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Anonymous female voice: [00:00:02] A LiSTNR Production.

Maggie Dent: [00:00:04] This podcast was recorded on the ancient lands of the Gadigal peoples of the Eora nation in Australia. I wish to acknowledge their rich and continuing culture, and especially pay respect to the elders past, present and emerging, and to acknowledge and pay respect to any First Nations people from anywhere in the world who may come to hear this podcast. We hope that we may all come to walk with gentle feet, strong minds and compassionate hearts in this global village.

Maggie Dent: [00:00:36] No, dad wants to be a lousy dad. Aiming to be a good dad is great. But you know what? Being a good enough dad is so much more important. I'm Maggie Dent, parenting educator, author, and a champion of boys and men. And this is the good enough, dad. Where I chat with committed, caring, sometimes confused and often funny dads about all the ways they've discovered to be good enough at this parenting gig. My Good Enough Dad today is Hamish Blake.

Hamish Blake: [00:01:10] Being awarded Father of the Year, it is slightly strange because, uh, it's not a competition, obviously being a parent, but as a chance to sort of stand up and talk about the importance of fathering and being a dad, it's a, it's a really, it's a really huge honour. And I and I hope I get to do that.

Maggie Dent: [00:01:30] Hamish is, as you heard there, the winner of Father of the Year award for 2023. He's one half of the comedy duo Hamish and Andy. He's the host of the TV show Lego Masters and the podcast How Other Dads Dad. He's a two time Gold Logie winner and as one small boy was overheard saying recently, he's a pretty cool guy, but those in his life who think he's the coolest are his wife, Zoe Foster-Blake and his children, nine year old Sonny and six year [00:02:00] old Rudy. Hamish, welcome to The Good Enough Dad.

Hamish Blake: [00:02:03] Thank you. Thank you so much for having me. This is the first time I've ever, um, had an intro, like, sat across from an intro.

Maggie Dent: [00:02:09] It's weird.

Hamish Blake: [00:02:10] It is. It is strange. Yeah.

Maggie Dent: [00:02:11] I reckon probably for particularly, you know, Sonny, having you as the host of Lego Masters is probably way higher up, hey, than Father of the Year, do you reckon?

Hamish Blake: [00:02:21] Uh, I suppose in terms of tangible, like results. Because, look, let's get it. Let's get Father of the Year out of the way. It's such a strange. It's a lovely award. And, you know, the Fathering Project is behind it, and the people behind it do great work. And I think it stands for a wonderful thing. But but again, it is a strange award to win because as I mentioned, you were at the award ceremony and my little boy and Sonny, when I told him about it, he rightly went like, how do they know? Yeah, I was like, it's true, because there's only two people who should get to vote.

Maggie Dent: [00:02:53] And they didn't.

Hamish Blake: [00:02:53] And they didn't. They're not asked to vote. So in that sense, you kind of go, this means, like that means nothing if you don't get their vote. And afterwards I said to them I was like, look,

Maggie Dent: [00:03:04] Do I get your vote?

Hamish Blake: [00:03:04] And I took it home and they wanted to see it, and I showed them it's like a little glass plaque. And I said, look, I, to be honest, guys, this only counts if you think it's true. I can only be two people's dad ever. And that's, it's you guys. And so my message to for anyone listening that is a dad or is it a father figure position would be you. You're the father of the year to your kids. Everyone is. Everyone has to be the father of their own kids. I certainly can't be to someone else's kids.

Maggie Dent: [00:03:30] That's why you get those great, cool socks.

Hamish Blake: [00:03:32] That's it. That's why you get the mug. The mug is the real prize.

Maggie Dent: [00:03:36] Chocolate, screwdrivers. Okay, so what happened in the house this morning with the family? Was it a smooth takeoff?

Hamish Blake: [00:03:43] Yeah. No, that's a great question. Because it never is, right? It never is. I was wondering too, and I will get to this question. How long? Especially after winning Father of the Year. How long until it gets used against you? And we were at an airport like, I think it was like two days after winning Father [00:04:00] of the Year, Sonny's scooting along on a, um, like just riding on the carry on luggage, like the thing. And I frequently say, like, you know, you can just see accidents waiting to happen. And airports are just pressure cookers, right? And so I was like, guys, hey, when this goes wrong, this is the bit where I said, let's not do that. He's zooming around on this thing. He stacks it. We're all flustered. We're all trying to get going. And I and I just probably said like curtly, like, right, that's it. Jump up, mate, no more riding it. Just use the handle. And I misread that. He'd hurt himself. Right. So in that moment, I probably should have taken a beat to be like, are you okay? But the moment got the better of me anyway. He just looked at me. He goes, oh, best parent in the world are we? That didn't take long.. I was about two days, two days before he was throwing it back and he was like, yep, fair enough. So this morning, what happened this morning? He's been off. He was sick. He's got a bit of an ear infection.

Hamish Blake: [00:04:51] Sonny's very rarely sick from school. I'd say he's taken 1 or 2 sick days off in his life. So yesterday he wasn't at school and he's got a bit of an ear infection. But it was one of those days where they're really sick at 7:00 and then by about 9:00 he's like, can we play soccer? So I was like, yeah, I'm right, damn it. You could have gone to school. And so he had this great day yesterday. Then he sort of got a bit sick again last night. So this morning when he woke up, we were like, right. So and Zoe's, my wife is a very busy, like the day, the day has no fat in it. So just suddenly a kid being home from school is just when you're expecting him to be at school that that can rock. So Zoe comes into me and she's like. He's just woken up. He feels a bit sick. He just can't be off school today. And I was like, well, we could better go and see. And then I went in and again, I was probably a bit too, like, I think you're going to be fine, mate. I think you're possibly laying it on a bit. In my defence, though, I think he was, because

he was fine. He was fine, he was fine half an hour later, once he got going and had a bit of food and weet-bix and.

Maggie Dent: [00:05:52] Food.

Hamish Blake: [00:05:52] He's done the day. So that was our day this morning. There was a few. There was a bit of a stutter step there in terms of just just being on the wrong [00:06:00] wavelength, empathy wise. But we got there. I do the drive to school in the morning and we try and run a pretty high vibe car. Um, we run a lot of.

Maggie Dent: [00:06:09] I find that really surprising.

Hamish Blake: [00:06:10] Yeah, we run a lot of singing. There's a lot of a bunch of games that, it's funny to see because we've gone from, I've never had a school run until this year, and now it's like a 20 to 25 minute drive. But we've found a good rhythm now where it's like playlists, God, listen to the same songs over and over again, but it makes them.

