



**Episode #115:**

**Margaret Webb on Surviving and Thriving Over the Summer Break**

July 3, 2018



Margaret: One of the struggles that happens is that when kids are in school, there's a structure and there are, there's a system, there are, you know, it's like every day they know exactly on Monday, this is what we do on Tuesday, this is what we do, and if that structure changes there in, on that information. They are given that information by the teacher, you know, oh, okay. Like so and so teacher is not here today and so P.E. is going to be canceled or we're going to do something different. So they're kind of in on it. So what I realized was that by not having a structure set up for are day by not filling him in on what was going on, then that was creating some chaos.

Debbie: Welcome to the TiLT Parenting podcast, a podcast featuring interviews and conversations aimed at inspiring, informing, and supporting parents raising differently wired kids. I'm your host, Debbie Reber, and this week's episode is all about summer survival strategies because I know that the struggle is real for so many of us and surviving the summer requires lots of patients and lots of planning. This episode is an encore airing of an episode that aired last year, so why am I re-releasing leasing it? Well, a few reasons. First, I know that many of you are in need of this information right now as the kids are home for the summer or if they aren't off school yet, they are about to be. Secondly, when this episode first aired, the podcast was a lot smaller in terms of audience. So many of you are new listeners and you probably haven't made it back far enough in our archives to have found this episode.

And then thirdly, as you know, I've been traveling for the past few weeks. I'm still on the road as I just wrapped up my three week book tour, have retrieved Asher from his camp and I'm squeezing in a few more meetings and catch ups before we head back to Amsterdam this weekend. So I am giving myself the gift of self care by not killing myself to release a new episode as I am super crunched for time. And so you can probably hear from the audio quality of this intro, I still don't have my usual setup and microphone, so for this episode on summer vacation, I bring back parent coach, Margaret Webb, who talks with me about how we as parents raising differently wired kids can get through the summer in a way that feels peaceful, possible, and good for the whole family. The focus of our talk is on self care and planning to help parents get through the summer unscathed and Margaret shares a lot of great strategies and insights.

I hope you enjoy this replay episode and before I get to the episode, I just want to take a minute to say thank you to those of you have been such incredible supports during the launch of *Differently Wired*. I am grateful to have had the chance to meet so many of you at the stops on my tour. And I was just so moved by the palpable energy and momentum that I felt, really everywhere. It's just being among the members of this tribe who honestly are just doing the most powerful, important work to push the needle forward for differently wired kids everywhere, in their schools, and communities, and families. And I wanted to take a minute to invite you to continue helping me spread the word, the conversations that I'm seeing popping up on social media and in facebook groups about the book and this movement we're sparking to shift the way our



kids are seeing and embraced have been so encouraging to me. I've heard from grandparents and educators and parents of neurotypical kids who are also recognizing the value and deepening their understanding of our experience, as well as just starting to think about how they can be allies to us and shifting this paradigm. It's so exciting. So if you have enjoyed the book, please consider leaving a review for the book on Amazon. Reading reviews from other parents helps people who are new to TiLT and the book and get a sense of what they could expect and how they can connect with our mission. Thank you so much. And now here is my conversation with Margaret.

Debbie: Hello everyone. It's Debbie Reber with the TiLT Parenting podcast and I'm really happy to be bringing Margaret Webb back to the podcast and for those of you who don't know, Margaret was actually my very first guest on the show was episode one, which was all about finding peace in parenting the child you didn't expect while you were expecting, and I don't know if you know this, Margaret, that has been by far our most popular show. It's been listened to thousands of times, which is so cool to see, and so if you're new to the podcast listening now, I highly recommend you go back and listen to that one because it's full of great stuff. Just for quick introduction, Margaret is a Martha Beck certified master life coach, a parenting coach and nature based coach and a former teacher. She's also the parent of a differently wired son and just personally has been a huge influence for me and also one of my lifelines during some more challenging parts of my own journey with Asher.

Debbie: So welcome back to the show, Margaret.

Margaret: I am so happy to be back.

