



HEALTHY WEIGHT IN HEALTHCARE

— with Katrina Ubell, MD —

Katrina Ubell: Hey there, my friend. How are you? So excited to offer you another interview today. I have been so excited to have Molly Claire on this podcast because she is like a ninja when it comes to our thinking about parenting, and how we just interact with our kids, how we show up as parents, particularly moms. I know you guys are going to get so much out of this amazing episode. Oh, my God, it was so good. I seriously could just go on and on about how great Molly is.

Molly is a Master Certified Life Coach and she specializes in moms, but particularly working moms, as those moms who are listening probably are. She focuses on the unique challenges that moms face from time management productivity standpoints to the worries, guilt and overwhelm that can really wreak havoc on personal well-being. Her emphasis is on mindset and the way it impacts every aspect of our lives. She offers this coaching process that helps her clients to make lasting changes from the inside out. She says her goal is to show every woman that the vibrant, joyful life she craves is much closer than she thinks.

I think Molly is amazing. She's so good. She has written a new book that we're going to talk about on the interview and she'll tell you all about how you can get it. I've read this book ahead of time and it was so good. I mean like every point, I was like, "Yes, yes, yes, yes." I mean I needed to hear it again for myself. Every time, you hear it again, it's like, "Yes, that's a new point. How am I going to ... I'm struggling in this way, that way. How am I going to apply this?" For sure, you guys are going to love this. We set it up as a mini training where she really gives us a lot of really good information from her book and for sure, you're going to want to read the rest of her book. It's so good. Please enjoy this interview and I will talk to you next week.

Hi, Molly. Welcome to the podcast.

Molly Claire: Hello! How are you?

Katrina Ubell: I'm so good and I'm so happy you're on today.

Molly Claire: Yes. I'm so glad to be here.

Katrina Ubell: So exciting. I'm so happy to have you here. Okay. I know that myself and my listeners, all of us together - at least those of us who have children because most of my listeners do, of various ages - have issues parenting. Because raising humans is not an easy endeavor most of the time, and this is what you specialize in as a coach. I want to start off with you telling us a little bit about your story as a mom and how you came to coaching and who you work with now and all that stuff.

Molly Claire: Yeah, great. From a young age, I always wanted to be a mom, and I was always passionate about having kids and teaching them and just being all in because that's kind of my personality. I'm all in. I did. I had my kids and for a long time, I was a stay-at-home mom and I love watching and understanding their brain development, right? I was the one that loved all of the manipulatives and all the things that help them to become smarter and have new ways of thinking and all of that. I just was really passionate about that and I love that.

In fact, for a while, I taught at a private preschool and loved that and really just was so interested in how I could help these kids improve. It's interesting now, right, because I do something similar. I'm basically doing the exact same thing for women and helping them to be able to change those neuro pathways to have better ways of thinking to create a better experience of their life and essentially doing the same thing. So I've kind of combined my passion with my kids and watching and understanding that brain development and helping moms to be able to support them and empower them in a really hard job because that's one thing. Even though I always wanted to be a mom, I sure didn't realize what it will require of me.

Katrina Ubell: Does anybody really though?

Molly Claire: No.

Katrina Ubell: I mean we simply know we're experts until that first baby is born and then, we're like, "Wait a minute."

Molly Claire: We never know.

Katrina Ubell: I mean I'm a pediatrician. I thought I was an expert and I'm like, "What is this human being that I have to take care of?"

Molly Claire: I know. Absolutely.

Katrina Ubell: Your kid ... The age ranges right now are ... What are your age ranges right now?

Molly Claire: Yeah. My oldest is ... He's going to be 15 actually. When this airs, he'll be 15 so ...

Katrina Ubell: Okay, awesome, so high school.

Molly Claire: He's in high school, yep. He will be a sophomore this year. Then, I have a middle schooler. He's 12. Then, I have a six-year-old little girl who is wild.

Katrina Ubell: Yeah. I have two boys and then a girl too and she, the girl, is like wow, so fun and so amazing and so wow.

Molly Claire: Yeah, headstrong, like determined. She is going to make things happen in her life.

Katrina Ubell: It's exactly what I try to remind myself of like every 15 minutes.

Molly Claire: Yes. I'm along for the ride here.