Maggie Dent: [00:06:26] Sing them badly.

Hamish Blake: [00:06:27] Singing and badly a whole bunch of games we play with people passing by on the street. I pretended, yeah, pretend to know the bus drivers and like, the kids get angry at me because they're like, we know, we know you don't know that guy? I'm like, guys, that's Jeremy Simkins. He's one of my best mates. And they know I'm like, try and get me lying. Um, but anyway, we got back into a good flow, um, this morning. But of course, every morning. That's the funny thing about having kids every morning has a tear. Like, literally this morning, Rudy was screaming at Zoe, I hate you. Um, because she got because Zoe was trying to brush some a knot out of her hair.

Maggie Dent: [00:07:06] Oh gosh, hair, girls.

Hamish Blake: [00:07:08] Hair. Girls. So, I don't know, a snapshot of a normal morning in our household is like.

Maggie Dent: [00:07:12] Anything could happen.

Hamish Blake: [00:07:13] You just swing from one end of the spectrum to the other. We literally had in in the house this morning within the space of 20 minutes, one child saying, I hate you and I don't believe you've ever loved me, because she's just sort of like Ru goes hard on hyperbole. And then writing a card, Um, also that says, I love you more than anything. Yeah. That's it. Within 20 minutes. We're like...

Maggie Dent: [00:07:39] I think there's a lot of dads out there just being felt really heard right then, because it's just there's no sense of predictability. I can't really contain it.

Hamish Blake: [00:07:47] Yeah. And you're going to have to laugh a little bit. But it also, you just, I think the only thing I've learnt with the passing of time, you just then learn to go, you just detach a little bit from, you know, the one [00:08:00] trap you can fall into is taking it personally. And I've fallen for it many times and there's others that's pretty hard to not take it personally. When your kids yelling, I hate you! It feels like quite a personal thing.

Maggie Dent: [00:08:07] Six year old girls are quite good at that, but we'll move on. Hamish, can you paint me a picture of your childhood? Especially being kind of, I think the middle child. Yes. How was it?

Hamish Blake: [00:08:17] How was, like I mean, we were very privileged, like, very fortunate, middle class, suburban Melbourne upbringing. You know, I feel like I need to flag the the clear privileges up front. But so I look back and I go. It was, you know, you felt like you had infinite summers full of just like cicadas and lawn mowers.

Maggie Dent: [00:08:39] Are we talking about Melbourne here? Because that's not the Melbourne I know.

Hamish Blake: [00:08:42] Well it felt like we had long, hot summers. My childhood, I would say, was, was happy, and it probably had something in it that's lacking more and more these days that I do look back on, which is just long stretches of boredom, like long, long, long stretches of what are we going to do today?

Maggie Dent: [00:08:58] Did you have a backyard?

Hamish Blake: [00:09:01] Yeah. So we had a backyard, and also my grandpa had a few farms, like cattle farms that my dad worked on. So a lot of the time I was at the farm on the weekends too. So like especially before I was like ten. Dad would work on the weekends at the farm and we'd just go and like, wander around the farm and just basically try and find forbidden things like air rifles. Yeah, it was always broken, the air rifle, but we were trying to get it, like constantly trying to get the air rifle to work or like finding an old like, like fish filleting knife and like trying to cut stuff up with that. Like, I'm glad that we got that rambling space, which again, I think is tough for kids to have these days. And something that I think I think is pretty important. So to just, yeah, to just entertain ourselves, like just just chucking clumps of dirt at the side of the shed. Like I have clear memories of that with my brother on a Saturday. Just like chucking dirt bombs as hard as we could. Yeah. Which again, if we'd have existed in a world full of, like, computer games and stuff, [00:10:00] of course we would have chosen computer games, but I'm so glad that we just chucked dirt bombs.

Maggie Dent: [00:10:04] So did you have bikes. Without breaks and helmets.

Hamish Blake: [00:10:08] Yeah, really shitty bikes. And that's it. Like I remember, I remember it being at primary school when the helmet laws came in and we're like, what? What is this? We can get fined 30 bucks. Who could afford that? So we were really lucky in that sense that we had rambling space. I'm grateful, very grateful to my parents that, you know, through I think it was through design that they were like, go and just amuse yourselves at the farm.

Maggie Dent: [00:10:40] So every human is impacted, like consciously or unconsciously, by the way we've been parented. But what do you reckon you learnt from your own dad about being a dad now that you are a dad?

Hamish Blake: [00:10:50] I had a chat with dad about this the other day. We actually had a very deep conversation before the fFather of the Year awards because he's in Melbourne and they were in Sydney and I said, look, you know, I didn't, you don't have to come. But, um, I feel like I should tell you because you're my dad. It feels like the kind of thing you do with your dad is to tell him beforehand. And we had a really interesting chat because ... But his first reaction was like, well, this has got nothing to do with me.

Like, I don't think you've got any of this from me. And. And I was like, you know what, dad? I will give that a solid. Yes. And also a no. So because I can't not have got it from you because that's what happens, like it or not. Like I was at your feet for a good ... Mum and dad split up, but like a good, I would say a good 15 years of my life. Like that's that was my input. That's where I learned how to be a dad, I said, but I'll also be honest with you and say there's a lot of stuff I added afterwards.

Hamish Blake: [00:11:45] And one thing I've have learned from doing How Other Dads Dad is the podcast. And, you know, we get a lot of feedback and I talk to a lot of guys. It's been a really beautiful experience because you end up going and having these very deep conversations with guys about their own dad. A lot of what we [00:12:00] inherit in terms of the blueprint of being a father is the things that resonated for us to go, even if we thought our dad didn't really realise it at the time, we're like, okay, that made us feel special. That worked. And then there's a lot of correction slash overcorrection where we're doing the inverse, where we're like, well, this never happened. So now I'm going to do that. And sometimes in some cases I'm going to do that. And then it becomes I'm going to do that so much I go way too far and that becomes its own problem. Then our kids will probably overcorrect that. So it's that mixture of of repeating and filling in holes. And then I had a pretty good chat about that. And he was like, look, I know, I know, I gave you a lot of holes probably to fill in and.

Maggie Dent: [00:12:41] What's one of those holes that you chosen not to take forward?

