

## Raising Teens with Trust and Awareness – with Vivian Viester

Helena Mooney [00:00:03]:

Hello, and welcome to this week's episode of parenting with play. I'm Helena Mooney, and I am thrilled to have the lovely, I'm gonna try and say her name correctly, Vivienne Vester. Still not totally right. Anyway, Vivienne Vivian is, a fellow Aware Parenting instructor and, gorgeous, gorgeous mum, and I've known Vivian for several years, lots of years actually now. Vivian is, lives in Europe in various different locations, which I'll get her to explain. But her son, Valentine, has just turned 13. And so I thought with me having a teenager, and Vivian's son has just turned to a teenager that, it's helpful, isn't it? Because when you start this, you it's a real leap of faith going into, okay. So I'm listening to feelings and I'm not punishing and I'm not doing all these things that were either done to me or that everybody else tells me I should be doing.

Helena Mooney [00:01:02]:

Is this gonna work out okay? And so today's episode is to give you an insight into what it's like to now have a teenager, to have done Aware Parenting for a number of years, so you can get some hopefully, a sense of this is gonna be great. This is gonna be fine. I can trust the process. So welcome, Vivienne. I keep saying it wrong. I am trying, but it's so fantastic to have you here. So thank you for coming on.

Vivian Viester [00:01:30]:

No. It's such a pleasure to be here with you, Helena. Or shall I say her name now?

Helena Mooney [00:01:36]:

For the record, say your name.

Vivian Viester [00:01:39]:

In Dutch, it's, Vivian.

Helena Mooney [00:01:43]:

Right. Vivian.

Vivian Viester [00:01:44]:

Yeah. But I really don't mind if you say Vivian. I really don't mind. Yeah. I can really use to that too.

Helena Mooney [00:01:50]:

Yeah. Could you just give an overview then of you and, you as a mom, in relation to Aware Parenting and your lovely boy?

Vivian Viester [00:02:00]:

Yes. Yeah. You said it already. He just turned 13, so I'm a bit in awe of looking back, how fast it goes. Like, when we're in the moment, it sometimes can look like this is never gonna end. And now looking now 30 years later, I'm kinda like, oh, wow. That that

actually went really fast. But, yes, I came in touch with Aware Parenting when he was a little baby.

Vivian Viester [00:02:29]:

I think he was around 3 months. And, it resonated with me from the beginning. A lot of things we did already. It was really important for me that he would sleep with us. So he did sleep with us already. It's just I didn't have that crying part in place. It was something that was on my mind a lot. Like, it it didn't feel right what I was doing.

Vivian Viester [00:03:00]:

Like, I was giving him the rest to to stop the crying. So he was on the breast a lot for some days, and, and that bothered me. I just didn't feel didn't feel right. And it was on my mind, and I was writing about it a lot. And, and, yeah, after the night, I had the realization, what would I do if my friend would come to my place? Would I go with her into the kitchen and feed her and give her drinks, or would I go and sit on a couch with her and listen to her? And I thought I would go and sit on a couch and listen to her, and the next day, the Aware baby arrived in my in my mailbox. So that's, an interesting coincidence. But, sadly, I couldn't honor my insight in a way that I wish I would have done. I was, like, beating myself up for it for not knowing it sooner.

Vivian Viester [00:03:57]:

And and it was actually a really hard time for me at at that time, like, when he was, like, 2, 3 months. It was a really, really, yeah, really hard time for me. And not only because of this bit, also because of something else. Like, shall I share about it? Or shall you You do. Please. Yeah.

Helena Mooney [00:04:18]:

I think everybody listening can relate to having a hard time. So yeah.

Vivian Viester [00:04:22]:

Yeah. Yeah. I always wished that I could look at my boy. Or if if I would have a baby, I always had this image. Oh, when I have a baby, I'm gonna look at my baby with so much love and care in my eyes, and I will be able to reassure my baby with my eyes that I'm there, that I'm his alley. I'm his anchor. I'm his safe haven. And I think that I had that strong wish because that's something my mom has not been able to give me for all the right reasons that she has not been able to give me that, but I did not experience that.