Katrina Ubell: That's right. I often see some things in her that I know I did as a kid too and so I try to tell myself, "I turned out okay. She will too. This will be fine. It's all good."

Molly Claire: Yes.

Katrina Ubell: I'm really excited because your new book is coming out. It's called *The Happy Mom Mindset*. I had the opportunity to read it ahead of time and it is so good. I mean, literally, every chapter, every couple sentences, my brain was just going, "Yes, oh, that's so good. Yes. Oh, I need to remember that. Oh, that's so good." For sure, at the end of this episode, we're going to tell everybody how they can get your book and learn more information about working with you and finding out more about you. But what we're going to do today on the podcast is we're going to do a little, a mini training on the three keys to happiness as a mom. I'm super excited about this because it's all ... I don't even know what to say besides, "Yes, everyone needs to hear this. It's so good." Let's start with the first key. That is: us feeling like we need to solve every problem.

Molly Claire: Yes, yes, of course. The keys to happiness that I'm talking about today are, of course, ways of thinking, our mindsets that we've adopted, thought patterns we have that are causing us all kinds of problems. Specifically worry, feeling overwhelmed, stressed out, all those kind of mom emotions that we think just have to go along with motherhood are really just the result of our thinking.

The first one is, and this is kind of ... I talk in my first chapter about mom autopilot which is this idea of ... I talk more detailed about how it manifests itself of kind of this automatic way of responding to our kids but this specifically is kind of a subset of that, of this mindset of believing that we need to solve every problem that comes to us. It makes sense that we do this. It's kind of like you were just saying when you bring your child home from the hospital and all of a sudden, you respond ... Every time they move, you know it means something and you figure out what it means.

Katrina Ubell: Exactly. You are in charge of solving every problem when they're a baby.

Molly Claire: Yes.

Katrina Ubell: The first couple of years of life, that is actually your job. I think it's the transition from whenever you need to start backing off a couple years of age to they leave your home where they really are ... they're doing it all on their own. That's what we really struggle with.

Molly Claire: Exactly. It is, the thing is, something you have to always revisit because there are things you won't need to solve as they're one, two, three. I worked with women who have college aged kids and they're still having to navigate and figure this out. Essentially, this mindset is ... I'll give you an example. I talk about this in my book. I had a women's coaching group that I was leading. One of the women came to me kind of asking about her son. He had a problem with someone on his little league team and she was asking my advice because, of course, I'm a life coach so I know everything, right? I know how everyone's life... or so we think! But like any coach knows, the best thing I can do is ask her the right questions.

What I asked her was, "Does he want your help with this problem?" We'll call her Sara. Sara was quiet when I asked that, kind of in shock. The whole group went quiet. One person said, "Wait, what? What did she say?" What we realized as I asked her some more questions is that she came to realize that actually, her son really didn't need her help and he was solving this problem pretty well on his own. For Sara, she assumed this was a problem but it was really just her mindset of believing that when her son came to her with a problem that she needed to take it on as her own and she didn't. That was, of course, creating for her a lot of excess worry, feeling overwhelmed and just jumping into problem solving when she didn't need to. The last thing we need is one more thing on our plate.

Katrina Ubell: I was going to say we're creating all ... We feel so overwhelmed and like there's too much but we're creating a lot of that for ourselves. If you can just unload the parts that you're not even responsible for, by default, you're going to feel lighter and like you have more brain capacity to handle what you really do need to handle on your own.

Molly Claire: Yes, exactly. Exactly. With this, I mean, really, the key to having a shift in this mindset, I just want to offer a couple of things. First of all, thinking about creating a pause. If you think about a pause button between the time when your kids come to you with a problem and when you react or jump into problem solving mode. For your listeners, just kind of take a minute and think about the last time that your kids came to you and dropped a problem at your feet, kind of think about what was your reaction. Did you start giving advice? Did you jump into solving the problem? Did you reach out to a friend? What is your initial reaction? That kind of is going to help you gauge where you are in this mindset.

I love the idea of visualizing, creating a pause between when the problem is laid at your feet and when you react to it. When you create a pause to kind of think about it, you can use the tool, it's a simple tool of curiosity where you can start to ask yourself some of these questions. Is this my problem to solve? Does he want my help? Does he need my help? Is this something I want him to solve on his own? Just by asking those little, simple questions, it's amazing how many fewer

problems you will take on. The other thing is that this is automatically going to allow your kids the space to problem solve on their own so much more.