Hamish Blake: [00:12:49] I would, I would say a big one. Like dad, dad was absent. Not in the there was no malice with like it wasn't violent, it wasn't angry. I mean, he was, he's stern, but I always found that funny. That was the source of great comedy for me. Um, because he's not that he's a, he's a he's a really kind heart. But he struggled to, he struggled to be in the moment. He really did. I think it perplexed him a bit. And I'm not throwing him under the bus here, but I think he would agree with this where that was an area where, especially as I got older, became a teenager, like coming into my world just didn't compute with dad and whether he meant it or not, I was left with that impression of like, okay, well, he doesn't get what's going on, and I got to sort this out for myself. Now. He had his own stuff going on, and, and I have a lot of empathy and I and I realise he was trying his best and he's just a man.

Maggie Dent: [00:13:44] That's what he was doing.

Hamish Blake: [00:13:45] He's just a man. And. And I'm just a man, too. And I'll I'll make a lot of mistakes too. But that was one thing I took from dad to go, okay, if nothing else, at least letting your kid know that what they're feeling and thinking is [00:14:00] important to you because it's important to them. Yeah. And I reckon there was probably dad was looking at my life and my problems was going, mate, none of this matters, you know, whether it's social problems or whatever it was. He was like, oh, well, you're not going to know these guys in five years anyway. That's the way high school works, so who cares? You should just get on with it. Because if I was you, I would. And so that just creates a huge distance between you. And I think from that lack of that feeling of like, oh, well, dad's really not interested in this and what I'm doing and the challenges I'm facing. That was a really isolating feeling. That's a very lonely way to feel. You grow up and you develop. Things that can help patch over that and work around that. And you do a bunch of work and you talk to therapists and you figure it all out. Well, you don't figure it all out, but you begin to unravel it and at least you're aware of it. But for me, that's the one bit where I'm like, okay, if nothing else, I want my kids to always feel like if it's important to them, it's important to me.

Maggie Dent: [00:14:54] What you've actually described is actually kind of the science of attachment. That it's the connection and that as you moved on, it wasn't really there because we want our parents to be there when, you know, when we succeed, but also when we struggle, but also to try and make an attempt to understand us, because that's a really tricky window. Lots of dads tell me that I was great until they became a teenager, and then I just yeah, I couldn't do that bit. That was really hard for me because I, I didn't understand it all.

Hamish Blake: [00:15:27] Yeah. And I reckon dad and I hit the bad luck patch of; as my life became more complicated as a teenager, his life got busier and and I can see how that would be a really unfortunate double whammy. I mean, life gets in the way, right? Like you can. I'm sure it wasn't by design, but suddenly he was like, oh, I've got a whole bunch more stuff to do. So now we've got less bandwidth available as opposed to more.

Maggie Dent: [00:15:54] Interesting, because that's the whole journey over that bridge to manhood, which is really an important window of influence. [00:16:00]

Hamish Blake: [00:16:03] Your folks split up when you were a teenager ... What do you remember of that time? Because you were probably, you know, sometimes moody, confused teen with an unpredictable penis. Mhm. Um, and then that happens. How did you handle that?

Hamish Blake: [00:16:15] I don't remember it being too big a deal in that sense, which is interesting in itself. But like the family unit had already sort of started to fracture a little bit. Like I said, sort of from when I was about 14 or 15, I changed schools, I started going to school a long way away, which was a great change for me. Like that was a life changing like for people that are familiar with Ryan Shelton's excellent comedy, I moved schools and, you know, met Rye and we became best buddies. And we, you know, he was really life changing for me in the sense that he was the friend that allowed me to be myself like, and that, which was huge and not something that I'd figured out at that stage yet, that you could just do that and be yourself. And that really changed my life. And also in that, like very delicate, awkward kind of 14 year old way, that was probably something where it was like in another world. That's something maybe you were hoping you could get from your parents. That sort of support is just like, hey, just be yourself. And mum was loving and terrific, but maybe that was a bit of a rift between dad and I because he was like, he just was absent. He was doing other stuff. I actually spent a lot of time living at Rye's house, because it took ages for me to get to school, and he lived next door to the school, and his parents were like, just stay at our place.

Maggie Dent: [00:17:26] Very pragmatic. It's easier.

Hamish Blake: [00:17:28] And so ...

Maggie Dent: [00:17:28] Eat their fridge.

Hamish Blake: [00:17:29] At the time I was like, well, yeah, this. They had a great fridge. That's actually a terrific point. They had paddle pops after dinner every night and that was just a fine thing to do. So I was like, oh, there's a huge upside here. So anyway, I was sort of doing that. My older brother had got a job and was starting to like,

move out. Mum and dad were obviously drifting apart, so it had already started to drift. So by the time kind of like I think I was about 18 or 17, it was a couple of years later when they're like, we're going to get separated. I remember going, yeah, great, this makes sense. Well done on whoever's [00:18:00] called this, because this clearly kind of is over. It might have been hard for my little sister. I think she was about 13 or 14 at the time. So that that would have affected her more. My brother had sort of, by and large, moved out. So. The damage, for want of a better word, had already kind of started like we'd already we had had been drifting apart. And I think, I guess it was just like a bunch of individuals making it work, which is fine, because we were all kind of doing what we had to do to get through times that felt big to us. Um, but yeah, it was there was a sadness to it in a sense, because there was not much of a family unit anymore.

Maggie Dent: [00:18:34] You've owned the fact that you didn't feel terribly understood by your dad in those, particularly those teenage years. And you're, you know, looking down the barrel really a few years. Um, have you, have you got any strategies on how you're going to kind of be that understanding dad, while this turbulent, um, bumpy ride appears?

Hamish Blake: [00:18:56] This is so interesting because this is just theory. Right? And the rubber will hit the road and things will change. As they say. Everyone's got a plan till you get punched in the face. But the thing that I will try and hold on to my North Star, I reckon, will be just letting go of the thought that I know best, and constantly being willing to come back to that place to listen, to kind of go, what is going on in your world? I just think, I think if I can do that as a starting point, I've got a shot at at being a much better Sherpa than someone that is just there to tell them what they're doing wrong.

