

GED_S01E16_The_Good_Enough_Dad_Osher

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Speaker1: [00:00:02] A listener 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 one wants to be a lousy dad. Aiming to be a good dad is great. But do you know what? Being a good enough dad is so much more important. I'm Maggie Dent, parenting educator, author, and champion of boys and men. And this is the good enough dad for our 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. Oh my God, enough. Dad, today is Osher Gunsberg.

Osher Gunsberg: [00:01:06] Is what our panel think. Are they right? Are they completely off the mark? Have you locked in a name? Are you ready? Australia? Yeah. Let's do this.

Osher Gunsberg: [00:01:16] So much fun.

Maggie Dent: [00:01:17] You know my next guest from his hosting role on The Masked Singer. Or given you're listening to this podcast, you may know him from his podcast Better Than Yesterday and Dad Pod with Charlie Clausen.

Maggie Dent: [00:01:29] Osher Gunsberg has lived a life. Starting in radio in his 20s, he moved into TV, co-hosting Australian Idol with James Matheson, travelling to the US for work before returning home to host The Bachelor and now, of course, The Masked Singer. Along the way, he's had to contend with social anxiety, obsessive compulsive disorder and psychosis, and despite all his success on the screen, what turned his life

around and made life worth living was meeting his wife, Audrey Griffin, and becoming a step dad to Audrey's daughter [00:02:00] Georgia, and now also being a dad to four year old Wolfie. Osher, welcome to the good Enough dad.

Osher Gunsberg: [00:02:07] Thank you so much for having me. Now, I don't know if people listening realize, but I think at some point we are going to have to fight because we were up for the same category in parenting podcast for the Australian Podcast Awards and Dad Pod lost to you.

Maggie Dent: [00:02:23] Yeah.

Osher Gunsberg: [00:02:24] And I had publicly challenged you to a fight if you won.

Maggie Dent: [00:02:27] Yeah.

Osher Gunsberg: [00:02:28] So and we still haven't had haven't had it.

Maggie Dent: [00:02:30] And, um, don't worry, it's

Osher Gunsberg: [00:02:33] It's coming. We're like Elon Musk and Zuckerberg. Are we training? Yeah. Is that what's happening?

Maggie Dent: [00:02:38] I'd like to think it. Okay. So your parents met in the UK.

Osher Gunsberg: [00:02:42] They did.

Maggie Dent: [00:02:43] Where they had fled as refugees. Your mum's from Lithuania and your dad from Czechoslovakia.

Osher Gunsberg: [00:02:47] She had come here first. Came here first. And she. She came here when she was, I think eight. She left her home when she was three. Walked across Europe, ended up in a refugee camp with her parents and then came here because it was about as far away as they could get. Adelaide and um, and then I think she, she met a RAF guy who was out here blowing up nukes in the 50s and, um, went home with him and then went, actually, no. And a couple of years later met dad.

Maggie Dent: [00:03:17] And did that different kind of background do you reckon influence you in your family life.

Osher Gunsberg: [00:03:24] They were both doctors. So there was very much, uh, it's almost like a I don't know if it's a science based or an evidence based way of looking at the world, but it was very much, uh, here's how we do things until better evidence shows up. And then we'll literally the next day go. Now we do things that way and don't take it personally. That's fine. We treated it this way yesterday. We treated it this way today because it's it's new and it's going to give a better outcome to that person. So off we pop.

Maggie Dent: [00:03:48] It's kind of what we want about parenting. You do what you do until you know better and then you do better, right? I love it, right? That's it. No wonder you're nailing it.

Osher Gunsberg: [00:03:54] And, well.

Maggie Dent: [00:03:55] We'll move on.

Osher Gunsberg: [00:03:56] I'm yet I'm hoping that by the end of this podcast, I'll get to good enough. [00:04:00]

Maggie Dent: [00:04:01] So when

Osher Gunsberg: [00:04:02] I'm sort of middling and adequate at the moment.

Maggie Dent: [00:04:05] Good enough. Okay, so when did the family come to Australia?

Osher Gunsberg: [00:04:10] The grandfather who had brought the family here from Lithuania, uh, had gotten quite sick right after I got born. And back then, if someone had that kind of illness, you moved because there was no chemotherapy in the 70s. It was like just off you went. And so they came out here to be to be around to spend time with

him. And I actually remember meeting him. I was six months old. I remember meeting him. That's wild. Right. So yeah, there's nine years between us, four boys.

Maggie Dent: [00:04:36] Wow. And no wonder I like you since I'm a breeder of four sons. Yeah, right. So. Okay. What sort of childhood? What was it like? You know, in amongst that randomness?

Osher Gunsberg: [00:04:46] What have I got to tell you? You've got four boys. Come on. It's like it's, you know.

Maggie Dent: [00:04:54] I feel sorry for your mother, that's all.

Osher Gunsberg: [00:04:56] And she did it by herself from when the oldest was 13. So she's just an incredible woman. And, you know, they did the best they could with the tools they had. Like any parent, you know, and we know a lot more now about parenting. And you look back and go, well, that just literally didn't exist. We didn't know about that kind of stuff then. So they did what they could.

Maggie Dent: [00:05:15] So what did you get up to? Did you have bikes? Did you do like fairly random? Did you break stuff? How often at ED.

Osher Gunsberg: [00:05:22] Oh mate. Well, unfortunately with the sons of doctors like we've never had, just like random stuff. We lived in Brisbane, in the street we lived in, would flood quite a bit because it was built over a creek. I don't know why. So it flood quite a bit and we were nine going, whoa, we have a free waterslide at the end of our street. There was a big grate at the end to stop us from going into the storm drain, which was fine. And so we went this literally a flume, a natural flume arrived in the in the ground.

Osher Gunsberg: [00:05:47] And so we would go down it and like, oh, about a week later, I kept saying, well, my leg hurts. She's like, I go to school, go to school. And then she watched me walking down the hallway, and my left leg was about four times the size of my right leg, [00:06:00] and she's like, oh! And off I went to the doc and I had contracted some super rare waterborne bacteria. And I'm a part of a like I'm in a text book. Years later I went to go see an immunologist.

Maggie Dent: [00:06:15] So you're already famous?

Osher Gunsberg: [00:06:16] Yeah, I was nine years later on to go see an immunologist.

Maggie Dent: [00:06:19] Because of a bug.

Osher Gunsberg: [00:06:19] And he talked about he goes, that's in a textbook that I studied at your a case that I studied at UQ, because it was important that we understood the diseases that were in our city. Wow. Yeah. So we never got normal stuff. No.

