

Christy: [00:00:00] You are listening to the Love and Language Podcast where we inspire hearing parents of d/Deaf children and remind you that as long as you are giving your child love and language, you are doing a great job. Can you hear that on your way? Yeah. Yay. Beth. We're here. That's real. We are doing it. We're doing the podcast. I know. I still just, I remember reaching out to you like a couple days after we got Cooper's diagnosis and really thinking that you probably wouldn't see my message, honestly. And yeah, being here feels like a crazy full circle kind of thing.

Christy: I know. It's so crazy and I'm so glad I saw your message because I also didn't have a very big community in this,

Christy: everybody, hello. Welcome to the Loving Language Podcast. I'm Christy and I'm Beth. We had a conversation one day and we're talking about how we could be the support system that we wish we had whenever we found out our kids were d/Deaf and we both instantly thought of podcast. I thought this was [00:01:00] interesting, Beth, and I wonder if you had a similar thought. It felt weird in the beginning stages because it's such an audio format to be talking about hearing loss.

Beth: Yeah, I mean there's definitely that, here's hearing parents speaking about raising d/Deaf children, but we're just gonna talk about it. Is it gonna be accessible to everybody, is the concern. You don't wanna put yourself in a position where it's coming off negatively or coming off as if you don't, you aren't taking the full picture into account. So I think that was part of what we really had to think about when venturing into this.

Christy: I think that's a really beautiful way to put it, because we created this podcast because we want to inspire and educate and build a community for hearing parents of d/Deaf children. But obviously the key and the most important part of the conversation is the fact that we have these d/Deaf children with this unique situation that we want to be sensitive to and we want to make sure [00:02:00] everything's accessible I always think when I'm doing something that Charly could also get full access to. A beautiful thing is technology has changed so much in the last few years. So being able to have transcriptions for podcasts and websites and YouTube channels like this and to be able to record something like this where we have the visual cues for people who rely on lip reading or who prefer transcriptions. I wish that I was fluent in a sign language right now, but, I'm not. You're getting very close though, like you are doing an amazing job.

Beth: Probably sound like a three year old when I use my asl.

Christy: You do not you do amazing. We're gonna talk about that a lot on this podcast, just the fact that there are so many language choices and we want to meet you wherever you are right now. We're both very unbiased and not judgemental. So we just want everybody here to know you're safe here. It's a safe place,

Beth: There's no right and wrong. There's no lots of [00:03:00] shades of gray.

Christy: As long as you're giving your child love and language, you're doing a great job.

Christy: See? Perfect.

Beth:

Beth: So today we're kicking off our first episode by introducing ourselves and sharing our own stories about why we started this podcast. As hearing parents of d/Deaf children, we understand the unique challenges, the joys, the struggles, the obstacles that come with raising a child who has a different experience within this world. That's why we're here, just to offer support, to hold your hand through this, share our experiences, and connect with other parents ultimately who are sharing the same journey.

Christy: Why don't you start us off and tell us more about you, I want anybody listening to know, not just the story of how you became a hearing parent of a d/Deaf child. That's important. I want you to touch on that as well, , but just a little bit about who you are. We are humans raising humans at the end of the day. Yes. So I wanna know about you, tell everybody where you're from, what you do full-time, because you do so many [00:04:00] things and it blows my mind, life doesn't stop when you have a d/Deaf child or a child with additional needs. And you are balancing it all perfectly.

Beth: You can turn that around and say the same thing cuz you do a lot of things too. .

Beth: So my name is Beth. I live in Minnesota. It's very cold, half of the year . I've lived here basically my whole life though, so I love it. Currently live in a rural area with my husband and then my three-year-old son Cooper. And as far as who I am I always feel like I have to start that, about like 10 years ago I got sober and I feel like that really kicked off just the way that I viewed life and the way that I view my passions, and so I, that was in college and it just I feel like helped me set off on that like self-discovery journey a little bit earlier than I

maybe would have otherwise. And so I initially worked in journalism after graduating from college, and I would definitely call that My first love and writing and, but it was just a little bit demanding and I started realizing how much I really loved those kind of like creative [00:05:00] ventures that I was getting into on the side

Beth: And so when a job locally came up as a website designer, I was like, you know what? I don't have any of this experience, but I am going to just throw my name in there. and I did, and that was four years ago. And so that's what I still do full-time. I also have my own photography business, which like I said, it's cold six months of the year, so really that's six months on, six months off type of thing,

Beth: So right now it's the off-season, which is nice. And then obviously now I am a mom. I'm also super into CrossFit. I coach CrossFit and most recently wrote a kids book about inclusion. So wear a lot of different hats. I enjoy very much being my own person in addition to being a mom. That's never been and never will be like my full.