Maggie Dent: [00:19:35] Yeah. One of the key things I think in the window is becoming informed about what the heck is really going on underneath everything, because all change creates stress. So what we didn't realize was there were not only body changes, which of course we all know when things drop and things stick out and the hormonal changes are really fun and where the brain changes are really, [00:20:00] really big in terms of how they can, you know, toss kids upside down in that journey. So when we all, as parents, are better informed, we're able to go, yeah, it was bumpy for me too, and it was really confusing for me. But we're here if, you know, that all goes to to crap. But it

is meant to be bumpy and it's meant to be confusing, and you're not meant to be happy all the time, and you're going to make really lousy choices, poor choices, particularly as a boy, really risky choices. And that's all kind of part of it, that we're going to absolutely still be that safe place.

Hamish Blake: [00:20:32] And I think my big thing that I should be aware of and getting ready to let go of, is that when it is poor choices, just don't be so quick to say, what were you thinking? Highlight that it was a poor choice. Just just to know that poor choices are coming and that it's all part of it. Because I think that's something you can save your teenagers from that weight of like, oh, now I've let down everyone. Like, you know, the the perception that like, well, it's possible to get through your teenagers making all the perfect choices and you've just messed it up because of course it didn't. We didn't do it. No one. Not like, you know, man, boy, did we not do it. So just that that it's you know, I think it always helps. Like anytime I've done something physically difficult that, you know, it's the mentality before you like do a hard, long endurance event, for example. You do so much better in the event if you're fully expecting and almost willing on the pain. Yeah. And then when it arrives, it doesn't throw you because it's not a shock because you go, yeah, great. This is what I expected. Yeah. This is what I signed up for. Yeah.

Maggie Dent: [00:21:38] No one has a smooth ride here.

Hamish Blake: [00:21:39] So that thing of just going, yeah, I know there'll be bad choices and like, terrible decisions and a lot of, a lot of angst when it arrives. I think if you're in that mindset then you can go like, well, this is what we expected and they're going to be okay.

Maggie Dent: [00:21:51] That hunger for connection that you missed, looking at, where is that with both of my kids [00:22:00] working out? Where's the space that I'm going to stay connected with a dad date or it's we do that with that one and we do this with this one. Yeah. And we do it regularly.

Hamish Blake: [00:22:09] Yeah. And this is the bit where I say to Zoe, is like, these are the parts where I think. Because our brains are fully cooked. This is where we're the

adults, where we kind of. This is the only bit where I think it's okay to outsmart your kids and play games with them because you're like, your.

Maggie Dent: [00:22:23] Prefrontal should be finished.

Hamish Blake: [00:22:25] Yeah, I hope mine is. But you know what you're doing, that sort of thing. So, you know, actually in the game of chess that's going on, you know, which pieces you can sacrifice and which are like, we whatever, let's just get through this because we can't lose Simpson Sunday or whatever our tradition is.

Maggie Dent: [00:22:40] Yeah, exactly.

Maggie Dent: [00:22:50] Now you're quite famous for your birthday cake creations and things, Hamish, on online. And so, you know, some of those worked really well and some didn't. But we'd like you to own a significant dad fail.

Hamish Blake: [00:23:05] All right. Let me see if I can think of a recent one, because there are ones where I'm like. I definitely I mean, I feel like I have many days, many days where you wake up and you've got absolute best intentions where you're like, right, new day, I'm gonna get after it today. I'm gonna nail it. You know what? I'm deleting Instagram. I'm gonna be very present today. Like, I've been a bit scatterbrained. And then you're going to bed that night going, boy, that got away from me. How did that happen? Like, how did they really?

Hamish Blake: [00:23:36] All right. I'm trying to teach my daughter how to ride without training wheels at the moment. That's a big thing. Ru is ... She has huge, big feelings. I'll preface by saying, A) she's the funniest person I've ever met and probably will ever meet. She's just an amazing character and is extremely determined and driven when for things she wants to do. [00:24:00] Like beautiful, expressive but is is big and feelings. Big feelings can go big. And one of the triggers to go big is unfortunately just slight discomfort or just needs to know things are kind of running her way. This is something I was going to talk about later, too, but we can loop back to this. Just the the moment between going, okay, I hear you, honey, and I feel you, but we're going to keep going, you know, playing that game, being on that knife edge. Like I don't want to be the well

too bad. So sad. Toughen up. But I also don't want to be like, hey, if you ever encounter any discomfort.

Maggie Dent: [00:24:38] Let it go, you just walk away.

Hamish Blake: [00:24:39] We'll just go and have candy. So it's that delicate balance. Anyway, we're trying to do bike training at the moment now and to create a fun environment we're doing it with one of our buddies and we've started a bike gang called Mermaids and Unicorns Bike gang,

Maggie Dent: [00:24:52] I love it.

Hamish Blake: [00:24:52] They made t shirts up for the bike gang, the other family, which I highly rated because I was like, guys, I'm a huge fan of team merch. So yeah, so the dads have got these pink t shirts, the girls have got the t shirts, we've got a bike gang going, and I've developed a sticker chart and like a journey to get us off training wheels. And at the end I've got like little plastic trophies and we're working up to the final lesson. Now, all of that sounds great. And that's all like fun stuff for the scrapbook. But of course you have this idea of how this is going to go. And then the reality is, you know, there have been a couple of mermaids and unicorns classes where it's ended in tears because I've pushed when I should have retreated or I've, I've, I accidentally cheered too loud for the other girl. Yeah.

Maggie Dent: [00:25:34] See that's big. You got to keep that...

Hamish Blake: [00:25:35] And it broke her heart because I was trying to be a good coach, and her friend did something great, and I was like, no, that's awesome. While we were, while we were getting ready to do our run, we're rolling down the hill at the moment like a grassy hill, and it was just too big. It was just too big for Ru. And you have that moment like, no, no, you can do it, honey. And it just, she hadn't found the confidence yet and in fact, I was banished. It got to the stage where [00:26:00] she was like, um, she was like

Maggie Dent: [00:26:02] You were sacked?

Hamish Blake: [00:26:03] I was sacked, she was saying to the other dad, I'm not doing it. If he's watching and pointing at me. And I was like, oh my God, how do we get here?

Maggie Dent: [00:26:08] That's a really good fail.

Hamish Blake: [00:26:10] I was like this is really, this is horrible because she's disowning me in front of this other dad who's a great dad. And I was like, well, thank you, mate. I mean, this is the benefit of doing it with another dad. I was like, yeah, um, yeah. Do you mind taking over? And I literally had to face a tree while she was having a go at doing stuff.

Maggie Dent: [00:26:25] You don't mess with a girl who's decided you're not doing a good enough job. Do you remember those big feelings? Like, let's.