Maggie Dent: [00:06:31] Yeah. Tell me about your dad.

Osher Gunsberg: [00:06:33] Oh, he's a, you know, really interesting guy. He is Czech, grew up in Prague under the Russians. And then in 68, when the tanks came in on the Prague Spring, his mates went, you've got to go. And he said, yeah, I think I do. And like, you know, he jetted off to Vienna, got out and then, uh, hitchhiked his way over to London where a mate of his was at Oxford, and he kind of slept in hallways for a while. And then his old professor smuggled his qualifications out so he could get a job. He hung around for a while, then met mum not long after that, I think. Yeah. So he's like a really interesting. Both my parents are super duper smart. Mum wanted to do physics, dad wanted to be a musician. But back then when you were super smart, you became a doctor because that was what you did. Dad's an incredibly musical man, very funny man. And you know, like anyone who's had to leave their country and everything they've ever known, he was 24, you know, struggled, struggled with that.

Maggie Dent: [00:07:28] So if you look back, what did you learn from your dad about being a dad that you would use with Georgia and Wolfie is there?

Osher Gunsberg: [00:07:36] Huh? I think like, like many things, um, I think the one thing that my folks really did for all of us was if we were interested in it, they would do what they could to allow us to explore it. And that was it. And I was so grateful for that. Really, really, really grateful for that, because that meant that I was interested in music,

[00:08:00] and they bought a guitar and let me go and do lessons, and I was I showed great, you know, I was really into it. And, um, they let me kind of do that kind of thing. And they supported my brothers in the same way. And it was really cool, you know. And so that's the same thing with Wolf and with G as well. Like before Wolf came along, G was, you know, she would show a promise in this or show a promise in that. It's like, sure, if you're interested, let's go and check it out. Let's go see what it's about. And she's, you know, got her head on a really good head on her shoulders. Audrey has done an extraordinary. Audrey's an amazing mum. And, um. Yeah, she's got a really good head on shoulders. And then, you know, she would say things like, I'm not into that. Okay, no worries. I'm glad you gave it a shot.

Maggie Dent: [00:08:36] So that's actually really good because in today's world, driven by marks and grades and things, a lot of parents are struggling with this nurturing the spark. Because when you nurture the spark, you actually nurture something that can then continue. Yeah. And when we see our teens who are struggling today, so often the spark has gone out. So I love that. So make sure you don't drop that with either of them. Right?

Osher Gunsberg: [00:08:59] Well, I was really fortunate in that we saw a fantastic speech at her high school and it was basically, you know, you're, you know, you're a parent of teenagers. Here's what .. and it was basically just whatever they're engaged with. Yeah. As long as it's got an element of socialization around it. Great. Yeah, because as long as they're engaged, it's fine if you have to do a lot of driving, that's what you have to do.

Maggie Dent: [00:09:25] You're talking to the mum who had to get out of bed early every weekend to go surfing.

Osher Gunsberg: [00:09:30] Dude, I'm my mum had a, you know, in the days before the, the suburban side loader of the Kia Carnival, we had the Mitsubishi L300 and she would just fang around just with these four kids, the Mitsubishi L300. It's awesome right?

Maggie Dent: [00:09:45] It's like a mini bus.

Osher Gunsberg: [00:09:46] Yeah, totally. And, um, ended up becoming my band van years later. And it's the same thing. Like we would spend, you know, just it's okay that time is never going to come back. And I would much rather that I'm driving her to go [00:10:00] and be a part of something with her friends, which she really loved at the time. It was dancing, and that's totally, absolutely worth it every time.

Maggie Dent: [00:10:07] Let's focus on the joy.

Osher Gunsberg: [00:10:08] Every time. I'd rather the kid is enjoying that. And it was the same whether it was water polo or basketball or soccer or whatever it is that you wanted to do, you? Yes. I will drive you. Yes. We'll go. I don't care where the school is. We're going. We're doing it because it's so much better to have them engaged and something social with their friends. We got really lucky because her cohort of mates, they were the same, essentially the same team who played the basketball, who played the water polo, who played the. And so it wasn't just sport, it was hanging out with my mates. Yeah. Which was so great.

Maggie Dent: [00:10:41] It's unbelievably important and maybe not happening as much as we'd like. Now, what's something maybe that your dad did that you've chosen kind of not to bring forward into your fathering?

Osher Gunsberg: [00:10:54] Ah, well, none of these kids have known me to drink. Yeah. I've been 13. I've been 13.5 years sober. So I met Audrey. I was four years clean when I met Audrey, uh, which I'm very grateful for. I was very sick when I met her, but I wasn't drinking, which was really good. And, you know, I'm grateful for that. I mean, it's, you know, it's what people knew at the time. It's what people still do to cope. It's a widely available, socially acceptable antidote to a very common spread of mental health issues. And it and it's a self-administered dosage and it works until it doesn't. And that's the problem is that people don't realize when when the dosage has to get so high, you maybe go to see an actual doctor and get better drugs.

Maggie Dent: [00:11:40] And make some choices you wouldn't...

Osher Gunsberg: [00:11:41] Yeah. And so that's the thing, you know, like for one that never, you know, they've never seen me do that. And all the unpredictability that comes

with that, all the what kind of day is it, what kind of night is it. And people may not realize this, but as a sober person, I can absolutely tell you you are different before the end [00:12:00] of the first drink. You are a different person. When I'm speaking with you, I can tell that you are a different person. Before the end of the second drink, you no longer have a pretty good idea of how much you want to drink that night, and by the end of the fourth drink, when you're telling me the same story you told me three minutes ago, that's when I get a phone call and have to leave. Yeah, because I'm done. Yeah. You know, that wasn't in the ads when I was a kid. In the ads, I was on the beach with Allan Border and Tommo and a chick in a bikini showed up. Hearing that, I was like, hey, beer? I guess it is. Do you know how many stubbies I opened and how many, how many stubbies I opened? Always expecting the Bikini Girl and Tommo and Border to show up. Never happened, never happened, never happened. No.

Maggie Dent: [00:12:39] I can still remember a story about a certain cricketer and how many beers he had between. Um.

Osher Gunsberg: [00:12:43] It was lionised.

Maggie Dent: [00:12:45] It was like, I know.

Osher Gunsberg: [00:12:47] He did a campaign for that company.

Maggie Dent: [00:12:51] So. All right, moving on now. You were in your 40s.