Katrina Ubell: Right. Give them the opportunity to try to work it out on their own.

Molly Claire: Exactly. Also, a great benefit of it is that you're really cultivating a good relationship with your kids because they're going to know they can come to you without you always just giving them advice or getting in their business. The benefits of this small shift are huge. It makes such a difference. Like I said, it's something you're going to want to revisit again and again because with each age, there are going to be fewer and fewer problems that we need to solve.

Katrina Ubell: Right. You know what's so interesting about this, I was just thinking the parallel too how we, as women, want to jump in and help our kids because I think it's like a primal thing. It's like Mama Bear. My child is threatened. Our primitive brain is like, "No, for real, something bad is going to happen because they got a C on a test," or something like that.

When you think about marriage relationships, I mean, not to be too general in terms of how men and women function but women tend to really not like it when they tell their spouses or their partners about what is going on for them and then the men try to immediately problem solve everything. It's like, "No. I don't want you to fix it. I want you to just listen to me." Then, we turn around to do the exact same thing for our kids.

Molly Claire: Yes. That's so true.

Katrina Ubell: It's so interesting.

Molly Claire: Yeah, so interesting.

Katrina Ubell: So interesting. You're going to see that, it's like, "Okay, I can see why they ..." I don't like it when people treat me that way.

Molly Claire: No.

Katrina Ubell: My kids wouldn't like it if they're treated the same way.

Molly Claire: Yeah, exactly. Yes.

Katrina Ubell: All right. Are we ready for the second key?

Molly Claire: Yeah, definitely.

Katrina Ubell: Okay, so, the next one. Well, what we want to do is not believe that we are responsible for our kids' happiness.

Molly Claire: Yes.

Katrina Ubell: This is so good. Oh, my gosh, right, like this is just ... This is just ... I think what's so interesting about all of these is this is just how our culture is. Everyone around you acts this way, talks this way, thinks this way, of course, you would think this way. Nothing's wrong with you as a mom if you haven't figured this stuff out. Possibly, you had a mom who kind of modeled for you to give you space or things like that but a lot of us didn't have a mom like that. When we look around, if everybody else is miserable and frustrated and overwhelmed and stressed out, like I guess this is what modern mothering is, except it doesn't have to be that way and that's why this is so good. Okay. Tell us about that.

Molly Claire: Yeah. Essentially, it's this idea that we believe or we feel responsible for our kids' happiness, and I think that this kind of shows up in a lot of ways, but even thinking about how it is for you when your kids are unhappy, when they're mad because they don't want to clean their room or that they're throwing a tantrum, whatever, depending on the age they are, it's so hard for us because we have this belief that our kids should always be happy or most of the time, we want them to be grateful and respectful and happy and have a good attitude ...

Katrina Ubell: Right.

Molly Claire: ... but they don't.

Katrina Ubell: It's funny because we expect them to be that way but we totally don't have that all the time.

Molly Claire: Exactly. Yes. It's crazy, I know, how we do that. This is what causes us really to overextend ourselves, to overspend and to just be frustrated a lot in motherhood when we really don't need to be nearly as often, right, or ever for that matter but-

Katrina Ubell: Right. I think this is hard though. I want you to speak to this as like when you really have a child who's miserable and really being okay with that.

Molly Claire: I don't know if you've talked about this on your podcast before because we trained obviously with Brooke as well and know all the same tools and everything but it's so helpful to me to remember that my kids are going to be unhappy about half of the time, right?

Katrina Ubell: That's normal.

Molly Claire: That's normal.

Katrina Ubell: That's like on a good day.

Molly Claire: Yes, exactly. It's nice to know that it is normal and to expect it and even better for me to recognize that by allowing them to experience those negative emotions, I'm setting them up for emotional success as an adult because they have to learn

how to experience and process and deal with all of those emotions. If I'm always just trying to squash them out of them and take responsibility for making them happy, they're not going to learn how to make themselves happy.

Katrina Ubell: Right. So many adults don't know how to do that. Then, my listeners, most of us, we turn to food.

Molly Claire: Yes, exactly. Exactly. We outsource our happiness. It's crazy. I feel like definitely, just thinking about this idea and remembering that your kids are going to be unhappy about half the time and that by allowing them to experience those negative emotions, you're really helping to facilitate a healthy process of growing up is so useful and remembering that I can be grounded in my own emotions and I can be happy, I can be content, I can feel at peace, I can feel however I want to feel no matter what they're experiencing.