Debbie: I know that we've gone back and forth via email. There's a lot of things that we could and want to talk about for episodes of the podcast, but today, because it's June and kids are just getting out of school, many parents are facing anywhere from a few weeks to some parents have a few months of time away from school. We thought it would be a great time to look at the issue of summer survival. Sounds like a Mark Burnett reality series when I say it like that - sometimes it feels that way. I guess just to start the conversation, why are you know, in your opinion, why are summers so difficult for so many parents? I mean, I think they're tough for every parent in some way or another, but those raising differently wired kids. What are your thoughts on that?

Margaret: Oh yes. It can be so hard and what I have kind of boiled it down to is that you know, you spend the whole year, with rushing around and having a very strict schedule and appointments and whatnot, after school, that parents can look at this time of summer as this, this time of relaxation and ease. And you know, for me it was personally, I, I refer to it as the Kumbaya time where like all of a sudden we would just be like, have all this lazy, you know, the hammocks would come out and I'd just be sitting by the pool, you know, and my son would be splashing around playing and running through sprinklers and that was, you know, my, my hope and my expectation. And then reality hits and the kids are home after a while and they're bored. They're, they're all over the place and it's,

this expectations meets reality. And I think that's it. It's a really, really hard time for a lot of people and especially with parents who have differently wired children. These kids often have really powerful and strong and intense energy. And I know that for me there was this feeling like I was getting sucked into his energy. So it was, it was a struggle because I wasn't getting anything done that I wanted to get done or needed to get done and he wasn't doing the things that I had expected him to do and so it was kind of this weird time period where it was like, okay, like I should know what to do with him. You know, it should feel better than what it's feeling and it written it and it wasn't. And it wasn't until I realized that things weren't feeling good and the, you know, I'm like, oh my gosh, this is, this is miserable and I don't really want it to be miserable that I started kind of diving into what was actually going on. And that led me to creating the Summer Survival Skills.

Debbie: Interesting. I, you know, as you were painting this picture of this summer, you envisioned of kid running through the sprinklers and just kind of relaxing summer. That's actually very different than this, the way I used to envision my summer or the way I used to experience summer when Asher was younger. I was one of those parents. I definitely dreaded summer. Like, I think I never looked forward to it. I was so happy that he was in school and he was someone else's responsibility for x number of hours a day and summers for me was like, oh crap, like what, what am I going to do with him? I have all this time and I would try to just schedule that boy in camps out the wazoo. Like that was my answer at the and it was still very stressful because I often just had to cross my fingers and hope that any particular camp I signed him up for, whether it was zoo camp, aquarium camp, or whatever, you know, would work and I learned the hard way that I needed to actually call the camps months ahead of time and kind of prep them and make sure they were ready and willing to support Asher in their camps.

But that was for me, I think I always just like, ugh. Summer, like, what am I, you know, I, I just looked at it, this huge albatross. So you know, I have, I have to figure this out. I had this spreadsheet, I was doing everything I could to try to, I guess, mastermind this summer that I could just kind of sail through. Of course that never worked out. So I guess whether you're picturing this luxurious or relaxing kind of idyllic summer where you know you're going to the beach and your kids are running around with friends and everything is go smooth and they come in for popsicle, you know, whether you have that picture in your mind or you have a picture in your mind of your child just having these amazing experiences at camp and you just having like, all this great time to yourself. It is that expectations versus reality. It's that disconnect. It never really works out as planned for parents like us. Seems to be the case,

Margaret: You know, it is that it's an expectation versus reality. Consider, you know, and for me it was like I was a teacher and I taught kids his age and so there was like, you know, I was kind of felt like I, you know, he's kinda my teacher in that feeling of like, Oh, I've got this in the bag and ha ha, no, you don't, try this. And so it was like all of a sudden I was back in this position, this learner's position of, okay, like, this is not at all what I had expected this to be. And from that place it



was kind of like, well, now what would that big question of, okay, you've got this child, you've got this situation, it is what it is. And so, you know, how can you survive this and how and, and kind of say survival. But it's more like using these skills to get parents to a place of leadership so that it's not just surviving, you know, it's, it is more thriving and having a balance of what needs to be done and wants to be done so that everybody kind of gets attention.

Debbie: I love that word, leadership, in that context. It's something we don't often hear in relationship to parenting for some reason because when you say it, it seems so obvious that that is our role is to be a leader and setting the tone.

