

Parenting Mistakes, Getting Your Kids Healthy | Dad University Live EP 4

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SUMMARY

The live session on parenting mistakes discusses common errors made by new and experienced parents, emphasizing the importance of self-care, empathy, and allowing children to learn through their own experiences. The speaker shares personal anecdotes and insights, encouraging parents to focus on their own behavior and support their children's independence.

- New parents often take their child's crying personally, leading to unnecessary stress.*
- It's crucial for parents to pay attention to each other and support their partner during the transition to parenthood.*
- Parents should avoid comparing their child's development to others, as each child grows at their own pace.*
- Self-care is essential; parents should prioritize their own well-being to avoid burnout.*
- Allowing children to handle their own problems fosters independence and problem-solving skills.*
- Parents should model the behavior they want to see in their children, avoiding the "do as I say, not as I do" mentality.*
- Teaching children about nutrition and promoting healthy eating habits is vital for their long-term health.*
- Mistakes in parenting are common, and it's important to acknowledge them and learn from them.*

we're going live on everything hello Instagram okay got it I gotta make sure I stay in the shot for Instagram and YouTube well hello everybody another live dad University what is

today know what day it is - we've been going crazy doing all kinds of stuff but welcome any questions you guys have if you are joining us be sure to show you even put your questions in check whatever Nessie I'm looking over here I want to make sure I'm looking at the camera I've got multiple cameras so bear with me as I get used to this - it's got only gonna take what 80 episodes for me

to finally get used to it so a couple things I want to talk about today first is at least first I want to talk about parenting mistakes these are certainly debatable and you might have difference of opinions but that's okay that's we welcome better you know these are the mistakes that I believe I see parents

make I may have been guilty of some of these myself but I realized that you know when you're I'm going to separate these because I have some parenting mistakes for new dads and young dads and then the other is for you know once your child gets a little bit older there's there's different mistakes we can make different mistakes at different ages of our children so so first thing when you have a baby there's there's certainly

mistakes that we make as parents and one of the things I know that I did was I took my child's crying personal so when they were crying and they were upset I actually took that personally is that I was either doing something wrong or that I did something to them or that quite frankly they were out to get me in some way and it's simply not the case and you can often feel like you're doing something wrong you're not doing the

right way it's kind of similar but that was that was an issue that I certainly went through a feeling like the especially when the baby was crying and the video was upset or you know different issues and I felt like I felt like somehow that was like my fault I wasn't doing something so that's a mistake I think that we as parents do is that we take these things personal and it happens for both mom and dad both of

us another is is not paying attention to your wife or your significant other or the mom so what happens is you know the focus changes a little and when a mom is pregnant a lot of her focus is just dealing with

the baby you know she's got physical changes she has emotional changes and I recently got in a note an email somebody was kind of upset that they felt like you know they're dealing with all this stuff - why should they have to pay extra attention to their wife that's kind of the question was about that and my response was yeah I mean yes you're both you know going through a lot the idea is to be empathetic with your

partner and you know while your wife should be you know empathetic towards you - you can't control what she's doing you can't control how she acts towards you you can't so you you need to sort of own it on your own and say okay well what can I do and so part of that is you know you can pay more attention to her and that's how you can support the beat so how's it going I was alive

good we're okay audios okay seems like I can ask ask them Pat and Gavin thing we have so if you belong here do it's hard for me to see the screen Pat good to see back Gavin hello yeah yeah so if we have a man and woman listening certainly the

woman's gonna like to hear that stuff this is you know and here's the thing is that when I talk to dads we only have that I just mentioned this we only have control of what we can do you know you can't want you can't force somebody else to act a certain way you can't force somebody else to like something or want to do something so all you really have control is over yourself so when I say

these things it doesn't mean that your wife or significant others shouldn't be doing those other things on their own but what are the things that you can do and that's kind of where this comes in it's like you know it really does take both people to make this work so another mistake I wouldn't that's kind of like the topic of today's it's mistakes and parenting apologize Instagram it kind of

connects and goes back awesome Facebook looks and sounds great Thank You Gavin so what happens is also when we have a new child we put a lot of pressure on ourselves and I mean forget about the the fact that you you have pressure from other people and situations you know family and friends and everything else in your job