The best part about that is if I'm grounded in my own emotional state and I'm okay, I'm in a much better place to actually help them if they are upset so that they can come to me. I don't need to get all racked up and entangled in their emotions but I can just allow them to have theirs and I can handle mine like an adult which is what we all strive to do.

Katrina Ubell: Right. I know. You know what, I have been working on with my daughter a lot is just this belief that I have that she should somehow be different than she is. When she's three and acting like a three-year old, now, she just turned four, it's so funny. From the outside, I can see that like how shocked I am that she's acting like a three-year old, like how dare she?

Molly Claire: Yes, exactly.

Katrina Ubell: You can extrapolate this to any age, right? How dare my teenager act like a teenager? Well, what did you think was going to happen? Part of the issue for me is that I compare her to my sons who were much more even keel in temperament. Did they have their moments? For sure, but whether ... It's also possible that I'm older and I'm just not remembering clearly either about it.

Molly Claire: Yes.

Katrina Ubell: It was like when they're at that age.

Molly Claire: I hear you.

Katrina Ubell: Just really this idea of accepting whatever she's like when she wakes up is where she's supposed to be for the day and if that means she's incredibly whiny, crying about everything, being ridiculous, which is of course, my thought about what she's doing, it's not a mutual effect but just the idea of like that is apparently the day she needs to have and I can still be calm and content and talk with her nicely. My husband and I, we're talking a few weeks ago and I said I've been trying to just

really control my emotions and talk to her in a nice tone of voice even when it seems like it's getting just so over the top and she really does respond well.

Now, of course, she may not change at all. I can't control what she does or how she receives the way I show up for her but somehow, at least, my perspective of what she's doing is better or I'm kind of diffusing things a little bit more. It really does work, is my point.

Molly Claire: Yeah, absolutely. Yeah. It's that emotional responsibility, right?

Katrina Ubell: Yes.

Molly Claire: When we can step into that place of our own emotional responsibility and allow our kids to own theirs, it's huge.

Katrina Ubell: Yes. It's so good.

Molly Claire: I talked about that in my book when I talked about like the moody child because we all have that one that's a little more sensitive or moody or whatever. For me, I had a lot of thoughts around my moody child, like, "Something's wrong with him" and I was getting so caught up in it and so worried about it that my thoughts were creating excessive worry. Then, I wasn't showing up in the most supportive way for him because I was so worried.

Katrina Ubell: I think you also then set your brain to point out all the ways that he is moody or not like the other kids or not like your other kids or how he should be different versus like looking at all the times when he's not moody. He's probably not moody hundred percent of the time, like and really enjoying those like, "Oh, look, he's in a good mood. That's great."

It's like we will see what we set our brains to see so the more we worry and focus on that, the more we see it. It's like the classic like when you're pregnant, everybody seems pregnant because you have pregnancy on the brain and you're noticing all of that so that's-

Molly Claire: Yeah, exactly. Then, the catastrophizing too. For me, I always like envision, like they're going to be in jail, they're going to like ... There's this terrible scenario. They're never going to find a wife because they're so moody and we just make up this crazy story in our head.

Katrina Ubell: That they're like 45 and living in our basement still.

Molly Claire: Yes, not useful thoughts at all.

Katrina Ubell: Yep, totally. Totally. Okay. Our third one is believing we're responsible for our kids' success. I think this still kind of goes hand in hand with the happiness. They're two separate issues but also very charged especially when you have parents who are high-achievers, which my listeners are.

Molly Claire: Yes. I know. I was thinking about that as I was coming on. This is like I coach moms but I feel like the people who I really reach, I call them high-achieving nurturers because that's really what they are, right? They're the kind that go all in, go for it and they care so much about doing a good job. This one, the success, I kind of call like the happiness and the success thing, they're kind of like the twins of this, it's taking responsibility for their happiness and taking responsibility for their success. When we have this mindset of believing that we're responsible for our kids' success, again, we end up creating so much pressure for ourselves and worry and we become so controlling of our kids, right?