Vivian Viester [00:05:06]:

She has been very uncomfortable with making eye contact. And so I had this strong wish of being able to do so. And then when my son starting started to make eye contact around that time and when they they consciously, focus their eyes and start to make real eye contact, I noticed I could not do that. Like, I could not look him in the eyes with love and care and be his safe heaven. I felt really uncomfortable too. I had a lot coming up, with with direct eye

contact. So that's but that's been a whole journey on its own. And with, crying has been a whole journey on its own as well.

Helena Mooney [00:05:51]:

We just stayed yeah. With that because, I didn't know that about what was going on for you then. And I think it's really important to know that when we have these reactions that we intellectually don't want to have or we do something that we intellectually know that this is not helpful or it would be better if we did it some other way, but we can't actually help ourselves. We can't actually help it. And there's always a really, really good reason why. And when and parenting, there's nothing like parenting to bring up these moments and these insights and this pain, actually, this hurt that you experienced with your mom who, you know, through probably no, intention that she, you know, she had a hard time. And and so I think that it gives us those that opportunity to to heal it to heal. And that's what I love about Aware Parenting, which I hopefully might wanna share a bit more about that.

Helena Mooney [00:06:54]:

But I hear you when you're saying it was a really hard time for you. And if for those who are listening, who are going through a hard time and going, I don't know why I'm doing this or I can't do this even though I want to. You know, it's so it's so valuable to know that it's a really good reason why why you're feeling this way.

Vivian Viester [00:07:17]:

Yeah.

Helena Mooney [00:07:17]:

And to and to give yourself compassion rather than beating yourself up over it.

Vivian Viester [00:07:23]:

Mhmm. Yeah. And what I've learned on my journey, and not only with this, like, with lots of other things, is to we can include it all. Like, we don't need to pretend we don't have it. We do need to try to hide it in a closet. We don't need to ignore it. Like, we can include all of this, and we're still very capable of of mothering, like, if we even if we have things that we wish we didn't have. We're still capable as mothers, and we're still valuable, and what we do is still valuable.

Vivian Viester [00:08:01]:

And, yeah, I think, yeah, I felt it felt important to me to to say that that even though parenting doesn't go exactly how you want to. Like, we all have these that's what I sometimes find the beauty about theory and also really difficult about something that we know in theory because, of course, we we need it. We need the theory because it's something we can resonate with. It's something we can work towards to. But it's often it takes a journey to to get there. Mhmm. And that can sometimes be really hard as well, like, because we we know what we want, and we know what we would love, and we know what resonates with us, but we still have our own parts and

feelings. Needing that all first before we can embody the theory.

Vivian Viester [00:08:59]:

And that's sometimes a really hard bit too, I find, having the awareness, having the knowledge. But what you said too, but not being able to to put it in practice yet in the way that we would love to.

Helena Mooney [00:09:14]:

Yeah. There's something that it's not perfectionism or but it's really thinking, oh, I have to do this right or the proper way. And if I don't manage to do that, then I'm failing as a mom or I'm falling short. And,

Vivian Viester [00:09:30]:

yes. Or what happened? What I Hopeless. Sorry. I don't want to interrupt.

Helena Mooney [00:09:33]:

No. No. No. It's fine. Yeah. Because I I mean, I did that. I used to look at it going right. Well, I'm obviously not doing it right.

Helena Mooney [00:09:40]:

And then when I discovered we're parenting and when I'm not doing we're parenting right, and, you know, we can find so many ways to to criticise ourselves and to think that we are failing, but actually this is part of life, isn't it? And it's, then it's an integral part of parenting is realising, I was going to say our shortfalls, but that's quite a harsh term. I think realising our pain points and what we need support on so that we can heal from that or at least, you know, move through asp enough of it to then be able to to be with our baby and or child in the way that we want to be.

Vivian Viester [00:10:20]:

Yeah. Yeah. And also to realize that that also takes time. Like, it's not done in a in a finger snip. Yeah. It's it takes time for, yeah, for our parts and feelings to feel safe again, to show themselves, and to have their feelings hurt. And from I'm just thinking of our younger parts now. Like, something that happened 40 years ago.