Hamish Blake: [00:26:31] Yeah, let's. That was two days after winning Father of the Year.

Maggie Dent: [00:26:34] Yeah. And let's own the fact.

Hamish Blake: [00:26:35] So she's standing at the park screaming, I hate you. I'm not doing the hill.

Maggie Dent: [00:26:38] The emotional intensity of our girls, and sometimes our women, is something that many dads find really confusing because it can come out of nowhere.

Hamish Blake: [00:26:47] And it does.

Maggie Dent: [00:26:48] And you've done nothing wrong. But you might cop the blame and instead of it just blowing over, it can last for ages. And you might just step in with this. I can see that you're frustrated thinking that might help them, because that's what they say. And even I suggest you want to validate how they're feeling. And they're going to go, no, I'm not frustrated. I'm angry. And then, well, you've got it wrong again. And then you get another, you get tears for an hour. So these big, I just want to validate you're not the only dad struggling in that space.

Hamish Blake: [00:27:17] And I'm on a knee and I'm holding her and I'm like Ru, listen to me. You don't have to do this, I love you. I just want you to hear me. I love you. And she's like, I don't love you.

Maggie Dent: [00:27:26] Yeah, because her glitter's all up.

Hamish Blake: [00:27:27] And I don't believe that. I don't believe that for a second. She's like, you never loved me. She's got a great she's really good with words.

Maggie Dent: [00:27:35] We already heard. She's already done it to Zoe, I know she's good at it.

Hamish Blake: [00:27:39] And. And the other thing is she's this. This really hurts. But she's got the phrase, I don't believe you confused with ... she will add an 'in;. So she'll go, I don't believe in you. And she'll be like, you've never believed in me. What she means is you have never believed what I'm saying because I'm telling you I'm upset. [00:28:00] But what comes out is you've never believed in me. And it is really hurtful.

Maggie Dent: [00:28:04] Like a knife in the heart.

Hamish Blake: [00:28:06] Hey, honey. We're all, I'm really trying to make this fun, but. So you're like, great. Okay, I roger that. It's, none of this is computing. And how can we how can we fix this? So there you just beat a huge retreat. And like, even in that day, I was like, okay, level three sticker is abandoned. And all we're going to do now is play like Chasey or something, like, we have to break out of this. But that was those are, you know, this is this is daily for me. This is.

Maggie Dent: [00:28:33] It's daily for most dads. I think there's seriously..

Hamish Blake: [00:28:37] In that bit. Right. So this is my question to you. I'm like I come up against this thing where I'm like, okay, I know the the root cause of this is she's like, I'm scared. I'm up a little hill. I don't feel confident. I was hoping the addition of a friend, that turns out, is a little bit further along the bike riding journey than her would, you know that would that would inspire each other. But I think we're hitting the flip side

here of like, it's demoralized her a bit because she just feels completely she doesn't trust your abilities yet, so it hasn't inspired her. It's it's shamed her a bit, but I know in my heart, because of who I am, I'm like, this is the bit, this is okay. Like, this is totally. And I'm saying to her, like, you don't have to be perfect. We can fall over 100 times. You know, no one's born good at this. I was bad at this. This is how I learned to ride. You fall over. None of that sort of sinking in. What? I would never say this to her, but you've. But to boil it down simplistically, it's that that knife edge between going, hey, mate, harden up a little bit versus because. Because I don't want it to always just be okay, let's give up. Because there was some discomfort. I don't have an answer for that. And that's I'm like Maggie this is the that's the bit I hit a lot of the time.

Maggie Dent: [00:29:49] All right. So let's just be really honest about that. So any time that we have a potential for failure or for potential not looking good, I'm going to suggest that your girl sounds like a rooster orchid. So she's got, got a lot of guts and grit.
[00:30:00] But there's this side to her.

Hamish Blake: [00:30:01] She's so sensitive.

Maggie Dent: [00:30:02] That she's really sensitive.

Hamish Blake: [00:30:04] She's me, by the way.

Maggie Dent: [00:30:05] So big feelings.

Hamish Blake: [00:30:05] So, like, a performer can be loud. Can be like, you know, can adore an audience, but is but is like, like massively sensitive. Even as I'm saying, I'm like, I know who this is. Yeah. So, so, like, one little error or failure will really cut her deep.

Maggie Dent: [00:30:22] All right. So let me give you a couple of suggestions here. Right. One of the ones is you can just sit with that and work out one that might work for you. The next time she's tucking into bed that night, you might just say that. Yeah. Look, if I mucked up today, I'm, you know, I'm sorry about that. But you know what? I reckon. Why don't we do some training away from your friend until we get you better than her?

And then we come back and have another go. How about we. That's just one thought. Second thing that works.

Hamish Blake: [00:30:53] That is my current strategy. But I wasn't sure if it was the right...

Maggie Dent: [00:30:57] The second thing is I want you to close your eyes, and I want you to see yourself riding your bike, like, really easily and really fast. So we actually know that she's running a video, that this is just too hard. I can't do it right. And it's really hard as little girls to be able to rationalise that we get better with practice.

Hamish Blake: [00:31:15] And also, yeah, no perspective.

Maggie Dent: [00:31:16] No, she has no right. She and so it's practice will help us perform. But close your eyes I want you to as many times during the day practice in your head. So you're going so fast that I can't catch you because the brain can't tell the difference between real and imagined. It thinks she's already riding like that, and you often notice a significant shift in their ability to be brave in that moment. I know it sounds crazy.

Hamish Blake: [00:31:40] No, this is a great thing to do at bedtime.

Maggie Dent: [00:31:42] Yeah, anything in visualisation.

Hamish Blake: [00:31:44] And I like that. Yeah, I like that. You know, I know this is just a tiny little example, but I like that. Then it's, yeah, that she's in she's in a position of power and I can't get her.

Maggie Dent: [00:31:53] Yeah. And that the big feelings they're going to keep going so just know that you're gonna ... just stop [00:32:00] talking so much Hamish in those moments.

Hamish Blake: [00:32:02] Such a good bit of advice.