When you think about success, I mean this is going to be different for everyone. Your version of success may be academic success. It may be athletic success. It may be that you want your kids to be kind, generous, positive contributors to society and that's your version of success. It kind of doesn't really matter what it is but whatever you envision for your kid and what success looks like for them, if you're trying to make them successful, it will never ever work.

Katrina Ubell: Yes.

Molly Claire: I think that as I said, it creates not only a lot of that worry and causing us to be controlling but of course, the controlling part breeds a lot of contention in our relationships. It also crosses over into preventing them from creating their success even sooner, right?

Katrina Ubell: Yeah, right. Slowing them down because ...

Molly Claire: Yes.

Katrina Ubell: I always find it interesting. Every now and then, I worked with a client who doesn't really want to totally be thin because then, their mother will get what she always wanted which was a thin child. Do we really want to be that mom in our relationship with our child especially as they age? Of course not.

Molly Claire: Yeah. I think it's also well-intended, right?

Katrina Ubell: Of course.

Molly Claire: We want our kids to be happy and we want them to have something great and so it's all so well-intended but our brain just confuses us and we do things that are not the most useful.

Katrina Ubell: Also, the only reason we ever want anything is because of how we think it will make us feel, so if they succeed and they get into a good college or they get an athletic scholarship or they are saving the whales, then we'll have thoughts about that and that will make us feel good. I think that's a really good point like why do I want this so much, why do I feel like I have to control this so much, because I think it will make me feel better.

Molly Claire: Yes. Yeah, absolutely. So important to look at that because that's the driving force behind it. Yeah.

Katrina Ubell: Exactly.

Molly Claire: One thing I always emphasize is that success cannot be given. It has to be created. Our kids are the ones that create it. We can't create it for them. The way they create it, of course, is by failing, by dropping the ball, by not showing up, by figuring out what it is they even want so that they can cultivate within themselves the desire to achieve what they want, they can have the drive and they can create it. Just remembering that success, it cannot be given, it has to be created, always helps me take a step back and acknowledge that my child, they're their own person and they have their own things that they value. If I can give them a little bit of space, kind of like the happiness thing, if I can give them a little bit of space, I'm really giving them this gift of allowing them to figure out what success is for them and figure out how they will create it.

Katrina Ubell: Yeah. Let's talk about a little spinoff of that but also say you have a child who is really just not doing the typical things that would create success that we expect, like really just doing very poorly in school, not involved in anything, you give them space and all they want to do is just sit on PlayStation all day and night and they're just kind of not doing anything at all that we think is moving them in that right direction. How do you approach that? I think it's all great when you have kids who are doing well. You're like, "Okay. I just need to like step back a little." When you really have a kid where you're like, "No. Now, I'm like seriously worried. What's going to happen here?"

Molly Claire: Yes. Yeah. No, it's a great point and I think it's kind of tricky to answer just because I don't think there's ever a blanket answer for it, a blanket statement over what the answer is because it is so individual. One of my kids has dealt with some depression. One thing I do think is always good advice is to really follow your intuition and tune into what you know is best and what your kids need and just don't deny that because that's one of the things I work a lot with my clients, is that we have so much information and so there's this help center and there's that and there's this article about parenting that we think that all the answers are outside of us and they're not. They're always something we know.

Katrina Ubell: Yeah. That's so good.

Molly Claire: I think with those situations, I still agree that the success cannot be given but there may be some other things that you need to look at helping your child to be able to make sure that they're functioning in a good and healthy way and all of that. I don't know that that's a good answer for your question exactly because it's kind of general.

Katrina Ubell: Yeah. I think it's hard without a specific example. I think what it comes down to is we often think we know what's best for them especially as they're getting older

like in high school or early adulthood, still thinking that he or she would be happy in this kind of career, this is going to be the ticket or they're not going to be able to support their family if they're going to keep doing this kind of a thing or maybe want to become a professional artist, like we ... again, catastrophizing, right? We're coming up with this idea of like it's going to be so hard for them. It would be such an easier life for them if they did it a different way.

One way I like to look at it especially for the people who have children who are adult age is reminding myself and asking them to remind themselves that we can't ever possibly know what is the best thing for another adult ever. We may have opinions. We may have ideas what we think might be the best thing for them but we don't really know for sure. For me, that's kind of like that separation of, "Yeah, I have all kinds of opinions but really, he is going to be the one who's going to be able to figure this out. What if this is perfect? If I knew that in 10 years, he'd have a million dollars, would I be okay with this right now?" What we get upset about is just the unknown and then we create that story that everything's going to fall apart. Then, again, it's Mama Bear coming out like, "No, just listen to me and then, we won't die."