Beth: Identity and that's important to me and I'm lucky enough to, have that support system that allows that to be the case. So that's a little bit christy?

Christy: Wait, first of all, I feel like you very much were modest oh, by the way, I just wrote [00:06:00] a kid's book.

Christy: No Girlfriend. You are an author want you to tell them more about the children's book that you wrote because it is so important and it's so special for families like ours. But I'm pretty sure you have another book as well that everybody would be interested in reading.

Beth: Glazed over that one. About Actually exactly a year after Cooper's diagnosis, I released a book called Hello Holland, and that was a nonfiction account of our entire experience that first year working through his diagnosis and then also the different language options we were presented with how he made those decisions what cochlear implant surgery was like, and everything after that. And obviously we were in a very different place when we were only a year in. So if anybody reads it, just keep that in mind that obviously so much has happened in those couple years since too. Maybe someday I'll go back and add a part two, but.

Beth: Right now, like we said focusing on this kid's book called the ABCs of Inclusion. And the idea behind it is that each of the 26 letters of the alphabet

actually represent a real child with a different diagnosis. [00:07:00] So when I was throwing the idea of a kid's book around, I wanted obviously to.

Beth: Reach those parents of kids with who are d/Deaf for heart of hearing. But I also was thinking to myself like, that's such a small part of the kind of like community that we've built. I know I have parents who follow me, who have just children with, additional needs in general. Maybe they're autistic, maybe they have epilepsy.

Beth: Just that broader experience of, raising a child with needs that you didn't expect. And so that's when it came to me like, why not base this book on these real kids, but talk about it in a really kid friendly way. And so that's where that idea started and it's just spiraled in the last, year and a half.

Christy: And we are coming up on the release on March 21st, which is World Down Syndrome Day. Just the first

Christy: I didn't realize that.

Christy: Yeah, that's special.

Beth: I love one of the stars. Kind of align.

Christy: I'm so proud of you. And I think what's also very cool is that Book is obviously a labor of love and it was community backed.

Christy: So this was a project [00:08:00] that parents were literally saying, we need this, we want this. And you took action. Even when you talk about Hello Holland. I think even just touching on the fact that that was a year in, and I know so much more now where things look different this way, but the people who I feel like are tuning in to this podcast today who are meeting us a few steps behind where we were at that year, we will so appreciate that because it's really easy, especially when there are more resources online and more professional resources online. It's easy to feel like, because you don't know it all or you don't have it all figured out to just, sit back and just take it in. But I hope that we inspire more parents to just meet everybody where they're at and share that.

Christy: I think it's beautiful that somebody listening in can see where you were at a year. and we're gonna talk about a lot of [00:09:00] the same things that you touched on in your book, and you'll be able to reflect on where you're at now. , and then we'll get to hear from people who are years ahead of us.

Christy: , I just can't wait to revisit all of this stuff. You do so much out of just your heart and wanting to create a world that is great for Coop, that's great for kiddos like Charly, and it's awesome.

Beth: Thank you. I appreciate that. Yeah, it's definitely been, like you said, a labor of love and it was something I just wanted to do.

Beth: So it's seeing it have taken on a life of its own. Like this is still kind surreal, and it's one of those things that I'm still like processing cuz it's just blown my mind.

Christy: I know. And it's about to be real, I hope people listening in realize that just because you and I are both content creators in a wide variety of aspects, nobody's paying us to get up at 7:00 AM today and no, set up this equipment and have this podcast like we are doing this because we care. We care about the families that are in position like [00:10:00] ours. We care about the world we're raising our kids in.

Beth: Especially in a post covid world where a lot of in-person events, I know personally, As far as connecting with the d/Deaf community, connecting with other parents, like a lot of that got thrown off really quickly into the journey for us.

Beth: Sharing on social media became like a natural way to connect because like I said, I'm in rural Minnesota, we do not have a large community of parents like me or really a d/Deaf community here. . And so that's where I felt like I, needed that human connection element in order to process what we were going through and move through it.