Vivian Viester [00:10:46]:

Like, I've suppressed that for 40 years or or disconnected from that for 40 years. So these parts that I'm holding on to need to feel safe again to show themselves. They're they're not gonna, like, we're children. They're not just gonna sit on my lap because I want to. I'm like, okay. I want to, Yeah. It's not like that. They also need to regain the trust again with with me.

Vivian Viester [00:11:11]:

And, like, yes, you're really gonna hear us now? Is she really gonna be there for us? Is she really getting the support that she needs? Is she really gonna meet my needs? And and yeah. And that's a whole journey on its own as well.

Helena Mooney [00:11:24]:

Yeah. It is. I did a, personal development before I became a mom. I saw a life coach. What did you do? Personal development. So I saw a life coach before I became a mom. And I remember going there thinking, well, I'll just need to go for a few weeks, just, you know, knock off some things that are, you know, bothering me, and then I'll be fine. Little did I realize that, you know, this is an ongoing thing.

Helena Mooney [00:11:48]:

What I would have done that 18, 19 years ago, still, there's still more to uncover and, and, but that's the beauty of it because then there's more as in and there's more for us to become in the way that we want to become because we we do let go. I think I'm stumbling over my words here, but it's it's rich. It's it's I know it's which sounds really cliché, but it is genuinely a really rich experience. So I'd love to hear how that went for you with the eye contact with your boy. How how did that evolve over time?

Vivian Viester [00:12:24]:

Yeah. I've at first, I'm called to include something else because I think that's also going on for a lot of parents and moms. I had so much shame. So it was really difficult to actually reach out and to start talking about things that were hard for me. And I remember I was part of the Facebook group from back then, it was, Patricia Tongren. I hope I pronounce her name. Patricia Tongren and Mary and Rose. And it was and I was part of that Facebook group.

Vivian Viester [00:13:03]:

And it was because of their loving and empathic responses that I felt safe enough to reach out. So I in the very beginning, I had a few sessions with Patricia, and then I started having sessions with Marian. But it was because of their empathic responses that I thought, okay, I can I can reach out? But it was really hard, so I can imagine that more moms have that. So if if if you have that I'm just talking to the listeners now. Like, if you have that, like, I don't know, I just love to say, please know we all have our struggles and we all have our learning processes, and we all have things that we regret that we did not do, or that we wish we would have done differently. So I just so love for them to not stay alone with it and to, yeah, to to try it, to reach out and see see how it is.

Helena Mooney [00:14:04]:

Yes. Oh, goodness. As I'm listening to your warm, soft, gentle voice. I'm just like sinking into this. Okay. Oh yes. What a wonderful woman to share these things with. If I was yeah, wanting to to talk with you more about this.

Helena Mooney [00:14:19]:

It's just so you've got such a beautiful presence about you, Vivienne. And I think that's such a an important part because, yeah, along with the guilt does come the shame. And, you know, why am I

like this? Oh, I shouldn't be like this. Oh, I feel so embarrassed. I feel so ashamed that I can't, you know, in your example, give my baby eye contact. You know? You know? Is there something wrong with me? Is there something I don't know. I don't know what's going through your mind. That always is my default.

Vivian Viester [00:14:47]:  
Yeah.

Helena Mooney [00:14:48]:  
So, yeah, no. I love that.

Vivian Viester [00:14:49]:  
I definitely had that too. And and also what you said already, like, I I'm not an aware parent. Like, I can't call myself an aware parent. Or or even when I was an instructor already. Like, I don't know if you've had it, but even when and, like, I'm an instructor for 8 years now, but that I'm actually really working as an instructor. That's that's not 8 years.

Helena Mooney [00:15:12]:  
So it actually Yeah.

Vivian Viester [00:15:13]:  
It took me a a few years to to, yeah, find myself good enough in exclamation marks to to work as an instructor. So that was yeah. That took a long time. But, yeah, like, with the eye contact. So specifically about the eye contact. I learned to include it, what I said. I had to include these things rather than to because in the beginning, I want to ignore it. It's like, I can't make eye contact.

Vivian Viester [00:15:44]:  
I can't make eye contact. But oh, just laughing now when I think, yeah, think back of some of the things that I did. But yeah. So ignore it. It was a part of it, trying to ignore it even though it was so obvious. But then, yeah, including it including it. Fine, talk about it, like what you said. Like, I had sessions talking about it, getting in touch with with my feelings, seeing it as a flag for me as well.