Molly Claire: Yeah, totally. I agree. Even this idea that what you believe success is for your child may not be their version of success for them.

Katrina Ubell: Right, exactly.

Molly Claire: I have, as I said, one of my kids, he's very artistic. Actually, it's interesting because I was thinking that he was not motivated but I've actually found that he's kind of paralyzed with fear of not being able to succeed, so totally different than what I thought, my interpretation. The way I came to that is when I got to that point where I was open to this idea that I don't know what his success looks like, I don't know what's valuable to him, maybe this isn't the path for him and when I opened that up, it kind of just created a space where he and I were really able to connect and I understood what was going on for him.

Back to what you were saying, I agree 100%. We kind of have to let go. We have to let go of believing that we know what is best for them. It seems like I'm contradicting myself but when I talk about like our intuition and listening to what we know is best, it's as far as what we know is best for how we show up but it doesn't mean we know what's best for our kids or what they should do. There's definitely a distinction there.

Katrina Ubell: Yeah. That's a really good distinction. If you're really concerned that your child is suicidal, you're not going to be like, "It's just their journey. I can't possibly know what's best for them." I mean clearly, you are going to do something about it but that doesn't mean that you're going into panic mode. You can really think, "Okay, clearly, I think I need to step in in terms of figuring out what resources are available, what would work, if he needs to be admitted to an inpatient unit, where does our insurance allow us to go." There's a lot of things that you can do

to encourage that but you can't make them better. They have to want to do the work themselves.

Molly Claire: Yeah. They do.

Katrina Ubell: I think that gets really tricky. That's our hard line to cross where a lot of parents are like ... but when people's lives are on the line, like hold on a second. That's different than siblings fighting over a toy because of the gravity of the situation. Ultimately, it still ends up being the same thing. You can go into research mode, figuring everything out like learning, yet still showing up for your child, asking them, "What can I do to help you? I love you and I care about you. I would like to help you to feel better. These are options I've come up with. Could we discuss this and work through it that way?"

On a different note, I just recently was talking to one of my clients and she was talking about how she not only is a doctor, so a high achiever academically, but she was very accomplished as a softball player when she was younger and so her daughter now has been playing softball but isn't really into it. My client even kind of delayed signing her daughter up for softball with the idea of like if she doesn't like it, then I'll be so disappointed.

As these things go, her daughter is not that into it. She's so sad and upset about it. I think that's so interesting because we just look at it like this brought so much joy to me. I mean really, I think for many, many, many years for her and so he's so disappointed that her daughter isn't getting the same joy out of that. I think that's such a common thing. We want to live our lives again through our kids or we see some potential and we go, "I would have loved to have been like an elite level gymnast. You look like you're pretty good at it. Okay. Come on. We're doing this," as though it's almost their athletic career as well. How do you approach that with a client?

Molly Claire: Yeah. I think, I mean there's a lot of thought work, right, because really what you're wanting is you're wanting your kids to have that same joy and just that reminder that what brings you joy may not be what brings them joy, drawing that line between your life and your happiness and how you create the feelings you're seeking and how you can allow them to create theirs.

Katrina Ubell: Yeah, totally. I think it's so interesting too. I think we just sort of have this assumption that it will run in the family because sometimes, it does, right? I mean I had a doctor once. He had five sons and they were all super high level swimmers. I remember I asked him one time. Was there ever one kid who just was kind of like, "Yeah, I'm not that into swimming," like, "Could I do something else?" and you're like, "No, we're going to swimming"? He's like, "No, they all wanted to do it."

I think we see that and then we think, "Oh, okay. That's how our kids should be," rather than just looking at like this is what I'm able to offer when you're a working mother and a working parent, it's that much harder to get kids everywhere without completely like your brain sizzling in trying to work the schedule out and

then just really looking at what do they want to do. I remember thinking to myself, "Okay, my job is to provide opportunities as long as it works for the entire family."