Beth: And that's why ultimately I started sharing. And that still is like when I think about it today, like, why am I, why am I posting this? Why am I sharing this hard moment? It's because if I had seen this at the beginning, it would've been helpful. And that goes back to watching some of your videos very early on, obviously.

Beth: it just made me feel less alone. And I think ultimately that's what we're all looking for in the midst of hard things.

Christy: Okay, so let's rewind. Tell us [00:11:00] your journey with finding out that Coop's d/Deaf if you've ever met a d/Deaf person before,

Christy: what's the scoop? What's the scoop on Coop? ?

Beth: That takes me back. That was my original blog name. So Cooper, and you'll hear me say this is when I ever, I talk about this, but Cooper has just been like a surprise from the beginning and has just kept this surprise is coming. So we, my husband Brandon and I got engaged in January of 2019.

Beth: and 36 hours later I found out I was pregnant. Like we were not trying, it was a, yeah, it was a lot. So we were engaged, yeah. Like a whole 36 hours before, our lives were just totally . . . Changed. And so yeah, like when Coop was born in September, I had obviously spent the pregnancy wrapping my head around the idea of becoming a mom in general. I wasn't ready and it was scary. And so by the time that he was born, it was okay, I got this. And then, as much as any new parent has got this , but when we were in the hospital, he referred on his mandatory newborn screening, which if you're here you probably know what that means, but basically, , [00:12:00] when they're in the hospital as newborns, they do a hearing screen that basically just says, pass, fail to an extent.

Beth: And fail is not the language I like, but I'm just trying to explain it. And it's very black and white. Yes. It doesn't give you any indication of where that middle degree is. And so not only that, but and Christy you can probably speak to this, it's not that uncommon for babies to fail or refer.

Beth: My sister just had a baby two days ago and he referred on one of his ears and I. Fully don't think that he has any degree of hearing loss, but it still is like , it just brings back some emotions and stuff to see them kinda,

Christy: I'm sure she think about it.

Beth: . Oh, yeah.

Christy: She probably thinks about it much differently now than she would have, without this history

Beth: My husband's side of the family does have a few d/Deaf family members, but they have no indicator of Wardenberg syndrome, which is actually Cooper's clinical diagnosis.

Beth: So we came, after we had gotten home from the hospital and we're planning to bring him back for another screening stumbled across Wardenberg syndrome and was reading about it because Cooper was born with a white swash of hair and the rest of his hair is really dark. . [00:13:00] And as I was reading that, Google Hole that I went down it was like a checklist of what I was seeing in my baby.

Beth: He had these wider set eyes. He had the flatter nasal bridge, he had the forelock. And so when I got to the part about being d/Deaf or heart of hearing being a really big component of Wardenberg syndrome, it was oh, like maybe that wasn't just fluid in the ears, like we better actually get on top of this and.

Beth: I think in a way, it's scary to go down the Google hole, but at the same time it's, it really prepared me, I think a little bit like. I just knew at that point, like there were too many things that lined up and he just fell into that perfectly. And so ultimately that did end up being his clinical diagnosis.

Beth: Genetically is a whole nother story. We just, we went through a couple rounds of genetic testing and didn't really get a lot of answers, which I'm at peace with, but we got his official diagnosis. Profound hearing loss in both ears when he was six weeks old. And from [00:14:00] there it was an emotional couple days.

Beth: And I say a couple days because those were like the high heightened emotions where I felt like it was out of control and like I didn't know what the next steps were. And I just wanted somebody to like, tell me this is what we're gonna do. And I think after those initial few days passed, there were a couple more appointments and I felt like we had options, which for somebody like me, like just very type A and like needs to take action in order to feel like I'm doing something, I needed those options laid out in front of me to be able to research, to be able to make a plan going forward. And so that's what we did and ultimately ended up choosing a total communication approach. So we started using. As I pretty much immediately, which comes with its whole own set of challenges when you don't know the language and are learning as a parent in order to teach a child, Minnesota is known for its early childhood and early intervention program being stellar.

Beth: And so we had great resources from the beginning which helped. But I also, like I said, I'm just a self starter, self researcher, so I was also diving into everything that is offered to us [00:15:00] online, which is obviously very different than even like we were talking about Vali a little bit earlier, her experience, her kids are teenagers now, so I'm sure that was totally different in the beginning for her.

Christy: Oh, a hundred percent.

Beth: Cooper ended up getting his cochlear implant surgery in June of 2020, it's considered an elective surgery, so we're lucky that it happened during Covid and he was activated in July. And so it's been a little over two years now.