Vivian Viester [00:16:22]:  
So when and this is especially when he started when he was a toddler and in those years, when I could see it as a flag for me, like, okay. I've got comfortable eyes. What's going on for me?

Helena Mooney [00:16:35]:  
Yeah. And that's a very different way to look at it rather than going, oh, what's wrong with me? What's going on? Rather than going, something is going on

Vivian Viester [00:16:46]:  
for me. Yeah. So I took it then. Yeah. Yeah. And I I played with it as well. Like, when I noticed I had that, what did I play? How did I call it? I think something like, family uncomfortable is here. So I

would include it into play.

Vivian Viester [00:17:07]:

It'd be like, oh, family uncomfortable is here, and then I started looking in all sorts of directions and playing to be afraid to to make eye contact so I could play it out. And that really helped as well Yeah. To use it into play. So that's what I did too. So I took it as signs for myself, like, okay. What's going on? And I and I introduced it into the attachment play. So it became part of our world. So it was included.

Vivian Viester [00:17:39]:

So it was not something that I hit or pretend I didn't have it, or it was something that was included. I did my own inner work with it, yeah, and saw it as signs and used it in attachment play.

Helena Mooney [00:17:58]:

Amazing. And how would you be how would you feel now about eye contact in your son?

Vivian Viester [00:18:05]:

We might it's I still have it sometimes.

Helena Mooney [00:18:07]:

Yeah.

Vivian Viester [00:18:09]:

Yeah. And then, it's the same. I I'm like, oh, okay. Good. There is something. But there are also times I'm not. Like, there are also times I just really enjoy looking in his eyes, and then he probably doesn't even notice it. But I'm kind of when he's been talking to me, you know, and I'm looking at him and he's talking to me, I have it on the inside.

Vivian Viester [00:18:27]:

I'm like, oh, I'm just so enjoying looking into your

Helena Mooney [00:18:31]:

Fine. And I hope you don't mind me asking in this podcast, but how is it then has it had an effect on your relationship with your mother? The healing work you've done around eye contact with your son, has that and you can share as much or as little as you want to. Yeah?

Vivian Viester [00:18:50]:

I think I have so much more understanding and compassion for my mom. Yeah. Yeah. That's yeah. I, I don't think she will listen to this. But if you are listening to this mom, please, nothing personal.

Helena Mooney [00:19:08]:

No.

Vivian Viester [00:19:11]:

My mom like, I hated that about my mom when I was a teenager, the

not being able to make eye contact. And and she's quite an insecure person. And I hated that as a teenager.

Helena Mooney [00:19:29]:  
Yeah. Yeah.

Vivian Viester [00:19:30]:  
Really hated it. And I wasn't aware that on some level I had the same like, I was really insecure as a young woman. Like, really insecure. I was just not aware of it because I had my personality in place. And, yes, but looking back, I I it's so obvious. Like, I was so insecure. And it's almost like me becoming a mom kind of cracked me open, like, kind of cracked that personality that I've created once open, and I met my mom and myself. Yeah.

Vivian Viester [00:20:15]:  
So I have a lot more understanding for her, a lot more compassion. Did my relationship with her change? I think it does. I think it's softer because of having that understanding and compassion. So it is softer. Yeah.

Helena Mooney [00:20:42]:  
But to

Vivian Viester [00:20:42]:  
be honest, like, I still have feelings coming up towards my mom from my childhood. So also that is like a continuously, continuous journey. Like, I I was just last week, I was just having so much rage coming up. Yeah. And so that that's an ongoing journey as well. Like, sometimes I'm I'm it's like, I don't live close to my parents, so that's different too than I imagine many people have. But when I am at home, we're usually there for multiple weeks. And sometimes I'm there and thinking like, oh, wow.

Vivian Viester [00:21:19]:  
I've got so much compassion, and I've I'm feeling so connected with myself. Do you actually hear the background noise? Because they are really loud in the background. K.

Helena Mooney [00:21:30]:  
Oh, it's okay.