Margaret: I think it's important because tying back into having differently wired children who have that, like they often, and I've heard you talk about in previous podcasts about know, perfectionist ideas, strong energy, and it's been really important for me to step into that leadership role more and more in a very conscious way because otherwise it's easy to get sucked into that perfectionistic energy or that strong willed energy or that intense energy because they, they can be very clear about what it is that they want. At least that's been my experience, is that like, you know, even before he was verbal, which didn't actually happen until he was five, that that kid could get anything you wanted and managed to get exactly the color cup that he wanted. And so I think being a leader, you know, while it sounds simplistic, it's, you know, it's really that energy of like, okay, like I'm, I'm seeing the big picture of what's going on and making decisions from that place.

Debbie: Phew okay. This is going to be good. I can already tell. So. Okay. Let's get to some of your awesome tools now. You have created a Summer Survival Skills package for parents, which I grabbed it at least a year ago. I'm not sure the first year you had it available, but it's a combination of some mp3s and pdf worksheets that you offer for free on your website, which is amazing. So I was wondering, could you just kind of walk us through the different tools that you have in that package and explain why you created each of those components?

Margaret: Absolutely. I created them because as part of my nature based coach training, I was learning about and playing with the importance of mapping, and tracking, and rituals and celebration and how they're important for survival in nature. How a native cultures it is survival. And yet I realized I was not implementing them into my everyday life and that's something that is so important for me as a coach, is to be able to bring tools to people that I actually use in my everyday life with my child, with myself. I don't share anything that I haven't used. And so those are four things when I sat down and thought, okay, what is it that I really would help me and that I really need from kind of a big picture point of view. And so the mapping part of it is in creating a structure. And I know that some people are like, oh, you know, structure. But then there's people like you who are like spreadsheeting everything. And so there's a balance and realizing that, you know, one of the, one of the struggles that happens is that when kids are in school, there's a structure and there are, there's a system, there are, you know, it's like every day they know exactly on Monday, this is what we do on Tuesday, this is what we do. And if the structure changes there in on that information.



They're given that information by the teacher, you know, oh, okay, like so and so teacher is not here today and so P.E. is going to be canceled or we're going to do something different. And so they're kind of in on it. So what I realized was that by not having a structure set up for our day, if by not filling him in on what was going on, then that was creating some chaos.

Margaret: It was just creating all this open space and that open space was being filled by things like electronics. And while I'm not against electronics at all, it was just that it was being filled way too much with electronics. And so I decided to kind of investigate like what, what that could look like in our life. And I felt like it became really important to think about what my needs were and I didn't say his needs. I said my needs, what are my needs during the day, what are my wants during like a regular day. And that was really important to kind of dive into, okay, what are some things that I need to get done, what are some things that I want to get done? And then also what does that look like on a weekly basis? What does that look like on a monthly basis? And that's really important because I think when our kids are around, our needs and wants sometimes can get put on the side burner because we feel like, oh we should be playing with our kids. I've had a lot of people come to me with that lately of Oh, I should be spending all day playing with my kids and I don't know what to do and, and I'm miserable and I don't like it. And, and then judging themselves for that. And so putting out in front like, okay, these are some things that I want to do and these are some things that I need to do. Giving yourself permission just to kind of label those or to put them out there and then go to, okay, well what are some wants and needs? What do I know about my child? Or children, if you have more than you know, if you have, I have an only child, do you have an only child, but if you have more than one child, each of those children has different wants and needs. In addition to that, they have different personalities. And so taking into consideration your personality, your wants, your needs, and then also put it into consideration the wants and needs of your children and from there spending some time thinking about how you can map out your day, how you can map out your week, how you can map out your month with things that are going to meet each of those needs and wants.

Debbie: Do you loop your child into this process in terms of when you're spending that time thinking about what their needs and wants are? Is that something you bring them in and say, what do you see for, you know, what are your goals for this summer? Or what do you want to make sure that you spend lots of time doing? Is that something you do together?