Maggie Dent: [00:32:03] You just say how can I help? Right now. So do you want me to stand with my face looking at the tree? I'll go do it. You want me to sit here? Do you want me to stand on my head? Do you want me to? What? What do you want me to do? Right? And we know while they're still flooded that they're allowed to be flooded. And you're doing a great job with that. Let's be honest. Because when they're saying those things, especially those big things like you don't love me, that's a way for her to discharge big cortisol out of her brain and her body. But what we want her to do is as it's depleting, we want to be able to turn that around. And you can influence the the neurochemicals by suddenly dancing badly or doing one of your crazy things, or try and do a cartwheel or fall on your head automatically. Her neurochemicals will flip into a lighter space, and then near the end, they can get stuck in what we call ruminating loops, and us girls can go on for days in that space. So there's another tool.

Hamish Blake: [00:32:55] So it's about picking that gear change because I do notice it in her. And maybe other people listening will see a similar thing in their kids where it's huge. Like it's just reaching for the biggest levers she can find. That's what she's trying to say, that stuff. And then as she's running out of it, that's your moment to your change it. And so it is hard.

Maggie Dent: [00:33:13] Everyone whose learnt to ride a you know...

Hamish Blake: [00:33:17] You're so right.

Maggie Dent: [00:33:17] What? It's just I can be hard I reckon.

Hamish Blake: [00:33:19] Talking too much.

Maggie Dent: [00:33:20] Yeah I think you are. Yeah. With great love. Which is also kind of like you keep talking and I'm trying to get my bits out.

Hamish Blake: [00:33:26] But we talk about overcorrection because, you know, our parents, for someone like me whose parents never talked. And so now you're like, okay, well, the answer is I'll explain every single thing I'm thinking. And the kids are just going, shut up.

Maggie Dent: [00:33:34] Sometimes it's just that look on your face and look at her because she wants to be heard, but you keep talking. Yeah. So let her be heard. And that's one of the biggest tips I've said to dads at times with little girls. Make a space like when you get home from work, you know, allow five or something, something minutes to sit with your little girl on the step out the front or on the couch and don't don't pump her with press and just just see if she's, you might just say, how was your day or [00:34:00] something? Because she can remember it. Most boys haven't got a clue what happened.

Hamish Blake: [00:34:02] That's what I find amazing. Before the kids started at school. I remember you know, hearing parenting podcasts and talking to parents and stuff. They're like, oh, it's really hard. You know, the kids don't talk at the end of the day, they won't say anything. Ru's slightly different. Maybe it's because she's in kindy New South Wales Prep Victoria. No, she just comes. She's just like, hey dad, guess what? Yeah, no. And guess what else?

Maggie Dent: [00:34:22] Girls remember everything over and over, and what she wants is to give you the update of the entire day. So I was that sort of a girl, right? So I remember, you know, my dad was the most beautiful, patient man driving around in the ute sometimes. And I'd get home and I'd I'd literally update him from the moment I got on that school bus to the moment I got home. Right. And he'd be driving the ute one day. He stopped the ute and we had those column gear sticks, and he put the car and turned it off and turned to me and listened to me finish, like for about three more minutes. I can still remember that, because that was the moment I realized my dad loved me and he'd never said he loved me. He listened with so much presence that I just knew he had to love me. And so every now and then for dads, you kind of what you've got jobs to do, and you want to just pause until she's run out of whatever it is because she's actually reconnecting to you. And it's just pure gold. Pure gold.

Maggie Dent: [00:35:24] You have one of the quickest wits I've ever heard. Seriously. And a really good sense of humour. So, you know, on a percentage, how often are you the funny dad?

Hamish Blake: [00:35:32] It's a funny one, because. Something genetically flips in you even as a professional, someone that's like in comedy professionally. And I've talked to

other comedian dads about this too, like. Dad jokes are not for laughs like, no, you grow up, my whole professional career I've been playing for laughs like you are going for laughs and then for your children though for something, something changes and you get the same dopamine that you used to get from a room [00:36:00] full of people laughing. You get it from two people groaning. So now you're going for groans and you're like, and even I even, I even analytically know they're bad jokes. So it's very weird. It's like you're possessed. I actually feel like I'm possessed. So as a, as a human being that has grown up trying to find the cleverest line, like the best joke to say, now to these humans, you are actively trying to find the worst line. It's like you're tanking, but you can't stop. You can't stop.

Maggie Dent: [00:36:28] My dad was really good at it.

Hamish Blake: [00:36:29] And I don't know what it is. It's just like it brings you this crazy amount of delight, joy of joy to just go.

Maggie Dent: [00:36:37] Get the groan.

Hamish Blake: [00:36:38] To just get the groan. And then. But sometimes, because dad jokes are essentially puns and wordplay. Yeah, I really love that my both my kids are in an age now where they're appreciating like understanding comedy and are getting into it more and more, and their eyes light up at the idea of jokes and punch lines and acrobatics with words. And sometimes, if I do one that's really outlandish, my son will be like. Like, he'll, like, begrudgingly be like, all right, not bad.

Maggie Dent: [00:37:07] Have to pay you that one.

Hamish Blake: [00:37:08] TLike, not bad. I hated it like he now he knows I'm going for groans and he's like, hmm, no, I did hate that but it was good. There's a high degree of difficulty for me to hate it.

Maggie Dent: [00:37:18] I love it, I love it. What are some of the things that you've heard on your podcast? How Other Dads Dad that have kind of surprised you?

Hamish Blake: [00:37:27] Yeah, interesting. There are definitely different ideas and different notions, and probably one of the most fascinating notions a guy called Rack or his nickname is Rack on episode two of this season, one of the things he talks about is when kids screw up to build up the trust so that there's no unexpected outcome. And so Rack was talking about the idea of, you know, he'd done it as a teacher and he does it with his kids that if they come to him they say, I've stuffed up. All he says is, I love you. First off, I love [00:38:00] you. You're not in trouble. We're not talking about it. Thank you for coming to me, I love you. And that has to be the first. He's, he's he's lesson I know he's learning. He's like that's the first response. So there's no doubt in their mind that when I go down and go, even if it's something horrible, that the response is, I love you. And that's not to say there are no consequences because there are consequences in life. And then sometimes they might. It might be like, you know, you might be like, well, you stole a car. So you there will be consequences for this, but you come in to me as I love you because.

Maggie Dent: [00:38:31] I'd love to upgrade that just with one extra word. And that's I still love you. Yeah, exactly. I think the still bit ...

Hamish Blake: [00:38:38] Yeah. I don't love you cause you did this. Yeah, I still, I still love you.

Maggie Dent: [00:38:41] Because that's the unconditional quality that our kids need to know you're going to, you're not going to love me just when I get high grades. You're not going to love me when I win the, you know, the football trophy. And so I turn up when I've crashed your car and you're going to, you know, you're going to take a moment to be able to get that sentence out. I think that's the gem.