Vivian Viester [00:21:31]:  
I've got so much compassion. And then there are times that I'm just freaking out on the inside of me because I'm so full with reactions and and comments. And so it's yeah. So there too, it's an ongoing journey. Yeah. Does it does that answer your question?

Helena Mooney [00:21:51]:  
Yeah. I think so. I I mean, just thinking about how sometimes when we heal, we work on things in order to heal within ourselves to help our children. Wait. I have a few can go back up a generation. So, yeah, it's interesting hearing your experience with that.



Vivian Viester [00:22:10]:

Yeah. But what is very interesting too, there have been occasions actually where where my parents have been listening to me crying. Wow. So that's something I could not have imagined before. But there have been a few happenings in my life that I've been really sad about. And there have been times that I was crying at the table with them, and they were just present with me. So that's yeah. Those it's not it's not been a lot.

Vivian Viester [00:22:39]:

It's maybe 3 times that I that are is coming in my mind now. But, yeah, those those moments were really beautiful.

Helena Mooney [00:22:51]:

Yeah. Wow. Amazing. So now that your boy is a teenager officially, I think looking back, how have you, how can you sit? It's a bit hard to say. How can you see the effects of Aware Parenting on your teen age boy now? Because I suppose also you live quite a radically different type of life. You live quite a nomadic life constantly seeing on Facebook that you're moving to another, not constantly, but you moved to, you moved countries a lot and you move around a lot and, and you homeschool your son, don't you?

Vivian Viester [00:23:28]:

Well, not homeschool. Homeschool. Yeah. Homeschool. Like, we don't have a a program that we that we follow. So yeah. So, no, he doesn't go to school. That.

Vivian Viester [00:23:39]:

Yeah. Yeah. So

Helena Mooney [00:23:43]:

what do you feel confident about now with aware parenting that to begin with, you might've been a bit unsure about Bit like, oh, I'm stepping into the unknown here. Whereas now you can go,

Vivian Viester [00:23:54]:

yep. That's really good. Yeah. Yeah. Oh, dear. I could talk an hour about this already. We have 10 minutes. Looking at the time.

Vivian Viester [00:24:03]:

We only have 10 minutes, but it's kinda like, oh, dear. Where's yeah. I could talk an hour about this or even longer.

Helena Mooney [00:24:11]:

What would be the top the top things that you yeah.

Vivian Viester [00:24:14]:

Top things. The first things that come to my mind is trusting their learning process.

Helena Mooney [00:24:21]:

Mhmm.

Vivian Viester [00:24:23]:

Yeah. That's something that's blown my mind. Like, it's what you say. You said that in in the introduction that we we actually know each other for many years already. And in the beginning, there were not so many instructors to to have feedback from or to hear their stories from. I do remember having a book from Naomi Aldort.

Helena Mooney [00:24:50]:

Oh, yeah. Yeah.

Vivian Viester [00:24:51]:

I don't know if I pronounced her name right by the way.

Helena Mooney [00:24:53]:

Yeah. Naomi Aldort. Yeah. Yeah.

Vivian Viester [00:24:56]:

Yeah. And I remember a few things from her book, and they just stayed with me. And one of them is, for example, learning to ride a bicycle that she said children have that balance. They don't need these wheels on the side. If you give those wheels on the side, they actually relearn to trust that balance that they already have. And then it doesn't make sense. Like, when we think we should, when we think our child should be able to ride without them, we decide when we take them off. So that's something that always stayed with me.

Vivian Viester [00:25:34]:

So when he was he was interested in biking from a very young age, so I think he had his first bicycle when he was, I think, 3. We found this tiny little bike on on, a flea market. Did you say flea market? Yeah. Yeah. Yep. On a flea market, and we got it for him. And we really needed to remind ourselves to not say anything because we're so full of do this, do that, or don't do this, do that, or break, steer left, steer right, whatever. So we consciously taped our mouth.

Vivian Viester [00:26:11]:

Not not really, of course, but, like, we didn't say anything, and we just gave him the bike. And a couple of hours later, he was he was cycling. But what I see now looking back, the things he feels, in my opinion, he feels most competent in are things we did not interfere or interfered at the least. Like, for example, swimming too. We did not skip him swimming lessons or whatsoever. And he, he feels really comfort competent in swimming. He feels really competent in in biking and skiing. So that's that's something I'm seeing.