That didn't mean that my oldest got all these opportunities and my little ones barely ever got to get the nap that they needed. I just remember thinking it's not fair for my little kids to be dragged all over the place, not getting the naps that they need. It's not fair to them for my oldest to get all these opportunities. It has to be kind of spread evenly amongst everybody. That's even now, like for the summer, so many different things you can do and so you just have to look at it like, "Okay, I'm not going to be able to provide everything. We're going to choose one thing or two things for everybody and that's what we're going to be able to do."

Really, our thinking is what makes that okay. It doesn't have to be like, "But they're going to need this because the only way you can get into college athletics is if you're at this level one on this select team by this age and ... Let them just have their own journey through it and see if that works. I know for our family in particular, a team like an athletic team where the kids are traveling, where we have to stay in a hotel overnight most weekends is just not going to work.

If we had one child, I think maybe we could consider that if that's something that they wanted but that just won't work for our family. It might work for other people's families but without family help and stuff like that, it's just not going to work for us, so we've kind of drawn that line in the sand and if there's an opportunity that involves that, we're going to let that one go and if there's an opportunity that doesn't involve that, then we'll look into it and I'll take it into account and just kind of look at it that way, which is ... Yeah, I mean we all want them, our kids, to succeed especially when we have been high level achievers ourselves.

Molly Claire: Yeah.

Katrina Ubell: It's doctors, I tell you.

Molly Claire: Yeah. I know it's hard. Well, and I think about too, and this is kind of a different version of success and I talked about this story in my book of when I remember when my kids were little and I had my first child and part of success was teaching him manners, him knowing how to say please and thank you and to be gracious. I taught him that and he took it on, right? He was the please and thank you king and he was so polite and pat myself on the back. I did it, right?

Katrina Ubell: You're an amazing mom!

Molly Claire: I succeeded at ... Yeah. Then, I had my second one and I was like, "Wait a minute. What happened?" because I did the same thing but he didn't respond the same way, and so the success I wanted for him, which was a reflection of me, of course, and my parenting, wasn't there. This is an easy example to see at a distance,

right, because it's clearly the child that's not really taking on what we're teaching but I think it's good to draw that line and understand what your responsibility is, like you were saying, to provide those opportunities. My responsibility is to, in that case, to teach manners, to show them when it's important to do that and to model it and all of that but then, my son got to decide what he did with that. Certainly, there's a place for me to continue to teach but it's your kid's responsibility to take what's given to them and do what they will with it. That's where we kind of have to let go and that's-

Katrina Ubell: You might be on them for 18 years of please and thank you and as adults, they might never say please and thank you, like ... and that'd be okay.

Molly Claire: Right, yeah. Exactly. That's-

Katrina Ubell: A big thing for us is table manners. I mean we're on our kids like crazy about table manners for a variety of reasons and I have to remind myself sometimes like they still might eat like slobbers when they leave my house. All I can control is what's appropriate in my house right now and that's it.

Molly Claire: Yeah. I think by drawing that line too, it allows you to be so much more mature about it, right, and impactful in the way that you approach it and enforce it rather than getting frustrated or irritated because, "Why aren't you learning this? Why aren't you doing this?" That's that controlling, wanting to force that success on them.

Katrina Ubell: Yeah. I definitely go there sometimes too though.

Molly Claire: Well, you know, we're all human. That's why I wrote a book.

Katrina Ubell: I'm getting better at it though. I'm getting better at it though so, all right, Molly, this is so good. Oh, my gosh, this is such great information. Every parent can really get so much out of this. I know they can, for sure. Tell us how we can get your book and the workbook that accompanies it.

Molly Claire: Yeah. My book, it just came out last month and if you go to my website, mollyclaire.com, you'll see a tab there to be able to purchase the book. The great thing is it's still in the launch phase so it's only 99 cents for the Kindle version which is so great.

Katrina Ubell: Fantastic. Yeah.

Molly Claire: The really great thing as well is that you can actually purchase either version, whether it's the Kindle or the paperback but after you purchase the book, you'll see also on my website that there is a button you can click to get a free workbook. The workbook will go hand in hand with the book, take you through ... It's like a coach in your Kindle.

Katrina Ubell: Yes, it is.

Molly Claire: It will go hand in hand with everything I do in the book and help you really figure out how to apply it to your own life, which is really where the magic happens, right, where you-

Katrina Ubell: Yes. I think it's so easy for us with this kind of personal development stuff. It's like intellectually, we take it in. We're like, "Yes. Oh, yes, it totally makes sense," but then the way we actually are showing up in our lives and with our kids is just not reflective of that so-

Molly Claire: Exactly.