Beth: And we've continued using a s l as well, it sounds a lot cleaner when you say it all like that, but there's been a lot of up and down and. Not linear pads thrown in there.

Christy: It's so funny that you say that. It sounds cleaner cuz yeah like a Google form going step by step.

Christy: This is what happened and it feels like bullet point list when we're telling these stories. But holy cow, all the things, especially 2020, raising kid in general. Hard , , raising a kid hard out of 2020, freaking hard. Does he prefer a s l or speech

Beth: He does not prefer a s l. He talks nonstop [00:16:00] and does not sit still enough to even take in a s l 90% of the time. So that's a whole thing I just talk and talk about because it's hard and it's challenging and it's frustrating to feel like, as a parent you've spent all this time learning a language that your child ultimately doesn't want to use that much.

Beth: But at the same time, like he, he does pull it out when it. The way that he knows he'll get a point across or it's nighttime and he doesn't have his implants on, the lights are off or, so it's I know it's still sinking in, but it's just it's hard sometimes.

Christy: Same exact boat on our end with that as well.

Christy: I'll tell a little bit about our story. I have three kids. Charly is my middle child. I also have a seven year old, Charly's five. And then we have a two year old little boy. So my oldest daughter and my youngest are hearing, and Charly is the only d/Deaf family member that we have. And a little bit of background.

Christy: I'm a registered nurse and I did Mother, baby initially. 2006, 2007, and then went [00:17:00] straight into the nicu and took seven years off whenever I had my kids. So when we're talking about this idea of hearing screens, every baby I've ever touched in my career has had a hearing screen, obviously,

Christy: and now it's so completely different. I go back and I was the healthcare provider reassuring a parent when the hearing screen was deferred. Not to worry, most of the time it's probably just fluid, which, yes, a lot of the time it is. But at no point did I even educate myself on when is it not fluid?

Christy: What do they do then? , they just. , what's next for them? What does that look like and the emotions that go along with it? It's probably very scary for most people when their kid defers on a hearing screen and they don't know anything about that. So when I had Charly, she also did not pass her hearing screen and literally I was not scared, cuz I.

Christy: Was convinced it was just fluid. You couldn't tell me otherwise. [00:18:00] literally just, whoa. Yeah, she's, she is totally responding to sound. I look back and I'm like, what? Why was I so confident? She was not responding to sound

Beth: They're so tuned into other senses too, like she's probably responding to shadows and light and it's easy to tell yourself

Beth: oh, she heard.

Christy: They still have other senses that still work just fine. But I literally didn't think twice about it because of my experience of being mostly told that it's probably just fluid she failed three or four hearing screens.

Beth: In the hospital still or you took her back?

Christy: She failed twice in the hospital. Then they had us go in two weeks later to do a hearing screen with an audiologist instead of a hearing screener. And she still failed. I still wasn't worried. I did not look up a thing about hearing loss, which is just wild to me. Just wild to me because spoiler alert, , she's d/Deaf, I think she was one month old. I went in for the formal A B R testing[00:19:00] and. You can just see the face of your audiologist go from, they're probably just fluid" to, oh shit, I'm about to have the, it's not just fluid talk.

Beth: Or like the whispers if there's more than two of them in there. And it was just like, cause we had a student in there too, I think.

Christy: Oh, mine left the room to get somebody. I know probably some audiologists and professionals listen in on this nothing wrong on the audiologist end.

Christy: I'm just saying I could feel it. I was like, Ooh, something. She might be telling me little something in the second.

Christy: Your husband was with you?

Christy: He was not with me because again, I didn't think there would be a need to have a support person there. But there was a need. so I think going forward, if anybody is tuning into this, just because maybe their kiddo deferred on their hearing screen, first of all, , I'm freaking impressed if you are tuning into this podcast after a deferred hearing screen, because that means , that a good change is being made.

Christy: It means that somewhere along the way, you keyed [00:20:00] into, maybe I should look a little bit further into a hearing loss diagnosis, or, hear an experience from a parent who also has been there in these beginning stages I think you're amazing if you're that person tuning in and I just would be really grateful for the community of professionals as a whole to continue that change happening because I look at it now and it shouldn't be like a sad thing to say.