Vivian Viester [00:26:53]:

Okay. Things where we did the least intervention is can I say it like that? Yeah.

Helena Mooney [00:27:00]:

Yeah. Yeah. Yeah.

Vivian Viester [00:27:01]:

Yeah. He feels really competent in. And also because a lot of parents and I was a bit worried about that too with the writing and reading, because children that don't go to school, they do start later with these things because the main communication is talking. Like, we we talk in in our communication. And in school, I'm sure you know this, but, it just comes up for me to say, like, in school, they want children to write as soon as possible because that's their way of communication. Like, they read what the children write and and and with that measure, they're where they're at. And and we didn't have that at home. Like, our main communication was was talking.

Vivian Viester [00:27:46]:

So that came way later, the writing and the reading. But he writes he reads. Oh, he writes on the computer. He doesn't write

Helena Mooney [00:27:55]:

much like this. He

Vivian Viester [00:27:57]:

doesn't write much with him, but he did. And it all came naturally. It all came naturally. And that's what blows my mind. I I don't know how it works. I don't know how they do it, how children do it, but it's it's really in the first couple of years, we are used to trust our children. We're used to trusting that they learn to crawl when they're ready. They learn to walk when they're ready.

Vivian Viester [00:28:22]:

We don't interfere. We don't say, like, we we don't try to make them crawl or

Helena Mooney [00:28:28]:

Yeah. True. True. Yeah.

Vivian Viester [00:28:30]:

And so we really trust their learning process. And and some and some point, we've learned to not trust that anymore. At some point, we we've learned to interfere and and think that we should learn them things. So that's, yeah, that's something that's really blown my mind several times that that their learning process like, it continues the same as in the very beginning, that learning process, but just with different things. And I'm amazed by that. And also by seeing when they're ready, they will do it. Like, we don't need to force things. There will become a point when they're ready, and then they will do it.

Vivian Viester [00:29:12]:

And then you'll be sitting at home and be thinking like, wow. They're just doing it now, like, on their own. And so that's, yeah, something I find beautiful to have seen as well. Like, we don't need to push things. Like, sometimes you have to, or or I guess some in some families, especially when when there is a school involved, you you kind of have to you kind of have to push your your yourself and your child into things you would otherwise not push yourself and

your child into. So I see that too. But in in the way that we lived, we did not really need to push him much in, yeah, in in ways that you would maybe have because of him living a different life. So it's, for for me, really reassuring and beautiful to see.

Vivian Viester [00:30:08]:

Wow. It has all its own timing. And when the timing is there and when they're ready, they will do it. And whether that is learning or writing or going out on their own or

Helena Mooney [00:30:26]:

anything? Sleep I mean, bringing it sort of slightly out of the schooling environment, homeschool environment, unschooling environment. But, you know, even just like co sleeping, I know when you started co sleeping, everyone's like, oh, you're making a rod for your own bed back and, oh, you're never gonna get him out and blah, blah, blah, blah, blah. And with my son, he slept with us until he was 6. And then I think I got to a point where I was done and he then just transitioned so easily into his bed that I that was a real revelation for me because I thought, you know, I believed everybody going, oh, god. Once he's in, how am I gonna get him out? And then that was stressing me out rather than actually just enjoying. I mean, I did, but enjoying being with our children in that way and knowing that, you know, he's not gonna wanna be sleeping with me when he's 24, you know? And every now and again, we will, you know, we might, he might come in with me, like, I don't know, rarely, but every now and again. But trusting that process that actually our children are designed to be with us when they're little, they need us. And then they are gonna venture want to learn about the outside world.

Helena Mooney [00:31:34]:

They are gonna become more independent or interdependent really, naturally on their own terms. And the more we try and force it, the less the less enjoyable it is for anybody, and it doesn't really help them.

Vivian Viester [00:31:50]:

Yeah. Yeah. And, sorry to jump to a second thing, but but, that's because I'm aware of the time.

Helena Mooney [00:31:57]:

Of Internet. Yes.