Osher Gunsberg: [00:12:55] How do you feel? (singing)

Maggie Dent: [00:12:55] You don't you don't look their sort of age. When you met Audrey and her daughter was ten.

Osher Gunsberg: [00:13:00] I'm like, I cheat.

Maggie Dent: [00:13:01] Have you got some work done?

Osher Gunsberg: [00:13:02] No, I'm clean sober, I haven't. I'm vegan. You know, I never smoked cigarettes except for the six weeks when I played double bass. I used to play double bass in a country band and I smoked soft pack stivies for about six weeks.

Maggie Dent: [00:13:15] Okay so you went a bit dark there.

Osher Gunsberg: [00:13:16] But it was, um, I had a denim shirt and a trucker hat. I mean, what was I supposed to do?

Maggie Dent: [00:13:20] Yeah you have to. You got to be the part. Okay, so Georgia was ten at the time. Did the fact that this beautiful woman who you've fallen madly and deeply in love with have a daughter make you think twice because it's such a big responsibility? You just leapt?

Osher Gunsberg: [00:13:33] Never, ever. And this is the the great fallacy that I would really. I'd want to tell everyone about it. Look, if you're as I was, you know, find yourself divorced in your 40s, you're going to be dating people with kids, and that's it. Yeah. And number one, you always have to realize that, number one, you can never, ever, ever expect them to put you first. It's just not going to happen. And you can [00:14:00] never ask for it. And you have to have the humility to know it's never going to happen. Because particularly if you don't have if you have kids, you probably will understand and you wouldn't demand it or wouldn't ask for it or wouldn't wonder why it's not there. But if you haven't got kids, you need to understand that.

Maggie Dent: [00:14:15] That is huge.

Osher Gunsberg: [00:14:15] It's so true. And number two is that we've all got that really loose, mate, and we're like, bro. And then they. You hear that they got someone such and such pregnant. And you see him two years later you're like Brendan, you can't believe it's them because you're like you're just transformed as a man. Right. And I never expected that that would be open and available to me as a stepfather. Yeah. And I tell the story often, but it's exactly how it happened. Maggie, Audrey and I were very careful about how I was introduced into George's life, which is a very important thing. And I was out here for a job, and I'd only been here for a couple of weeks.

Osher Gunsberg: [00:15:03] Like, we'd been together for about nine months, I think, at the time, and I've only been here for a couple of weeks. And like one Tuesday, I went to bed and she was my girlfriend's kid. On a Wednesday I woke up and it was like I would die if it meant keeping you alive. I would push you out of the way of a bus that was out of control and get squished and carry on down the street if it meant you got to live.

Osher Gunsberg: [00:15:23] Oh, every dollar I earn is to make sure that you get every opportunity that you ever dreamed for like that. And I'm a selfish prick, right? So, so. And it was extraordinary. And from then on, it was like, oh, I'm no longer number one. Ah, it happened, it happened. And it was amazing. And it didn't need to be that. And she was ten, you know, and she was ten. And I, you know, I hadn't met her dad at that point, but I'd met him not long after that. He's a great bloke. And Audrey and he worked really, really hard to put whatever was between them aside so that the relationship that [00:16:00] Georgia would have with him and her was, you know, clean and clear. And it was great.

Osher Gunsberg: [00:16:03] So I would say that to any, any man who's asking or any, you know, any woman who's worried that just don't it's extraordinary that it happened and it's wonderful, wonderful, wonderful.

Maggie Dent: [00:16:12] So you do know what happened. You just you fell in love with her as well.

Osher Gunsberg: [00:16:17] Yeah, right. Totally.

Maggie Dent: [00:16:18] Right. That was. And then that's when. So it doesn't matter that she's not biologically yours.

Osher Gunsberg: [00:16:23] Never.

Maggie Dent: [00:16:24] And I run into dads from time to time. I call them bonus dads rather than step. Um, who said how much of a surprise it was? Yeah, but they still struggle with the fact that I'm still not quite as important as I'd like to be in this woman's life. But I've learnt. Yeah, I've learnt she is worth so much more than me being number one. So it's just a construct.

Osher Gunsberg: [00:16:44] What was interesting right after that, because it started to ... we were public and people were taking photos and stuff, and so it was kind of out there that there was a stepdaughter in my life. And I think the first season I shot of The Bachelor after that, and you're standing there with 24 beautiful ladies and the cameras weren't rolling for a something a second, and you hear one of them pop up going. "Your. Your fiance has got a child, don't you?" I said, "Yeah" and they're like, "Stay with it". And these are women in their early 20s. And then one of the others piped up and went, "Oh yeah, oh yeah, stick, stick. Stay with it. It's it'll come, it'll come." So hearing those women talk to me and saying that it just brought a huge amount of, oh, they understand what I must be going through because they were right. And then a really close mate of mine, a delightful man who I've. I've been lucky to play poker on a Wednesday night with the same group of men since 2004.

Maggie Dent: [00:17:50] Whoa they're real mates.

Osher Gunsberg: [00:17:50] It's extraordinary. Unbelievable. Very uncommon that a bloke my age has that. There's about 12 or 13 of us. Has that many close has friends who've been in their [00:18:00] life for that long. And one of them said to me, I was ten when my step dad showed up and we had a bit of a chat about it, and he goes, Ben is his name. Um, he says to me, oh, the hardest part was for me is that I couldn't figure out that by liking him, it meant I didn't like my own dad, so I had to only like my own dad. And when he told me that, that gave me the space to kind of. I mean, I can tell you I've made a lot of mistakes because I'm trying to be the parent, essentially, to an 11 year old with four months of parenting experience. And I made a lot of errors. But hearing those things from both the ladies at work and my very good friend Ben gave me a lot of context around, okay, if I can downregulate in time and not react as hard as I was, my body's trying to make me. Just understand what's happening there. And and that really, really helped.

Maggie Dent: [00:18:59] Yeah. So one of the things that can also help for those dads who are merging into another family is if the dad is actually a good enough dad, not an asshole.

Osher Gunsberg: [00:19:09] The other. Yeah.

Maggie Dent: [00:19:10] Then we then we come in by. You've already got a dad. Yeah. Right. So I'm just the backup. I'm the extra one. I'm the bonus because you're right. Because kids really don't want to be disloyal to their.

Osher Gunsberg: [00:19:20] No,

Maggie Dent: [00:19:21] But I can tell you now, um, as a marriage celebrant, there are times that I've done weddings, and the dad is in the front row. But the girl has chosen her step dad, right? Because he has been on the journey from when she was six, right?