Christy: One of the causes of deferred hearing screens is hearing loss, like , it's not oh, this could mean your baby, it's deaf. Or this could mean your baby has a hearing loss. Yeah, of course, if you say it in that way, I'm gonna be nervous and I'm gonna be automatically thinking, oh, if I don't know any better, I'm already scared.

Christy: And that sounds like negative when hopefully How you and I and other parents are sharing these days, hopefully hearing professionals and myself just said Hey, it could mean that your kiddo has hearing loss is the answer always that cut and dry and [00:21:00] simple? No, but what I was getting at is I would personally recommend bringing a support person with you if you are making an appointment for a b r testing. Doesn't have to be your, partner, significant other.

Christy: Just even having a friend there I think would have been nice. Somebody there to process the information that they told me after they said she has profound hearing loss, because, I'm pretty sure I went deaf, at that point, when they said that, I heard nothing else that she said to me after that

Beth: even being able to drive afterwards.

Beth: Like I, I was in no shape to drive. .

Christy: Was your husband with you?

Beth: Yeah. Yeah. Fully. And he is a little more not non-emotional, but just like a little more. Yeah. And whereas with me, like emotion and anxiety and sadness

all manifests like physically. So I was like shaking and crying and yeah. It just, I don't know what I would've done if I didn't have anybody with

Christy: me.

Christy: I can remember pull like the parking garage. It's like just this huge parking in garage. You have to go down so many twists and turns so you [00:22:00] actually can exit the garage. and I just, I can vividly remember trying to turn right to get out of this garage, but everything was I was just crying so hard and I was just like calling my husband

Christy: and I don't even know if I was relaying the correct information. He was so confused and having to hear over the phone to me crying and it was. All of the emotions those days, and we will definitely get into, I think, just a podcast episode on that day for each of us and the emotions that came with it, because just like we said in the beginning, there's no right or wrong, way to, there's no right or wrong.

Christy: There's no roadmap. There is no roadmap for any of this stuff and everybody's journey is so different. Everybody's, unique backgrounds or history with death, culture, hearing loss, cochlear implants , the world, everybody, navigates things in their own way. And emotions regarding it are one of [00:23:00] those things that are different for everybody.

Christy: Everybody copes in a different way,

Christy: I'll put a link to this in the podcast notes, but Hello Holland. Is that the title based on the Welcome to Holland poem?

Beth: Yeah. The poem itself is I wanna say from like the eighties or nineties, but written about basically a big metaphor for learning that your child has. A diagnosis that you weren't expecting or different differing needs and is about planning this whole trip and looking forward to it and being so excited.

Beth: And then the plane like totally diverting and ending up somewhere else. And your plans are just all thrown off and you're flustered and you're scared and, but then, , you take the time to be in that place and see what it has to offer and find the beauty in it and realize that it's not where you anticipated going.

Beth: It's equally as beautiful and rewarding. Basically mimicking that parenting journey. And that it has other things to. Offer and it touches specifically on the tulips, which is, I actually got the tattoo of that. Oh. Cause I

was [00:24:00] like, I wanna re, I want a reminder of that. And yeah, it's just really beautiful poem and so it really resonated with me early on, and that's why I played off of that for the title of my book.

Christy: Same, I feel like as soon as you read that, when you're a parent in a similar situation, you just are like, oh, I totally get what they're saying, if you're planning be in Italy and then your plane lands in Holland. Like the normal human confusion and scurrying to figure out, What's next and where are you gonna stay? How are you gonna communicate with people in Holland when you've been studying Italian for two years planning for this trip, all of a sudden you have to learn a different language and everything about it is beautiful. It's also very scary. All this to say wherever you're at listening to this, your emotions are normal. There's no right or wrong.

Christy: And I think that's what is so beautiful about starting this podcast

Beth: yeah, I wish I'd had this.

Christy:] I love when you were like, all the [00:25:00] appointments back and forth to the doctor. Like what we wish we had as hearing parents this is, I'm so glad our kids have resources for them, but this podcast is for us, for parents like us to listen to and professionals. Of course, . I mean anybody with a keen interest in this, how

Beth: was your drive? We drove over two hours.

Beth: Luckily my parents live, a little over midway, so it was, we could, stay there, whatever. But when you have all of those appointments in the beginning they get a lot more spread out over time.

Beth: But it was so much driving time and I was just like, devouring the podcast that I could find. Relating to this topic in any degree of which there are not very many,

Christy: Oh my gosh, yes. And that's a good point too. You're talking about the appointments.

