls

You mean the ones that break your teeth?

[00:29:07.300] - Melissa Corkum

Yeah, those. Save those for me at the bottom of the bowl. If you don't save them for me, I know you really don't love me.

[00:29:15.810] - PJ

For me my favorite snack food, there's nothing better than either just a bowl of ice cream or, like, a nice cold milkshake. It really calms me down and makes me feel better. Perfect.

[00:29:25.750] - Melissa Corkum

Your grandfather would be proud, pJ.

[00:29:28.390] - Lisa Qualls

Claire, how about you?

[00:29:30.840] - Claire

Man, honestly, I'm kind of panicking right now. I can't think of what my favorite snack food is.

[00:29:35.110] - Lisa Qualls

Well, what's the food that you've been into right now? This isn't a snack food that you've been making?

[00:29:39.610] - Claire

Yes. Okay. Actually, I was going to answer this, and then I felt like it didn't fit the category, but if you prompt it, I guess I'll cave. I love oatmeal, and just recently I went to San Diego, just a road trip down there with my older sister because she's moving there, and we stayed with some friends of hers, and they served as oatmeal for breakfast. And it was the best oatmeal I'd ever had. So I got the recipe from her, but they're overnight oats that she prepares, and then they soak for. She said the longer they soak, the more days, the better they are. But they have, like, rolled oats and steel cut oats and flax and hemp seeds and chia seeds and walnuts and pumpkin seeds in them, and they're all soaked in coconut milk, and it's the best.

[00:30:27.930] - Lisa Qualls

It's pretty good. Claire's made some for me. She leaves it in my refrigerator for me. It's very, very yummy. I would say one of my favorite snacks. I actually really like popcorn. Also, we have a whirly popcorn maker, the kind you do on your stove, and you crank the little handle and it stirs the kernels around. It makes fantastic popcorn. And I really like flavored sparkling water. So that's probably in the afternoon, that's kind of like, my treat. And right now, I am driving my boys to a bajillion sports practices. So I tell myself every day in the afternoon when I get in the car for the afternoon run, I can take one of those with me, and it makes me happy.

[00:31:07.640] - Claire

Mom, which is at the top of your list, cran-raspberry, grapefruit, or lime?

[00:31:14.870] - Lisa Qualls

Cran-raspberry, I think, with lime following right after it.

[00:31:20.100] - Melissa Corkum

Yeah, I love the grapefruit ones. I'm with you, Lisa. Those are, like, my end of the day. I actually do mine at the very end of the day when we're binging Netflix and eating popcorn.

[00:31:29.380] - Claire

Same.

[00:31:29.890] - Melissa Corkum

And I just found another one at Walmart. It's a Moscow Mule. It's like a ginger. So good.

[00:31:38.110] - Claire

I love ginger.

[00:31:39.540] - Melissa Corkum

Well, guys, thanks so much for humoring your mothers and coming to co-host the podcast with us. And for all of you listeners, thank you so much for supporting us, sticking with us through 100 episodes. We just couldn't be more thrilled or more surprised, quite honestly.

[00:31:58.630] - Lisa Qualls

I was just going to ask, is there anything PJ or Claire that you would like to add to the episode before we wrap up?

[00:32:06.940] - Claire

Honestly, I'm just, like, shocked that you're already on the 100th episode. I feel like it snuck up on us. There were all these weekend mornings of things where I would come down the stairs and there was maybe a desk chair in the hallway that had a big recording be quiet sign tape to it. But I had no idea how truly far along you guys are. And I just know that in 100 episodes, you guys have made some big changes in a lot of people's lives. And I don't know, I feel very proud to be connected something as impactful as this.

[00:32:46.500] - PJ

Yeah, I can second that.

[00:32:48.470] - Lisa Qualls

Thank you, guys. Well, we have a great time doing this podcast. It's a highlight for both of us. So thank you for joining us and we'll have to have you come back sometime and do another episode where we can interview you some more.

[00:33:01.480] - PJ

Episode 200.

[00:33:03.850] - Lisa Qualls

We may not wait that long.

[00:33:06.170] - Melissa Corkum

Yeah, absolutely.

[00:33:07.200] - Lisa Qualls

Thank you. Next week, the podcast is taking a break for Labor Day and we also will not be sending out our Quick Connection. We are both hoping to get a little special time with our families. I know my family is hoping to go to a lake, a beautiful lake in North Idaho and get a little time together.

[00:33:24.770] - Melissa Corkum

So we hope that you will have some extra time with your family as well, or even just for a little self care. And we'll be back on September 15 with a brand new episode. Don't forget to go enter the Giveaway. Our Facebook group, you can find that quickly at [theadoptionconnection.com/FACEBOOK](http://theadoptionconnection.com/FACEBOOK). And actually, we'll have links to all the different sponsors if you want to go check them out. Instructions for the giveaway, all the things at the show, notes for this episode which will be at [theadoptionconnection.com/100](http://theadoptionconnection.com/100).

[00:33:57.130] - Lisa Qualls

Before you go, we'd love to connect with you on social media. You can find us on Facebook or Instagram as The Adoption Connection.

[00:34:04.850] - Melissa Corkum

Thanks so much for listening. We love having you. If you enjoyed this episode, please leave a quick review over on itunes. It will help us reach more moms who may be feeling alone.

[00:34:14.930] - Lisa Qualls

And remember, until next week, you're a good mom doing good work and we're here for you.

[00:34:22.050] - Melissa Corkum

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