Osher Gunsberg: [00:19:36] Yeah.

Osher Gunsberg: [00:19:36] Loves her dad. Yeah, but that's the man who she sees as her real dad. Yeah, in terms of what he's turned up with. And that's a really big message, isn't it? Again, do you turn up, you know, help them move house, fix the car broken down. Do you turn up in those moments and, um, it's not a problem. It's not being necessarily disloyal. You can do both.

Osher Gunsberg: [00:19:57] I'm extraordinarily grateful for [00:20:00] my relationship with her dad. Yeah? Who's I? He's an amazing guy. He's such a deep thinking guy and has been on his own journey, and he's extraordinary.

Maggie Dent: [00:20:10] How damn mature is that? Right? Just step up and be a bit mature about it. Right? That's all I want to get out there.

Osher Gunsberg: [00:20:16] Because all we're trying to I mean, that was the thing that Audrey and he had both kind of agreed on is like, it's good. No, we just need to put the kid.

Maggie Dent: [00:20:23] It's about the kid

Osher Gunsberg: [00:20:23] If you can put the kid as a priority, not yourself. And thankfully, the way they parted was fairly clean, you know, fairly clean. But I can only imagine, like I've had mates who have been in that situation, and I have had mates who

have just gone to war with lawyers, and I've had mates who've just gone, okay, all we've got to do is make sure these kids are okay, let's sit down, do the best we can with two houses, with a psychologist. Let's sit down with them. What's the best way to do this? And let's go from here. And then it's cleaner financially, to be honest, because the decisions are pretty made for you.

Maggie Dent: [00:20:59] Totally. Now, you had Wolf in 2019, and I chatted to you with the ABC podcast Parental as Anything, and you shared just how absolutely blown away you were with how bright and alert Wolfie was as a baby. So how was being a dad with a baby? How did that kind of you. You were just so excited.

Osher Gunsberg: [00:21:18] I still am. I'm excited about both of them. Both of them just blow my mind. Like when I hear the car reversing at 530 when she's off to work. I'm like, man, that was not me at 19. I was like, drinking my cash paycheck that I was making as a roadie every week, saving enough to bus fare to get to the next Tuesday, load in and bumping into things. That was what I was doing. I'm just so astounded at her and how powerful she is.

Osher Gunsberg: [00:21:46] Um, to to have Wolf as a baby was just like, look, I don't want to sound like a. Why not? Look, I'll just look. When he was in the first two weeks, [00:22:00] I guess.

Osher Gunsberg: [00:22:02] There's new car smell and there's new baby smell. All right. And my new baby will smell differently to you than he will to me. The pheromones. Yeah. Like. Got it. I don't know if your listeners will know what I'm saying. Some of them might chuckle, but when I sniff the top of his head, that was the hit off of every line of random drugs I'd ever. That was what I had always craved. Like doing bumps off a key in a nightclub cubicle. That's the feeling that I got like like, oh, that's it. That's the thing. Who thought it was stuff that came in a bag? It's this.

Osher Gunsberg: [00:22:41] And I could feel the neural pathways just exploding in my brain. And you told me this. You told me that there's that that extra bit of brain growth that happens.

Maggie Dent: [00:22:51] Massive.

Osher Gunsberg: [00:22:52] Mate. I could feel it. I could physically feel my thinking changing. I could I talk to my younger brother about this when he had his second and he's like, dude, it absolutely happened, absolutely happened. And because, yeah, you're suddenly faced with all this other stuff and, and it's the first couple weeks are just, you know, it was just, just this, this swimming sea of just the smell of takeaway burgers and kurtosh, which is, um, a funnel, kind of like a chimney cake, this Austrian chimney cake, it's essentially a circular, a spiral shaped donut that is baked and then dipped in cinnamon. And it was around the corner from the hospital. And so it was just baby smell, kurtosh and the same two hours were playing for the first month, and it was just freaking amazing. And we got so lucky because I've got I've got mates who are like, you know, they were. Yeah. You know, Audrey actually, actually Audrey had to we had a few things going on. You know, we ended up back in there about a week later. Yeah. Um, but, um, it was it was incredible. And.

Maggie Dent: [00:23:58] Changed you forever. [00:24:00]

Osher Gunsberg: [00:24:00] Oh, yeah? How could it not? You know, how could I not? I was, at the same time extraordinarily sad, because the permission for men in our society to be involved with that part of their wife's life, let alone their son or daughter's life, but their wife's life or their partner's life that was off the table. Men weren't allowed in the room. They weren't allowed anywhere near it. The baby was shown to them. And then if they went to work. And so of course they were dickheads, because they didn't connect at all with what their wife went through. They didn't connect at all. They didn't sniff their son's heads or their daughter's heads. They didn't have that thing in their brain, the miracle of birth. And but there was a time when we were there. We were in it. The men were there. They were a part of it. They were in it. And then we got separated from it. And so, of course, you get these ridiculous policies from, you know, old, stale, pale white guys because they just simply weren't connected to that point. And these women's lives.

Maggie Dent: [00:25:03] Just women's business.

Osher Gunsberg: [00:25:06] I heard their stitches rip. Throw a couple in for me. Come on! You know.

Maggie Dent: [00:25:11] You think that's actually when things started to change for dads being able to turn up in the parent spaces when they let them in.

Osher Gunsberg: [00:25:18] Dude, if you've if you've watched this person who you adore go through this. I'm about to I'm in the pre-production for a documentary on chronic and persistent pain. So I went to all kinds of shit with my hip replacement, and I've had three operations. Long story, but if I'm making a documentary about pain, I cannot make a documentary about pain without speaking to the one nearly inevitable, most painful moment that will ever occur in your life to half of the population.

Maggie Dent: [00:25:43] Yes, I'm with you.

Osher Gunsberg: [00:25:44] And so we're talking about that, and we're trying to find ways to show that on screen as a man. Well, so we're trying to figure that out. If you haven't watched this person that you adore, go through the fucking agony of that, and just the bodily [00:26:00] destruction that.

Maggie Dent: [00:26:01] Anywhere up to 36 hours, not just a few.

Osher Gunsberg: [00:26:04] If you haven't seen this person who you adore, go through that because you weren't in the room. Where's your empathy going to be when there's piles of shit everywhere in the house and you're like, previously like, here's your role, here's my role. I go punch the clock and make stuff. You stay home and do this and you come home and go, how come shit's not done? You're like, mate..