Christy: Whenever I found out Charly was deaf and there were so many appointments because it was like re-screening and then the ABR R testing and then e n t genetics, mri, . All the cochlear stuff. I was like, wow, my life has completely changed just from an appointment standard alone. [00:26:00] But it does really get better , if that's any hope to anybody who's just tuning in.

Christy: Charlotte had her last cochlear implant mapping in August.

Beth: Same. She's due for what? Same, and. . Yep. We were supposed to this past Friday and then we got hit with a huge snowstorm and she's it's probably fine to wait till April if you're not concerned. It's it's just crazy going, I know from every like week or two in the beginning

Christy: I know. When they tell you, okay, in August, see you after the new year.

Christy: Have a good Thanksgiving. Have a good, yeah, Halloween, Thanksgiving, Christmas, new Year. And I'm like, what do you mean ?

Beth: And then you almost feel like you're bringing like a different kid back, like at least at the stage, where're at where his language development is just like insane right now. I'm like, You're not even gonna recognize him.

Christy: Six months in hearing loss kid world I feel is, we're in like in dog years here. It just goes so quickly and how much they grow . I love how much this will come full circle when we deep dive into all the topics such as why we chose cochlear implants [00:27:00] and getting them as early as we did and why that's significant and yeah, I'm pumped.

Beth: Yeah.

Christy: I know this is just like a happy, weird squeal, but yeah. .

Beth: Woo. .

Christy: I am excited. I just really think it's gonna help so many people. , and

Beth: I know people are excited. I know when we announced it, it was like the reception of everybody was just awesome.

Beth: So that makes

Christy: me more excited.

Christy: Our stories are significant. Here we are. But it's , The combination of everybody's story, it's the community, , selfishly, I'm so excited to hear from people who are miles ahead of us in this journey, or to hear from, I know we

have some amazing guests who are adults with cochlear implants and just to like pick their brain and get tips any bit of being able to visualize the future For Charly I think it's helpful for me as a parent, even though obviously nothing's linear and her story [00:28:00] will look different. It still brings a lot of hope. , and I hope that's what our podcast does, is bring not only the education and the community, but also just that hope for a parent who might be in the beginning stages.

Christy: It's very easy to feel overwhelmed and not have that. So any bit of hope that we can bring you or any insight we're both open books, I think we're happy to answer any questions. We will put , our emails in the show notes and what will be cool as well for the podcast platform that we use is that people can call in and leave us voicemail questions.

Christy: So hopefully if you're down with that, Beth, to do a question and answer episode a month just to, again, we want this to be community driven not just Beth and Christy driven. So I think having that aspect of things will really, hopefully bring more insight and [00:29:00] perspectives into this

Beth: I'll drop the website in the notes too, cuz that has a form if you're not comfortable calling . . . Some people don't

Christy: like phones. Also flipping round of applause for Beth and this website, , it looks so good. You're amazing at just what you do. And I think it's crazy.

Christy: Me and my whole why, oh why, can't I mindset for you to not even have experience in website design. And you were like, let me just go ahead and throw my name in the hat for this and it just worked out] I love that so many people would be like I don't know website design, so let me stay in my lane.

Christy: And you were. Swerve we're going this lane. Everything comes full circle, just like you probably didn't think when you started website graphic design, that it would be blending over to a book launch and a podcast for hearing parents of deaf children.

Beth: What to expect? Our primary focus is to provide practical advice, resources, and support for parents of deaf children using [00:30:00] cochlear implants or other hearing devices.

Beth: From evaluations to language development, to technology to community building, we'll be covering a wide range of topics that will be of great benefit to you in this journey.

Christy: Thank you guys so much for tuning in to our first episode of the Love and Language Podcast. We can't wait to dive deeper into all of these topics and get to know you guys a little bit more to share more about us and our journeys, and we've just been working on some really great resources. I just hope that we encourage somebody and that the right person who needs to hear this today is here and listening, and I hope it's hopeful and encouraging. We are just happy you're here. And as always, we wanna remind you that as long as you are giving your child love and language, you are doing a great job.

Beth: Don't forget to follow us on social media and join our community by subscribing to the show, visiting our website, signing up for our newsletter so you get alerts when there's new episodes. And yeah, like [00:31:00] Christy said, we're just excited to connect with you guys even more than we have on social media and really continue to grow this community together.

Christy: Yay. We did it. We did it.