Vivian Viester [00:31:58]:

Yeah. Because another thing that I think is important to mention is the trust. Like, there's a way way more trust now. Like, way more trust in our relationship, way more trust in the ebbs and flow of life, way more trust in the process of things. Things I could freak out about when he was little, I don't freak out about anymore because I know tomorrow is a different day. Like, I can have, like, a really terrible day today, and I might not be up for play at all. And I don't have any empathy, and I don't have any understanding for for the other person. And I can be way more kind with myself, take

care of myself, and know there will be another day.

Vivian Viester [00:32:50]:

There will be another day where where we'll be where we will be laughing on the ground again, because of having so much fun together. And there will be another day where he might share and I and I'm in a in a in a space of being really present and being able to hear him in in what he wants to share with me. So that's something I'd love to include too, that there's a lot more trust in in the process, in the journey, in the relationship, and that that things will change again.

Helena Mooney [00:33:30]:

Yep. And I I think that is a really important point to note because I often have mum saying, oh gosh, I did this one thing. And does that mean he's now no longer gonna trust me? Is this gonna impact our relationship? Have I damaged him? You know, and and getting very upset, which I've also done about a particular instant. And I just think that that there is another day. We do have that opportunity to repair, to to trust our relationship, actually. It's trusting the child, but also trusting that the relationship that we have with our child is strong and will withstand ruptures and us losing it and not being as present and as wonderful as we would like to be. But we can trust that, actually, we we can have a really good relationship with our child despite all of that.

Vivian Viester [00:34:15]:

Yeah. Yes. And that's repairing can also actually be something really beautiful. Like, I found that too that sometimes it can be really beautiful to repair something. Yeah. And even that has its time, I find. Like, sometimes we want to repair, but it's we're actually not ready to repair yet. I don't know if you find it, but I have that sometimes.

Vivian Viester [00:34:37]:

Like, sometimes Sometimes I

Helena Mooney [00:34:39]:

I don't wanna say sorry. So we

Vivian Viester [00:34:43]:

no. No. No. Not even that. But sometimes, like, we we carry our feelings about it as well. Yeah.

Helena Mooney [00:34:48]:

Yeah. That's

Vivian Viester [00:34:49]:

what I'm saying. Actually yeah. And sometimes it also takes time to to process these feelings. And even though we might want to repair, get over it, and continue, it's it can take a long time too.

Helena Mooney [00:35:08]:

Yeah. It can. Conscious of time. Any passing words just to wrap up

with about your feelings around Aware Parenting. You've been doing it for 13 years. Any final sort of takeaways succinctly? We'll obviously have talked about this again another time, but just for now, just so that people can go Okay.

Vivian Viester [00:35:30]:

It's good. Okay. I'm just gonna tune in with that for a moment. I don't know. Just I think what the first thing that comes to me is and I'm just gonna use these words because that's so often the words that come to our minds. Like, you are a good enough parent. Also when things don't go as described in the books. Like, you truly are a good enough parent with all your with all that's in still in your backpack.

Vivian Viester [00:36:05]:

Like, with all the younger parts that you still carry with you, and with all the and in all the moments that you don't parent in the way that you would love to from your thoughts. Like, you truly are valuable, and you truly make a difference. And what you do is truly valuable.

Helena Mooney [00:36:29]:

Yeah. I can't think of a better way to end a podcast episode. That is just, oh, I'm sitting there feeling that going, yeah. That's that's such an important thing to have, and thank you for saying that and your beautiful, soft, lovely voice. Thank you.

Vivian Viester [00:36:44]:

No. Thank you, Helena.

Helena Mooney [00:36:46]:

And thank you for coming on today. And sorry it's a bit shorter, than it needs to be. I know. My daughter's just difference during this interview. Is there more skiing?

Vivian Viester [00:37:03]:

Sorry. You were frozen. I didn't hear what you what you said.

Helena Mooney [00:37:06]:

Are you doing any more skiing? Vivian's had a beautiful No.

Vivian Viester [00:37:09]:

We need to go to the doctor as well.

Helena Mooney [00:37:11]:

Oh, okay. Alright. Yeah. It's time for you. Thank you very much, and thank you to those of you listening. And, we'll see you again next week. Take care. Bye.