Hamish Blake: [00:38:58] That's beautiful. And because I think when you think about that, like, I think a lot of people would hear that and be like, but hang on, isn't that just.

Maggie Dent: [00:39:04] No.

Hamish Blake: [00:39:06] But when.

Maggie Dent: [00:39:06] We'll deal with.

Hamish Blake: [00:39:07] We'll deal with it. That's the thing. It's not ignoring the consequences. It's getting them in the right order because I think what that's being honest about, the thing I really liked about it is like it is honestly saying. If we want our kids to have a chance of growth after a mistake, because they'll all make mistakes and they'll all make bad decisions if you want them to have a chance. That's the way to build the foundation for them to have a chance. Because if you want to play the game of going, all right, you stole a car, that's it. You're grounded. How could you do this? I'm. I've never been so disappointed in you my whole life. If you want to do all that stuff.

Maggie Dent: [00:39:40] And just punish.

Hamish Blake: [00:39:42] And just punish, like when you think about it, like, well, that just makes you. That's you dealing with your shock and fear, and it doesn't do anything to help the kid. We've all been those kids too. And the first thing you think is like, I've got to get better at hiding this. Yeah. Like you don't go, I'm never doing this again. You feel ashamed and upset and you feel bad about yourself. So [00:40:00] I was like, you know, I think I hadn't thought about it too much, but that's one that made me think a lot.

Maggie Dent: [00:40:05] That's great. And I think it brings out that the difference between punishment and discipline, because punishment you will hurt a child. So they won't necessarily think of doing it again, but you haven't actually given them the guidance on how to make a better decision in the same situation. You haven't given them an opportunity to learn from that moment of complete failure to recognize that we all do it, but when we do, it feels crap, right? We've got to validate you don't like yourself, but you might not love yourself right now. Yes, but we are big enough to still love you while this is going to go down.

Hamish Blake: [00:40:40] And I suppose it is you're saying and I believe in you. Yeah, I believe in you to find the lesson. Yeah. And even if we can't see it right now, I believe that you'll find it. Um, can I ask you something, too, that this thought. I thought about this the other day. It's exactly in the same field, but on the opposite side of the coin. So my kids are at a school that quite likes tests, right? And they like scores. Now. Net net. I'm okay with that, but I do try and balance that out a lot at home with like, well. All the academic side of things. It's fun to learn, like as long as you guys are engaged, that's

what we're here to do. Like, I want you to more be excited by learning and you know all that. Curious and like, let's just be good at asking questions. We don't need to know all these facts. I was pretty academic at school. I scored really highly, but I, I don't want that for my kids necessarily. Like, I looked at school as a game too, like I didn't need. I was interested in winning the game, but not because I was like, this is the most important thing in life. I wouldn't mind them having that philosophy. However, they get number scores like or something like in grade three. They're like, hey, we did the history test, or we did the math test or whatever. So I had an interesting one the other day where he comes and he goes, hey, dad, I got 82.5 on the science test. I was the top scorer in the class. And of course, your first impulse is to be like, oh my God, that's amazing. But then you're like, this is the same thing as when they've stuffed up. It's exactly the same response, [00:42:00] just the positive end of it. Yeah. To go oh my god. Yes. Like, you know, we're going out for ice cream or whatever because then you are setting up, you're feeding the wrong loop.

Maggie Dent: [00:42:09] Yep. That's the wrong loop.

Hamish Blake: [00:42:10] So it kind of caught me off guard. I saw it in the moment and I was like, yeah, you know, I stumbled and I said something to the effect of like, mate, well, even if you got 30. I just want you to know, like as long as you tried your hardest and, you know, sort of cobbled together a shitty version of.

Maggie Dent: [00:42:25] But you didn't you didn't do the one. You were actually aware.

Hamish Blake: [00:42:27] That I didn't go, we're going for we're going for icecream.

Maggie Dent: [00:42:28] We're going for a burger we're so proud of him.

Hamish Blake: [00:42:29] Mum and I were cracking champagne. Didn't do any of that. But it was interesting because I was like, that's something I don't think we we think about too much. I think in this day and age, we're pretty good at uncoupling our kids from that external stuff. Like, it doesn't matter. We want you to try. We want you to do this. We can do this, but we do still all fall a bit into, well, I actually kicked six goals in the grand final. And that thing of being like, okay, well, we want to celebrate your achievement, but we also don't want the message to be.

Maggie Dent: [00:42:56] Instead of about of us we go, so how do you feel? How does that make you feel? Yeah, right now, you know, the only reason you got that grade was you put the work in. So you're the one who needs to be proud of you. Because one of the challenges of having really bright kids and, you know, lucky you. If you've got academically bright kids, some are just wired that way. You know that no kid is completely smart. And sometimes they'll come apart with a test. They didn't read it. They didn't time it well. And it hits them really hard because they thought they were smart. And, you know, life turns up in all different ways. And so that's one of those things that, you know, you might not be able to get high grade in that yet because you haven't yet mastered what's in the test. Yeah, but it's more how does it make you feel. And I'm proud for you. Yeah. Not proud of you because you make me look good.

Hamish Blake: [00:43:46] Yeah, exactly.

Maggie Dent: [00:43:47] Even though you secretly go in the bedroom and dancing around going 'Far out. We nailed it! I'm a good parent!' But we don't do it in front of a child.

Hamish Blake: [00:43:53] And, you know, I probably more felt, like, relieved because, of course, in lots of other areas there's, you know like you said, [00:44:00] no kid or maybe some are amazing at all of it, but, you know, the middle of the road, they're less than 50% on some tests and all that sort of stuff. And my normal line, and this particular school introduces tests like, I think a little earlier than other schools. But like I said, net net, I'm okay with their philosophy. No one's being punished for bad results. It's just they try and start the pattern a bit early. And if that works for some kids, that's great. But yeah. So my general thing with tests is like, well, they just sort of show us where, yeah, they just show where you're at. And because I was like, there's nothing like with all the schoolwork, it's impossible when you don't know it. And it's very, very easy when you do know it.

Maggie Dent: [00:44:43] What's your biggest fear? Parenting and raising your two beautiful kids?