Margaret: Yes absolutely. Because it's important for me to get his feedback on what it is that he wants to do and that helps us to bring those expectations back to reality because if he wants to go to Six Flags every single day of his summer in order for it to be like this awesome summer. In his ideal world, he would love that. But knowing like, okay, I, you know, I would like to go to Six Flags. I would like to go to a waterpark. I would like to go to, you know, whatever it is that he has in his mind of what he thinks. Then that allows me to step back into that leadership role and plot that out and say, okay, well let's pick some days where we can plug those in. And that is super helpful because you're hearing your child, they know



that they're being heard. It's like if you write it down or type it, then it becomes real. So they know it's not just this thing hanging out there and that their wants and needs are being considered in what you do. And the same thing goes the other way is telling them like for me, what I've been doing, Andrew's not doing any camp this summer and so what I've been doing each morning is I sit down and I think about, you know, what my intention is for the day and then what I need to do during the day and what, you know, what my needs and wants are, what his needs and wants are, and I, I make a schedule and it's a very loose schedule and I print that out. And so then he's filled in that, you know, at this from this time to this time, mom is on a phone call. And so from that time to that time that you know, that is his time to use electronics. And then after this time I'm very explicit and I say no electronics and then give some ideas for some things that he can be doing during that time.

Debbie: So you have your needs and wants worksheet where you've kind of those things out. And then the schedule you, it sounds like, and correct me if I'm getting this wrong, but you create kind of a basic schedule and then from that, each day you kind of come up with a schedule for the flow of that particular day?

Margaret: Yes. Yeah. I look at what we've got and then you know, what is there something, is there a library event? And so it's the schedule and the structure, you know, I say that and some people in, oh I don't want to, but it's, it's having that as a framework which allows us to have this freedom of kind of moving the pieces around where it's not set in stone. It's not like we can't veer from that, but if there are certain things where we need to be at a certain place at a certain time, then those are, are already out there. We're all aware of it. And I think that's really important because keeping kids in the loop and letting them know what's going on and when things are happening. We all, I think we've all been in situations where, you know, as adults, somebody comes in and says, Hey, I need you to stop what you're doing and I need you to come and it's, it's annoying and frustrating and we might not want to leave what we're doing. And so I think giving them the courtesy of, if possible, of having a heads up and some notice of what's going on and what the expectations are, then that can help you to have a more peaceful and a more joyful reality.

Debbie: Absolutely. You know, you started the conversation by talking about this idea of expectations versus reality and it's the same for our kids. I know for Asher, one of his primary triggers is his expectations not being met, you know, and I homeschool Asher, so we do some version of this every day and it has really changed everything to bring him into the process, make sure that his needs and wants are kind of covered there. And then kind of even checking in throughout the day, not just in the morning but throughout the day. Where are we? Here's what we've done. You know, just kind of constant, that's how we have to do it in our home, constantly checking in and making sure or maybe noticing, Oh we may not get to this today, what should our plan B if we can't get to that or how can we move things around to accommodate both of us right now?

Margaret: And that leads to the next tool which is tracking, you know, so if you're out in nature, you're tracking like prints in the, in the dirt and you're following along.

But the most important thing is not necessarily you know, where they're going, but it's also... like I take that to mean in my everyday life I'm tracking what is going on, how are things going, what's working, what's not working, what can we do different? And you just gave the perfect example of, okay, looking, checking back and going back to our map, you know, we've, we've kind of gone off track a little bit and so how do we get back on track? Or are we okay with being off of the track that we originally mapped and continuing on this? But checking in and sharing that, is, you know, it's, it's really empowering for both, you know, and, and checking in with yourself. Like, okay, pressing the pause button, you know, and I constantly remind myself about the importance of, of chest pressing the pause button and, and asking myself what is working. And it's something that so many people just jump past and they go to the focus of what's not working because that's usually, you know, the, the chaos and the loudness. But if we allow ourselves to go back and think about, okay, what is working? And if it seems like nothing is working right now in the present moment, think back to a time where things were working. When did you have a morning that went really well and go back and really dive into that. What was going on? What did you do for yourself? What did you do to kind of set yourself up for success? And that is key information for what you know you might want to try in the present.