Maggie Dent: [00:26:24] Where's my dinner?

Osher Gunsberg: [00:26:24] You didn't see it. You weren't there. You didn't look in her eyes as she grabbed for you and went, oh, you know, as the life was being sucked out of her eyes, how can you possibly have that empathy? So it can only be a good thing that and it's vital that men get in that room and be a part of the prenatal journey. Have to be have to be.

Maggie Dent: [00:26:44] So good. So good.

Maggie Dent: [00:26:52] So you've been pretty open with your journey around mental health.

Osher Gunsberg: [00:26:55] Yeah.

Maggie Dent: [00:26:56] How has that impacted being a dad? And if it's if it's like a bit tricky, how are you and Audrey navigating that?

Osher Gunsberg: [00:27:05] It was it was tricky when I because I was quite unwell when I met Audrey and I was still kind of unwell in my early days of being around Georgia, you know, that was difficult to navigate. And there were moments that happened when I was kind of short and a bit weird, and I was getting very rigid in my thinking and stuff like that, that unfortunately wrote a bit of a script that, you know, set an expectation essentially, and I can't undo it, and I can only try and live the rest of my days not being that guy. I was doing really, really well before because we were trying to conceive, and I was I was doing really well, and I've been off meds for a long time, and I'd been nailing it. And as we got closer and closer to Woolf getting born, uh, we had a bit of a holiday. The three of us, we went to Hamilton Island because it was about like coming up on the six weeks when Audrey wouldn't be able to fly anymore. We're like, well, let's just go and be away [00:28:00] for a couple of days together and then before everything starts.

Osher Gunsberg: [00:28:03] And so we were away and it was quite clear that I was not doing well. And I started to slip down the slope again pretty quickly, and we were standing there. I guess everything's golf carts on Hamilton Island. It's really weird. And we're on this golf cart, and I'm, one of the early warning signs for me and I think it's not uncommon is the rigidity of thinking I was unable to change plans. That's an early warning sign for me, so my thinking was getting super rigid. I was like, scowl on my face. I was getting like, more and more short and sharp and unable to change my mind.

Osher Gunsberg: [00:28:37] And she just took one look at me and she said, I need you to go back to your psychiatrist. I need you to get back on meds. I need you around. I need you around for these kids. And I know enough to know that when I'm in it, I don't

know I'm in it. Because as far as I'm concerned, it's like everyone, everyone's being extraordinarily unreasonable.

Maggie Dent: [00:28:53] I am. I'm the one that's got it together. What is wrong with all of you?

Osher Gunsberg: [00:28:58] But I know enough to know. Ah, if you're telling me this, it's a problem. I emailed my psychiatrist there and then on my phone going, I need to come in. Can you at least send me a script? I'll come and see you on Tuesday. And sure enough, the next day I was back on the back on the meds.

Maggie Dent: [00:29:12] And so you were stable enough by the time Wolf arrived.

Osher Gunsberg: [00:29:15] Absolutely. And I don't think that's uncommon. I think men have to understand that, like, as you're getting closer, it's the kind of countdown that it's just going to happen. And don't worry, you'll figure it out.

Osher Gunsberg: [00:29:23] But be ready for something to show up. But also, don't be an idiot. Go and get help because you need to be there and you need to be at the top of your game. You can't go in to the Australian Open with a sore elbow, because by the time you get to the final, you'll barely be able to move your arm. You've got to go. This is the greatest game you'll ever play. You need to go on it top, top form.

Maggie Dent: [00:29:44] And I think there's always that thing about guys. You're often really difficult to get to seek medical help because it's going to be okay. I'm fine. So you're actually really it's a really important message that that's a sign of me being gutsy, courageous and brave. Not weak. [00:30:00]

Osher Gunsberg: [00:30:00] No, it's taking action.

Maggie Dent: [00:30:00] Taking action to sort something out that I'm responsible for. Yeah, but how beautiful is it that you can trust Audrey to give you that feedback?

Osher Gunsberg: [00:30:08] Well, I knew enough. I mean, I'd thankfully I'd, a bunch of stuff had happened in my life, but one of the things that had come, extraordinary gifts

that I've been given was that just because I think it doesn't mean it's real. Just because I feel it doesn't mean that that's what's happening. I might feel shamed and that everyone is horribly ashamed of me, but actually no one cares. I just feel this thing. But what we do is we feel this emotion and then we look for reasons to justify it. It's kind of weird how our brains work. It is if you just reality check and go, is this going on? No. Okay, then you can just be with this feeling in your body goes, okay, well, my tummy's fluttering and my hands are a bit shaky, but I can control my breath a bit and look around and notice my socks in my shoes and kind of get around.

Maggie Dent: [00:30:49] And try those strategies.

Osher Gunsberg: [00:30:50] Do something for somebody else, you know, give a phone call, give someone a call who might be doing having a harder day than me, and within ten minutes no one cares.

Maggie Dent: [00:30:58] So what was the most challenging time, do you think, as as a parent up to now, up to now.

Osher Gunsberg: [00:31:04] The most challenging time as a parent up to now? I think it's definitely just navigating the moments where it's just all chaos, when no one's had enough sleep and everybody's wanting things, to be aware that it isn't, and trying to maintain just a sense of calm yet, you know, I want things this way, they want things this way. That person wants things. And it just, you know, and then the shouting starts.

Maggie Dent: [00:31:40] So like the proverbial shit hits the fan?

Osher Gunsberg: [00:31:43] Dude, that's it. That's really. That's really hard. And it's it's hard for it's impossible to imagine that it doesn't happen everywhere because it happens in everybody's life. And it's those moments where you kind of really vulnerable that things get said that you will regret. [00:32:00]

Maggie Dent: [00:32:00] We can rupture, but we can repair.

Osher Gunsberg: [00:32:02] Well, yeah. And I'm the adult. I've got to behave like an adult sometimes. Part of me doesn't want to be an adult. Sometimes part of me is like,

you know, it it's hard, man. It's real hard. Like, I, I kind of get it, you know? I get why people parented the way they did. Yeah. Up until around 25 years ago. Because that's what felt right. But it's not. And yet you go, oh, that's an urge. Oh yeah, I know that is a the wrong thing to do right now, but I get it. I understand um, never going to do it, but it's, I think that's the, that's the that's the real hard part.

Maggie Dent: [00:32:42] Oh God. Yeah.