Hamish Blake: [00:44:48] I reckon it would be. Maybe we all have a version of this fear, but. Just that thing of like, well, you somehow when we're either overcompensating for something, um, or not exposing you to something and, and it's, you know, you're going to get blindsided and that that's the, that's your biggest fear. And that could be emotionally. It could be, uh, it could be intellectually. It could be in relationships. It could be in, just in, in the realities of work. And that is a worry. I think everyone has a version of it, and it's probably very specific to who you are and where you're at in life, because I often think heavily about what my own blind spots are, you know, they're out there, but they're hard to find. And you're like, well, it's going to be something that's in a blind spot for me. And then I'm worried that you guys aren't being prepared for that. And then I suppose, like, again, I can only talk about having kids under ten but you have that feeling of like everything in their world is your world. And then you know that they're going to enter the real world and, you know, of course there's that, like, very irrational part of you that's like, no, no, I want you to be perfectly prepared. Yeah. And then there's also that realistic part that goes, I know you won't be. But [00:46:00] that's how you're going to learn. And I know that's the loop I go in.

Maggie Dent: [00:46:03] I think that, uh, that fear is completely justified. After me raising four sons with some very unexpected blind spots that have turned up, knowing that life can sometimes just flip upside down, there are going to be hard times actually isn't a bad thing. If you think it's going to be, you know, a wonderful dance and a field full of daisies without any prickles, then you're going to come down a crashing. Yeah. So I think it's okay to have those fears.

Hamish Blake: [00:46:32] Yeah. And that's sort of where I end up. That's where I loop back to where I go.

Maggie Dent: [00:46:36] This is life.

Hamish Blake: [00:46:37] This is life. And I don't want them to be. I don't want them to be perfectly prepared if in that sense, like, I don't want it to be to have a pain free existence, I don't want it to have a frictionless life. Because, no, the fun is in the friction. But I want, I suppose what we all wish for our kids is just, just, just enough. A manageable amount of friction. Just enough friction, just enough friction to grow, but not to crush. I certainly I mean, and that is one of my fears that I'm like, I don't want you

guys to have a frictionless life. And I don't want you to think that, like living in an affluent part of Sydney is what it's like for people on Earth. Yeah. And, you know, I'll take steps to try and remedy that, but see how I go.

Maggie Dent: [00:47:18] What do you think is your best parenting win that you think you've had as a dad?

Hamish Blake: [00:47:23] I would say it's the little, it's just little things. And I would say my biggest wins are the times I've realised, all right, I was able to sit and look at it from their perspective and. You know, for me, it's like, just really do the basics, like, really go, I'm here. I'm not going to solve it. I'm going to listen and I really care about it. And yeah, and whatever happens in your life, I will care about it and I'll be beside you. I'm not going to be like, I'm not going to lead the way, and I'm not going to push you, but I'm here beside you. It's like after the after tears or after like a really intense time [00:48:00] in the bedroom. It's the hug or the handhold. Yeah, a little bit afterwards where you're like, whoa, all right. We got through one, we got we got through one and we're all together.

Maggie Dent: [00:48:09] I love it, Hamish, what's one thing that you want your kids to learn from just you as their dad?

Hamish Blake: [00:48:16] Kindness. Kindness to people and to themselves.. Um, I don't think you can go too wrong. I don't think you can go too wrong with that..

Maggie Dent: [00:48:27] Not in today's world. Um, okay, so if you could go back in time before Sonny arrived and just have a bit of a chat to the pre dad, Hamish, if you could give one piece of advice to him about the journey he's about to begin, what would that advice be?

Hamish Blake: [00:48:49] I reckon it became, it becomes more apparent as they get older. So my advice to me is to let them be. Just let them be kids. Just let them be kids. Because I really have suffered ... Not all the time, but I can definitely notice it when it's happening. And it's definitely been a useful thing for me or mates of mine who are very wise in this area to say and to help remind me, you know, because you're talking 100 miles an hour about this issue, and then this happened and what, you know, after

school and then this was at footy. And what about this? And should we do this? Should we do this? You just get caught. So caught up in that whirlwind that what you're actually missing out on is being.

Maggie Dent: [00:49:26] Is the being.

Hamish Blake: [00:49:27] Present and just being and let them be. Yeah. And like just so often not always. But a lot of the time I think the remedy is yeah, let them be let them be mostly the answer is let them be thankfully like knock on wood, that is as bad as it's got for for me. And I know that's not everyone's situation, but from my own frame of reference, like I was overthinking stuff like, like the problems aren't really problems. Let them be kids and your relationship gets a lot better with them when you do that too, because it's not [00:50:00] hands off ING. It's like you still be present and still be there, but just remove a lot of the need to teach lessons and make every moment, every every moment, like some great analogy and whatever. Just let it go and let them be and let them be kids, because they kind of come with that software. And so that is the advice I would give myself for, as a general rule, for that first ten years of parenting.

Maggie Dent: [00:50:23] Just let them be kids.

Hamish Blake: [00:50:24] Let them be kids.

Maggie Dent: [00:50:25] Feral free and fun. Hamish, thank you for your time and thank you for all you're doing to promote fatherhood and being dad.

Hamish Blake: [00:50:34] Back at you. Thank you for being. Thank you for all the times. And I don't think I've ever really thanked you properly for this. All the times you've been a beacon through your work, your books, your podcasts. And I'm lucky because I get to sit across from you and thank you. But I'm sure there are hundreds of thousands of dads that would love to echo those things.

Maggie Dent: [00:50:50] Like I said, I've got a real soft spot for dads. Hey.

Hamish Blake: [00:50:53] Thanks, mate.

Maggie Dent: [00:50:55] Hamish Blake, Father of the Year 2023. Oh, heck, it's easy to love Hamish. Hey. But he was pretty clear that we're all just winging this parenting thing, and there was just a few gems that I want to put on our good enough dad checklist.

Maggie Dent: [00:51:18] The first one was sometimes, yeah, maybe we're overthinking and overanalysing our job as parents, and maybe we just need to let our kids be kids. With us being present. Let our kids be kids. That was gold. The second one. When there are those big emotions, particularly for our girls, you know, our job is to stay calm in the storm, use less words and really listen and see if you can see the world through your children's eyes. You don't have to fix it. And I think the third big thing is there was obviously a hunger for [00:52:00] Hamish, for a really strong connection to his kids. And I think that came through that you matter and your connection to your kids, no matter what moment is happening. That's that's the really big stuff they have to land on. I'm Maggie Dent and this is the good enough dad. Follow us on the listener app or wherever you get your podcasts.