Debbie: So once again, it's everything you've just said is such a great reminder. So much of this, not just surviving but thriving in this role we have of parenting differently wired children is putting the focus back on ourselves and I think so much of what exists out there as tools for your kids, what your kid needs to do, you know, which is great. Not that our children don't have, you know, things that they can be working on and skills to be developing. At the core of the experience, it's the choices we make. It's how we choose to feel. It's how we think about the situation. I think I mentioned this on our first interview, it's just a focus that so many parents seem to be missing out on because there's not a lot of, that's just not the approach a lot of parent coaches take when they're working with their clients. It's just. And it really is. It starts with us.

Margaret: Absolutely. And that's, I think my one big surprise was all the focus on him and I certainly placed all my focus and energy on, on him and trying to change his behaviors and change his, you know, his experience so that I could have a better experience. And I realized, oh my gosh, that's crazy because I can't control him. I can't control how he's wired. I can't control his developmental timeline. So it really did feel so much more peaceful and empowering to put the focus back on me because that is, you know, that was something that I could always tune into and I could always think about what was going on for me and what was I making it mean and you know, what were the thoughts and where was I going in the past where it was I going in the future. And it made such a difference for me to put that back on me. And at first I think it was survival to put the focus and attention on him because it was so much and it was like. And it may have been painful to go to those things, but after a while shifting that and realizing, oh, and in nature, for me it was a huge thing because you sit out and you watch nature and it is survival to take care of yourself. You know, the mother dear doesn't take care of herself. Then she's not going to be helpful to her babies and she's



not going to be able to lead and to, to be aware and to keep them safe. And so it really is. It is survival to take care of yourself. And that's not what society puts out there. It's, oh my gosh, we've got to put every, put ourselves on hold and put everything on the back burner because we have to put all of our time and energy into our kids. And I certainly do put my time and energy. But it's been more fruitful and productive in finding a joyful life to put that focus and energy back on me and my stuff.

Debbie: Yeah. I'm just thinking. You're talking about nature. One of the things that I am really happy about is that I, I feel like I have gotten Asher to the point where he loves to walk in nature and nature is kind of my happy place. We don't have a lot of hills in Holland, but we do have some really nice parks with great hikes through beautiful forests and that is, you know, if I were to think about my needs and wants for this summer, it's definitely making sure that at least once a week we get out to some park somewhere in nature where we can just walk and I know that that's good for him. He used to complain about it and now he's fine with it, but it feeds me so much that, that one walk that week could get me, could kind of carry me through the rest of the week. So it's kind of cool to be able to bridge that gap and get what you need and what you want and also be supporting your child at the same time.

Margaret: Well, and the thing is, is that the thing that I love so much about using nature as a coaching tool is that there is no judgment. It's, it allows you to be exactly who you are in that moment. And it's all, it's all fine. It's all good. It's not creating any stories about who you are as a person or what you need to be doing. It just, it accepts you as it is. And I think it's, you know, I often go to this place of just like enormous gratitude, you know, that it's like mother nature. It's like I go in, I sit outside and it's like, oh, you know, I am being taken care of and that you know, that feeds me and that I can go and I can pass that same energy onto my child where I'm not judging him and I'm not perfect. I still tell stories in my head about what he should be doing or how he should be. But it's recognizing that and going back to that place of, you know, okay, like in this moment it's all good and he's exactly the way that he is supposed to be and he's teaching me and it's, yeah...

Debbie: Yeah, when you take care of yourself, you're able, whatever that self care looks like, there might be people listening to this who are not into hiking and being in nature and that's fine, but it is that idea of when you are taking care of yourself and doing things that kind of rejuvenate you and help you feel grounded and inspired, then you can transfer that energy. It's definitely a win-win.

Margaret: That's that mindfulness that you were talking about in the mind in the mindful poet podcast that you did and how that looks, you know, again, what are your wants and needs. And so for you, that might be a hike out through a park and for somebody else that might look totally different. It might look like going to yoga. It might look like, I have a good friend who her thing is playing tennis and that fills her up. So that's why it's, it's, it is important to think, you know, and you can, there are so many people who think, oh, you know, it's selfish for me to do that and I counter that with the fact that it's selfish not to do that because of the



difference in energy that you bring to the people that you're with and in this case, like the children that you're with throughout the day.