Osher Gunsberg: [00:32:43] And look and I don't think I'd be alone in saying this. It's it's the great. How many, how many hours are there in the day. How many hours are there in the week? I've got to make sure that everyone has food and the lights are on. And I chose a seasonal industry to work in, so sometimes I don't know if I'm working next year, so I don't know if I'm going to be able to pay my mortgage. So I don't know if I'm going to have to move house.

Osher Gunsberg: [00:33:08] That's hard. That's really hard. And yet that requires an amount of hours to work that are not necessarily on a thing I'm getting paid for. It's the thing that I want to get paid for next. Yes, my favorite movie quote. It used to be "You're going to need a bigger boat". Hahaha. My favorite movie quote now, and it has been for about ten years. Hyman Roth to Michael Corleone in Godfather Part Two. "This is the business we have chosen". Yeah, right. I chose this job. I chose this seasonal gig. I chose this gig of uncertainty. I chose this gig that's undergoing extraordinary technological disruption. I chose this, so a part of that is I have to, I've always created my next job. Part of that is like, I have to create the next job. And so there's hours spent working on creating the next job. So it's all on spec and you're not getting paid for it. And it's all maybe it will or [00:34:00] maybe it won't. And while I'm doing that stuff's happening here. Yeah. That Audrey needs support with. Yeah. And I can't do both at once. Yeah.

Maggie Dent: [00:34:08] And then my mates.

Osher Gunsberg: [00:34:09] I don't know.

Maggie Dent: [00:34:11] Look you got to fit that in.

Osher Gunsberg: [00:34:13] That's honestly on the list of priorities unfortunately. Unfortunately that has slipped unfortunately thankfully we have I don't know how people did it before group chats. I wouldn't be writing letters to 12 people at once.

Maggie Dent: [00:34:26] In actual fact, guys were lonelier.

Osher Gunsberg: [00:34:28] So lonely. Yeah. So that's that's a real challenge, mate. That's a real, real, real challenge is to find that the time and that.

Maggie Dent: [00:34:36] Consistent.

Osher Gunsberg: [00:34:37] Dude. And I don't have a consistent schedule. I don't know what I'm doing tomorrow. I have to look at my calendar because every day is so vastly different.

Maggie Dent: [00:34:45] Yeah.

Osher Gunsberg: [00:34:45] And so that's that's really, really it. And I think that's always going to be the case. What did someone tell me yesterday? Last night Audrey and I went to go see a movie, but one of the women we were speaking to before the screening. She goes, it's the it's the juggle and the guilt. Yeah, it's the juggle and the guilt. Yeah, that's and that's that's real.

Maggie Dent: [00:35:02] And it's every day. Some days it works, some days it doesn't did exactly the same thing, the juggle.

Maggie Dent: [00:35:07] And then we go, shit I've let them down again .

Osher Gunsberg: [00:35:09] It's real hard. I'm letting Audrey down. I'm letting the kids down and I'm letting my career down. I'm like, .

Maggie Dent: [00:35:15] And yet till are a good enough dad

Osher Gunsberg: [00:35:18] I didn't come here to have you. Yeah. Drop a great tagline on me. I'll let you.

Maggie Dent: [00:35:23]]You've got to. You've got to. Maggie's giving it to you.

Maggie Dent: [00:35:34] We all muck up as parents because it's only human. So we want you to share a significant parenting failure to reassure all the dads out there that you haven't got it all sorted. Which one?

Osher Gunsberg: [00:35:46] I was down the park with Wolf. He was three, just turned three. And we've got a cargo bike, which is the greatest thing ever. Carries 200 kilos. We go to daycare on it. Makes every trip an adventure. Everything under five [00:36:00] k's, which is so good. So we're down the beach and we're at the park. And it was a mate there who said, oh, can we, um, can you jump on the back, come and have a ride? He's like, yeah, sure. And so we went off. Wolf wanted to come with us and just started running after us. Audrey was chatting to his wife. Uh, and thought we had him. Yeah, we went around, we did a lap. We came back and went. That was great. Where's Wolf? Oh, and then it's a Saturday at the beach.

Maggie Dent: [00:36:32] Oh my God.

Osher Gunsberg: [00:36:32] All right. At the park behind the beach. And it was. It was probably probably five minutes maybe. But I just hooned around. I was on a bike, I hooned around, and he was talking to a lifeguard in an orange and a red and yellow, talking to a volunteer lifeguard, and I just grabbed him and I said, mate, you did the right thing. You did the right thing. But there was a person who had asked him, are you looking for someone you lost? And he said, yeah, and this person helped him find a lifeguard. Wow. And I just grabbed him and I just told him, mate, I'm. I'm so sorry I didn't see you. And you've done the right thing. You found a lifeguard. Well done, well done, well done. What's wild is that only recently he's brought it up. He starts bringing it up again. Yep. And? And that's hardcore because he's kind of a bit older now, so he's, he's able to process a bit more and it's hardcore. And every time it just stabs me in the heart. Every time I'm just like, mate, I'll never stop looking for you. I'll never stop looking for you. I'll always check before I leave you. And I need you to always tell me where you're going. If you're running somewhere, I've got.

Maggie Dent: [00:37:34] Some really good news that what happens is I get to be teenagers. They just bring it up and take the piss out of you about it in front of people. So it's going to end up a really funny party. But even though right now you can still feel that fail.

Osher Gunsberg: [00:37:46] What he did, this one he's four, he did this one. He goes, "Mum". She says, "Yeah". He goes, "Remember when we were in Fiji?" And so like, remember when we were in Fiji where they're visiting family. "Remember we were in Fiji". She goes, "Yeah". He says "Yeah". He says, "Remember when you went out in the sun, and you didn't put your sun cream on and you got really [00:38:00] badly sunburned?" And she said, "Yes, Wolfie". He says with the, with the crooked finger, "You've always got to put your sun cream on. And if you haven't got your sun cream on, you've got to stay in the shade." She's like, "Yes Wolfie, I do."

Maggie Dent: [00:38:11] So welcome to parental modelling. Yes. Right. And it's one of those things I'm going to say the biggest significant thing is not your lectures as well. It's your behaviour and what you say and do. So every now and then we've just got to say hang on a minute. What what am I, what am I giving them so they can take that with them?

Osher Gunsberg: [00:38:27] The way I put it is when when people first talk about having kids, they go, oh, so sleep. Oh my God, this, that and the other. You don't go out. I'm like, honestly Maggie, that is not the worst thing about kids in your life. The worst thing about having kids in your life is they don't do what you tell them. They do what you show them. Yeah. And then you catch them doing something that you're like, that's the thing I disliked that my dad used to do. How do you know how to do that? Because I do it.