Katrina Ubell: I mean I know you agree which is why you created a workbook but I know for a fact, for myself, when I'm actually going through a workbook and even like physically writing things down, how it makes such a difference for me than just kind of like hearing about it, learning about it like, "Oh, yeah. That's an interesting concept," and not really applying it. I definitely recommend everybody work through that because it's so good.

Molly Claire: Yeah, exactly.

Katrina Ubell: Then, you also have a little mini-book as well on your website, right?

Molly Claire: Yeah. What it'll actually do, for people who are interested, I have ... It's a happiness mini-book, so it really helps you with that second thing we talked about here on the podcast of separating out your kids' happiness from your happiness. What I'm actually going to do is there's a phone number that your listeners can text to get access to it. They can text 678-506-7543 and just text Molly, M-O-L-L-Y, and that will get them access to that. It's an editable workbook that they can do and it'll just target that one little issue and really help them figure out what their brain is doing and how they can make a shift there to have better happiness for themselves and allow their kids to be an emotional rollercoaster sometimes. It's okay, right?

Katrina Ubell: That's so good. I think it's actually really good to focus on one concept like that. I can be so overwhelming when we start learning this stuff and we're like, "Well, I'm like basically screwing everything up and I know it's my fault now so great. It's overwhelming. I got another thing I've got to fix or deal with." I think looking at it like, "I'm going to just going to work on this one thing. I'm going to really work on my own happiness, my own self and letting them be them," then, you're going to start being able to extrapolate those skills to like the success type of thing and other issues that you're having with your kids.

Molly Claire: Exactly.

Katrina Ubell: Even any other relationships really. I definitely recommend everybody does that. Can they get the mini-book on your website too?

Molly Claire: Right now, it's not just because I don't want too many things overwhelming the site. Yeah, but they could certainly ... I mean if the text, if they have an issue with that, they could always e-mail me, just molly@mollyclaire.com.

Katrina Ubell: Okay, great.

Molly Claire: I'd be more than happy to send it over, so it's pretty short.

Katrina Ubell: M-O-L-L-Y-C-L-A-I-R-E?

Molly Claire: Yes, that's it. Yep.

Katrina Ubell: Okay. I'll do it. Perfect. Molly, this is so great.

Molly Claire: Thank you so much.

Katrina Ubell: All of you listeners out there, you need to hear Molly immediately. Now, what you need to do is you need to get her book and then, you also ... We mentioned this. You do work with people one on one and in a group setting, right?

Molly Claire: Yes.

Katrina Ubell: For some people who really want to work, like focus on their parenting.

Molly Claire: Yes, exactly. We say parenting, it's really kind of the insecurities and inadequacies of motherhood, like all of those feelings that we experience is really what I help women with and so, it's personal, right? It's a personal coach for them to help them show up in the best way that they can, be grounded in themselves, create what they want in life so that they're a better mom.

Katrina Ubell: Right. It can create that experience of being a mom, like have it be the experience they always thought it would be. There was a reason they thought they should have kids or they wanted to have kids and I think so many of us are like, "Wait a minute. I thought it was going to be a lot different than this and P.S. better."

Molly Claire: Yes. I know, right?

Katrina Ubell: What you do is help people to make it better, like create that experience that they wanted for themselves.

Molly Claire: Yeah. I think too especially because we can get so wrapped up in our kids that we kind of lose ourselves and we think that our kid's situation has to change so that we can feel better. By helping them to be able to separate themselves out from their kids, it's just great in so many ways.

Katrina Ubell: Definitely. I think it just brings such like peace to you. Just knowing, even knowing that that's just available to me is really, really helpful. Even if I'm not creating it for myself all the time, it is always available to me versus just feeling like it's

hopeless, like this is just this like situation I'm stuck in and there's nothing I can do about it.

Molly Claire: Yes, exactly, because motherhood lasts a long time.

Katrina Ubell: Until you die probably. Oh, boy.

Molly Claire: Yeah.

Katrina Ubell: Oh, my gosh. So good, Molly. Thank you so much for coming on.

Molly Claire: Thank you so much. It's so great to be with you.

Katrina Ubell: All right, take care. Bye-bye.

Molly Claire: Thanks, bye.