Margaret: And so even if you might not be able to go to a yoga class, you know, you've got, you might not have childcare. Knowing what you know about what your needs and wants are, how can you make that happen? You know, you've managed to find a way to do it. With Asher. I have a practice that I do called Sit Spot, which is just sitting outside in nature and you know, Andrew has, you know, he has done that with me and if he's not doing it with me, he knows, oh, mom's just at her "spit spot" as he calls it and it's. And it's fine. But that's part of my survival is having time to myself. Taking that into consideration and how can I go about creating that for myself?

Debbie: So you have a tool in your summer survival and package? It's called My Ideal Summer Day. And maybe could you just take a minute to tell us what exactly that is?

Margaret: it is a tool that is based on something that I learned, you know, the ideal. There's an ideal day coaching tool that Martha Beck teaches and I just kind of adapted it to be your Ideal Summer Day and it's designed to allow you in your mind's eye it go to, okay, if I could create the ideal summer day, what would that be like? What would that look like? From the time that I wake up to the time that I go to bed and taking notes about what pops up, what shows up, gives you insight on what is important to you and what it is that you know, essentially you are wanting to have more of in your life. Taking into consideration also the energy flows that you have throughout the day. You might wake up and you might want to linger a bit and have, you know, enjoy your coffee.

And like for me it was, it, it is that it is enjoying coffee, sitting down, writing, journaling, mapping and using these tools, but then after that my energy skyrockets and I have a lot of energy. So, you know, in my ideal day I would be getting a lot of stuff done and that would be where I would put that kind of focused energy and then after lunch it's kind of like siesta time and so it's allowing yourself to kind of dream about, you know, okay, where is, what is my energy like throughout the day and what is the energy that I'm wanting throughout that day. So that you're not fighting your natural energy, you're kind of, you're using it to go with the flow.

Debbie: Yeah and just for listeners part of your tool kit also includes a guided visualization. Correct? So it can walk people through the process of thinking about this, which is great, and then it's not that your ideal day, the goal is to. Yeah. You don't have to make that happen, but just to be conscious of if I could create it, this is what it would look like and maybe are there a few things I can, little adaptations or tweaks I can make to my day now to bring me closer to that ideal?

Margaret: Absolutely. Because there are, there might be things that you're already doing or from that perspective you look and say, oh my gosh, you know, like the first thing that I do every morning is I jump out of bed and I start going like a wild



crazy person, which was totally me. That's where I was and once I did this and started having that awareness, I realized, oh my gosh, you know, I'm jumping out of my bed and I'm taking off. I call it pinballing where it was like I was like this pinball that was shot out into the day and whatever caught my attention or whatever I bumped into. That was what I would do and at the end of the day I'd be like, oh my gosh, I didn't do anything. I didn't get anything done. I feel horrible. And so taking time to do something like this so that you can make those tweaks in your real everyday life. It can make a huge difference. Those two minutes might change everything.

Debbie: That's great. Super powerful. So we're running a little long, so I'm gonna kind of wrap this up, but before we do, I was wondering if you could just share with us what does, what does your summer look like? I'll share what our plans are too. I'm just curious if you have kind of a typical day?

Margaret: So my typical day is waking up and not having an alarm, which is actually really nice. I do have an alarm in my son who will come down and get in bed and snuggle. But waking up and taking that time to sit down and think about my intention and what I want for the day. I also print out our schedule, like I said, and along with that chores, which are things that my son is now at the point where he understands money and understands that money can help him buy things like outdoor light fixtures, which he really loves. And so he's very motivated to do chores, but I print them out because if I, knowing what I know about him, if I just tell him they will never get done and so he likes to have things written out so that he can follow that. So he usually does that while I do coaching calls and then I keep our afternoons very open and so we have lunch, we have quiet time or rest time and then our afternoon is usually doing a relaxing activity, like go sit outside, swim a little bit. I want to do more reading the summer. So we joined our summer reading program at the library and we put up a tent up in his bedroom and so we spent some time up in the reading tent, reading to get certain minutes and finish some books and then dinner and you know, sitting outside and enjoying the summer.