Maggie Dent: [00:38:56] Oh, isn't karma a bitch?

Osher Gunsberg: [00:38:58] But then you have this moment. Then you have this moment, Maggie, where you can go. Well, I can choose to stop that. I can choose to have that no longer carry forward into the community. I can now be better. And because you're trying to help them not do that, you then develop as a human.

Maggie Dent: [00:39:17] You've got to be a bit careful. You might be taking my crown here. You're sounding like really quite wise, mate.

Osher Gunsberg: [00:39:23] I'm like nine books and I don't know how many seminars or courses behind, you know?

Maggie Dent: [00:39:32] All right. So, okay, if there's one big fear that you have. Yeah. In raising your two precious kids, what's the big fear that you have for them?

Osher Gunsberg: [00:39:44] That they would disconnect from Audrey and I Okay, I think that's it, because we're all one summer, one song and one friend away from that happening. And we all know someone that's happened to. And then, [00:40:00] I mean, I bear in mind, like, I've spent 13.5 years in sobriety meetings. I've heard a lot. I know what can happen. I might catastrophize a bit because I hear the stories of how bad it has gotten. It doesn't always get that bad, but I absolutely understand as long as they stay connected to you. And if it's just you, like Audrey, like I said, Audrey raised Georgia by herself. As long as I stay connected to you in some way, I think you'll be okay. If they were to disconnect, that for me would be the the real thing. And if and that goes back to what we were speaking about before, about whatever you want to engage with. Because if you can keep them engaged in something that's healthy, you're good. You know, I'm sure our prisons are full of the smartest frickin people that ever existed. They just put that smartness to creating extraordinarily complicated criminal syndicates, you know? But if they had an ability to put that thought towards something that benefited the community it'd be far better. And I think those to put it in like the one word I say if they disconnected from Audrey and I think that would be the biggest problem.

Maggie Dent: [00:41:10] So I'm going to put on my parenting coach hat and just say the chances of that with the connection and attachment that you have is extremely remote. And that is the core again, which is. Do they absolutely know that they are loved fiercely and unconditionally, and both of yours do. So I need you. That's it's probably a fair that you could you could probably come up with another one now because it's not going to happen.

Osher Gunsberg: [00:41:33] No, but there was, there was another one on that. It was around when um, 12,13. I don't care who you are. Like, it's like what? Like we literally.

Yeah. We're lying in bed reading stories to you yesterday, and now it's like a buddy of mine said. He said to me, yeah, they're going to ignore you, but your job is to be there for them to ignore. That's it. You can't let your ego go, will stop you and then leave, because [00:42:00] that is a part of, like I'm pushing to see. Yeah. If you'll push, if you'll stay, if you push and go and go, then that's it. And if.

Maggie Dent: [00:42:10] And if you're on to the other end of the rope.

Osher Gunsberg: [00:42:12] As long as you can see that, that your job is to be there and go, yes, I am that. Yes, that's a new name. I haven't heard that before. Yeah. Um hum. Yeah. Okay.

Maggie Dent: [00:42:20] That's interesting. Now here's the here's the chance to have a bit of a gloat. Osher what's one of your biggest parenting wins that you think you've had as a dad? Just pluck one out of your, um, enormous gold bucket.

Osher Gunsberg: [00:42:32] I, I think it would just be just supporting Audrey. And then by proxy, Georgia. She's one of the cohort who did HSC through zoom, essentially missing all these gigantic, huge moments in life that we go on to use as our self-definition and how we see ourselves in our community, our immediate community, and how we then build that first cohort of people outside of family that we start to explore adulthood with, That we were able to get her, you know, but she, you know, because she had a lot of skills that she, she did an amazing job, but that we were able to get her to that point. That for me is yeah. Yeah. And you know

Maggie Dent: [00:43:19] And she's flying, you know. So yeah, we've got a lot who are still. Yeah. Not quite out of that.

Osher Gunsberg: [00:43:24] And, and that's you know, but that's, that's primarily Audrey, you know and I'm, I see it as my job to support her in that stuff because of my, my role is not to, it's not my job to be that intervening in her life.

Maggie Dent: [00:43:40] So I'm going to ask you, what is one thing that you want both Georgia and Wolfie to have learned from you as their dad, that to take forward into the rest of their lives? What would the one one thing only one, only one?

Osher Gunsberg: [00:43:57] I would say that the key to everything [00:44:00] it's downregulation. If you can downregulate. Think of going through a school zone. If you're doing 95 and it's 3'06. I don't care how cool and calm and brilliant you think you are, the possibility of something horrible happening is massive. You get down to 40, it's still pretty quick to be going through a kiss and go. There's, you know, six year olds running all over the road. If you can crawl at five k's an hour, you're still getting where you want to go. You're able to see everything. You're able to make better choices and make better decisions. You're able to identify. So actually I am being a bit ah, okay. You're able to see all yourself, you're able to identify the situation a bit more. Just think a bit more because we can get, when we get flooded our thinking gets extraordinarily limited. We have very limited possibility. Like I was saying before, get very rigid. But if you can down regulate and it's as simple as taking a couple of breaths, there's a thing called a physiological.

Maggie Dent: [00:45:05] Cool your jets.

Osher Gunsberg: [00:45:05] Yeah. There's a thing called a physiological sigh which takes five seconds. Um, and in fact, if you watch the last time on this on Q and A, you'll watch me do it eight times. I like to point that out. I do it on TV all the time. When I'm flipping a microphone on Masked Singer, I'm doing that so you don't look at my nostrils flaring.

Maggie Dent: [00:45:22] Is that how you stay so cool?

Osher Gunsberg: [00:45:24] That's it yeah. You're doing. That's why it's a simple misdirection. Like magician misdirection you're looking at. They're going, how is he doing that without looking? I know it's because I'm currently exhaling. Really stimulating my vagus nerve by exhaling extraordinarily slowly to lower my heart rate and cool all the adrenaline out of my body so that when I speak, I'm in full control of my expression. And so similarly, I would say to them, it's like just down regulation, because I never learned that as a kid. I only learned that in my late 20s. If you can learn down regulation and we already do it with Wolfie, he does it automatically. This morning I was putting on his bike helmet ... When he was really little we had a different helmet and it pinched his skin. Yeah. And so I was [00:46:00] like, cool man. Just take a big breath in and as you

breathe out, I'm going to click it on you. Ready. Click oh no problem. And so now every time he puts the helmet on he does this little out breath I love it. And they teach it to him at school too which is awesome.

Maggie Dent: [00:46:13] I know right? I'm probably one of those people who jumped up and down way before it was a thing, bringing mindfulness and breathing and things into classrooms.

Osher Gunsberg: [00:46:20] Can I well, can I I mean, I don't know how heavy you want to get here, but and I don't know how to say this really. You look at any park, say you see ten or say you see 20 toddlers, male toddlers running around and they're three. You look at the stats in 20 years from now. One of them is going to be left with no option when they think the best move I have right now is to hit my partner. Yeah. Why are they doing that? Why is that the only thing they've got? Because their brains have gone like this, like it's a horrible thing to do. But as far as they're concerned, this is the only thing I can do right now. If they had had the ability to slow down. Yeah. To think about the situation. And I'm talking like six months before I got to that. Pause. Just pause for a second. You're like just. Nobody wants their child to grow up and do that. Nobody wants their son to do that. And you're one of you've got four boys and like, I can hold in my hand the extraordinary need for equity and safety of every woman on this fricking planet. And I really need us to really realize we're leaving young boys behind. Yeah. We are. Look at university enrolments. Look at the health care industry. Look at young boys are being left behind. They are.

Maggie Dent: [00:47:37] They are suspended. Expelled.

Osher Gunsberg: [00:47:39] They're being disconnected.

Maggie Dent: [00:47:39] Learning difficulties.

Osher Gunsberg: [00:47:40] Anybody just wants to belong, Maggie. People just want to belong. And if they don't fit, if we're not making them feel like they belong. I mean, I'm 49. I am terrified to stand at a bus stop with a couple of teenage girls going home from school. Yeah. Why? Because I'm fucking terrified, man. [00:48:00] I'm just catching a bus. But as I describe that to you, people's heads are already rushed to some horrific

like, no, I'm just a dude catching a bus. So if people are being pushed away, if these young men and like men in their mid 20s or whatever are being pushed away from, you know, you can't do that, you can't look here at the gym, you can't blah, blah, blah. What are they going to turn to? Who's going to tell them no, it's cool. You belong here. And that's where this extraordinarily odd space has erupted online with people who purport to. I don't want to say their names.

Maggie Dent: [00:48:33] Don't.

Osher Gunsberg: [00:48:33] I won't, but you know who I'm talking about. And you've probably had to talk to your kids about them. And I've had to talk to your parents. Yeah. Like, well, that's where they'll go. It's someone saying, no, it's okay for you to feel this way. And here's a clear way of doing things. And because you're a man, you should feel this way. But that's really problematic. It is. So we need to figure this out and we've got to do it quick. We've got to find a way to show this version of masculinity, this version of what it is to be a man.

Maggie Dent: [00:49:01] Because you can be exactly what the world has purported to be strong. However, you can also be considerate and thoughtful for yourself as well as those around you. Like it's not a one or other. And I think where we are struggling with that.

Osher Gunsberg: [00:49:16] I used to think about that, like in Brisbane, um, when people were getting coward punched. Right? Nobody wants their son to grow up and do that. No. It's now. Now two lives are ruined. It's freaking hot. And then people turn around and go. Oh my God, that was my 18 year old boy. He's now doing 25 years in jail and the other person is like, my 18 year old boy is dead.

Maggie Dent: [00:49:39] We can we can absolutely raise them in all of those things that when they lose their whatever, that they don't need to hurt themselves or hurt anyone else or hurt the world around them. That that that is something you can learn as a boy that can take into.

Osher Gunsberg: [00:49:56] But it does start when they're boys.

Maggie Dent: [00:49:57] Absolutely. Final question. Are you ready? [00:50:00] If you could wind back the clock to before you became a dad? And you know, it doesn't matter whether it's to G or it's Wolfie, and you could give yourself one bit of advice about the journey that's coming. What would you say to young younger Osher?

Osher Gunsberg: [00:50:19] The younger me? Oh probably. Oh, I think it's what I would just said to you is like, whatever down regulation you think you need to do, you need to do more of it. Yeah, yeah. You really you really need to not speak straight away. Yeah. You need you got to figure that out.

Maggie Dent: [00:50:38] I got it.

Osher Gunsberg: [00:50:38] I mean I wasn't, I wasn't very well at the time. I'm far. I'm doing amazingly now thankfully. But yeah, I would be like, dude, you probably you need maybe a bit more help to be able to calm down or to be able to not be so responsive or so instantly reactive.

Maggie Dent: [00:50:55] What about you can do this, you're gonna do this.

Osher Gunsberg: [00:51:00] Oh I have no question that it could happen.

Maggie Dent: [00:51:02] And you are going to be a good enough.

Osher Gunsberg: [00:51:04] Oh mate, oh look, without a shadow of a doubt. Like it's like humans, you know, there's this I met this extraordinary psych once. Who, you know, she she just kind of really framed this thing in such a beautiful way. She's like, no matter what it is, as bad as it is. And like, right now in the day we're recording this, it's like this almost horrific stuff going on on the planet. Right? But there's the day after. There's the week after, there's the month after. There's three months, six months, five years, ten years,

Maggie Dent: [00:51:36] This afternoon,

Osher Gunsberg: [00:51:36] 20 years after. And we'll figure it out because we always have. And that goes for anything. It goes for parenting. It goes for you'll figure it out. Is

there a wound that requires stitching? No. Great. Is anyone in a cast? No. Great. Everything else we can figure out. You know, everything else we can sort out. We could figure everything else out.

Maggie Dent: [00:51:59] Osher, [00:52:00] thank you. Thank you for your time.

Maggie Dent: [00:52:07] Osher Ginsberg, the host of The Masked Singer. Osher also has a memoir, and it's called Back After the Break.

Maggie Dent: [00:52:14] Osher had some hard won lessons that I think we can all put into practice, and some special messages for stepdads. Let's add them to the Good Enough Dad Checklist.

Firstly, that gem that becoming a stepdad isn't all about you. And that's okay. Secondly, if you have mental health challenges, keep an eye on yourself. Observe yourself and then seek help sooner rather than later.

Thirdly, learn how to pause or down. Regulate as Osher says, and cool your jets, especially in those hot moments when the proverbial shit hits the fan.

Maggie Dent: [00:53:00] I'm Maggie Dent, and this is The Good Enough Dad. Follow us on the LiSTNR app or wherever you get your podcasts.