Debbie: Sounds very civilized. This summer, I am really taking it easy and we're are not finishing school until July 1st so we haven't gotten into our full on summer vacation. But what I've noticed about Asher is that he still, he likes to have some sort of school aspect, so we'll probably still do our morning meeting every day. He'll probably still want to do a few subjects. We will make a joint schedule every day and maybe kind of dive deeper into some more project based things he's wants to create a stuffed shark from the game Subnautica, which is another one of his obsessions at the moment. So, so we'll probably tackle some projects like that, but I intend to kind of enjoy the summer and get out and about and have play dates and just kind of just try to give myself a break, relax and have fun. So that's the plan. We'll see how it goes.

Margaret: And I think in rituals, you know, part of having fun themes or rituals, it depends on what your kid wants and needs. Like we have to have some structured things because Andrew's the same. He likes to know he probably would actually like to be in a camp because he likes to have places to go. And so like I've had to get a



little bit more creative with, okay, we do have to have planned outings and certain things like that, but I'm just taking into consideration what your kid likes. If they love cooking, you know, do a weekly themed meals, you know, where they get to decorate the kitchen and you know, just relax and have a little bit of fun.

Debbie: Good stuff. Well, if you could leave listeners with one thought or kind of one reframe that could help them shift their thinking to help them survive the summer, what would that be? I'm sorry, I'm putting you on the spot.

Margaret: I think that what helps me most is, and what I, you know, what I would strongly encourage people to play with is to know every once in a while just press the pause button and look around like almost like an observer of what's going on around you and check in like, is this what I'm wanting? And if not, what can I do right now to create a shift to get back on track with what I want? It sounds really simple and yet I don't think it's something that can then really create a lot of changes. Just pressing pause and observing what's going on and checking in with yourself and see what you notice.

Debbie: Now I'm wanting to make a big pause button that I have as a visual, maybe one for me and one for Asher so we can both push pause and we need it. That's great. Yeah. Simple tool, but how many of us actually take the time to do that? So alright, and for listeners who want to download your free Summer Survival Skills package, where can they do that?

Margaret: There is a link on my website which is [www.margaretwebblifecoach.com](http://www.margaretwebblifecoach.com) and there's a menu bar that says products and freebies and it's under there. It's Parenting Survival Skills and it's helpful at any time of the year, but it's like I kind of geared toward summer. It's a dropbox file so it's there. It's free and it's helpful for me.

Debbie: Helpful for me, it's great. Great stuff. It's so generous of you to make that available for parents. I will include links and information on the show notes as well, so listeners, you can just go to the show notes and you'll get a direct link to that, but Margaret, I just have to say I know it gush about you all the time, but you truly are one of the most generous, wise women I know and it just really grateful that you are able and willing to share with our community. So thanks so much for coming on the show today.

Margaret: I am so grateful and I gush about you as well and I just love what you're doing and love being part of it. Thank you.

Debbie: You've been listening to the TiLT Parenting podcast for the show notes for this episode, including links to Margaret Webb's website and the other resources we discussed. Visit [tiltparenting.com/session1:15](http://tiltparenting.com/session1:15). If you like what we're doing at the TiLT Parenting podcast and you'd like to support us. There are a few easy and meaningful ways that they do that. One is to join my Patreon campaign, just like listeners, Karen Santospago and Yvette Casas. Thank you. Karen and Yvette. Patreon is an online platform that allows people to make a small monthly



contribution to support the work of an artist or a musician, or in my case, a podcaster. It's super easy to sign up and even a small donation helps if you'd like to support the show, visit [patreon.com/tiltparenting](https://patreon.com/tiltparenting). The other way you can help is to head over to itunes and leave a rating or review or both if you haven't done so already. There are a lot of parenting podcasts out there. New ones are popping up every day, and those ratings and reviews help keep our podcast highly visible, which in turn makes it easier for me when I'm reaching out to those high profile guests in finding them on the show. So thank you so much and thanks again for listening. For more information on parenting, visit [www.tiltparenting.com](http://www.tiltparenting.com).



## RESOURCES MENTIONED:

- Margaret Webb's Summer Survival Skills
- Margaret Webb's Summer Survival Skills Package
- *The Families That Can't Afford Summer* – New York Times article
- Finding Peace in Parenting the Child You Didn't Expect – TiLT Parenting Podcast Episode 1