but we put the pressure on ourselves and that's not something that you need to do and I

think that was a mistake that I made also so we put pressure about how we should feel how we should act all of those things and so when you know you've got enough to worry about that you don't necessarily want to you know put excess pressure on yourself hello Instagram Pablo how are you it's great for you guys joining us if you have questions please feel free to jot them down we'll be doing this every Tuesday as long as people still want it

we're getting used to this and getting the kinks worked out we've had some some technical issues that were that we're we're working with but you know it's gonna be it's gonna be good so um so yeah so I think you know putting that pressure on yourself is is difficult and definitely wait I think another thing is not taking care of yourself you know what happens is you get so focused when you have the baby of worrying about you

know it's video K this is you know obviously when the baby's born your attention is so much with the baby you kind of forget to take care of yourself you know and this happens a lot with moms too that you know you forget the me time that you really need and so it's important if you're in a relationship or in a marriage that you give each other that that time and that's what's important is you give each other that

time to to kind of do your own thing and so if your wife enjoys something make sure that she gets the opportunity to still do that and you vice versa so you really have to give time to yourself it's not a ton of time and as you have children that time gets smaller and smaller and smaller it's just the way that it is you know and as they get a little bit older you get some of that

time back you know and so that's there's kind of the nature of it but you're gonna want to make sure that you're taking care of yourself and you know that you have to define what that means but it's the stuff that you know otherwise you can start going crazy you know you feel like you're giving you don't really have kind of lose yourself and I would say in general this is in general of course it seems that

women that affects women and women do that more often meaning they're they don't take the time for themselves than men do just because of the early child rearing and some of the things that come with that whether the breastfeeding or such and so you know sometimes and obviously they're typically the majority of time there the major caretaker usually spend more time with it hey Instagram how are you good to see

you guys so you know what that's a great question if you guys have questions write him down we're gonna definitely get to some of these questions I've got a couple more things and I'll make sure to get to the questions so if you have them you know that's good so another thing that is a mistake is comparing your baby to other and you know this happens all the time where I mean I can recall situations

where you know you hear it whether it's from your spouse or other people and you say well you know my baby or they say we know this person's baby at age you know three months was already sitting up and doing this and eating this or you start to look if you know if they go to daycare or something you start to look at all the other

children and you're like well mine's not doing that you know

in general you just have to stop worrying about it now if there's significant differences huge gaps in learning and you know extremely far behind you know that's kind of different then of course you're gonna want to take them to the pediatrician and get that checked out because there could be some sort of disability or abnormal normality but in general it there's so many different times and delays then you just you know comparing

your baby to somebody else's baby is is just it's a waste of your time and you'll find even having two children you know mine eight different things at different times they sat up differently they walk differently they crawl differently they rolled over differently they slept differently it's just that's just the way that it is and so you have to be careful because when you start comparing which we all have the problem if that can become a problem so and then

the last thing when for new parents as far as mistakes is enjoying the moment I think this is something that I suffered with and I wish I would have known these things a little bit earlier is that I had I really didn't enjoy the moment as much as I think I wish I would have because there's so much going on I sort

of didn't appreciate the current time and it's kind of weird and it's kind of hard to say but it you're going through so much and you're sort of surviving and then I also found myself looking to the future and so what I would do is I would say you know I would say something like oh I can't wait until I you know my my son walks and then we can go for a walk or I can't wait till we go play catch or

something and what that does is it takes you away from the present moment I think I've said and it's not horrible to think about the future but it kind of takes away from the present moment and the positive aspects of the present moment so you want to be you want to be careful with that so I've got some more some more stuff of mistakes but I want to answer a question here from Gavin we're having our first child in a few months

and I have no idea how to hold an infant so good question there's actually some some really good videos online there's some funny ones too I one of the things that's really funny a gentleman his first name but how did dad is his his YouTube channel and he has some funny ones I'm like how to hold a child and their name different things basically I had some favorite I'm trying to think if there's anything around me

that I can I could use as a baby but basically you know holding the child you can watch some YouTube videos I always felt like the child was so delicate that was something I felt like I was either gonna like break it or drop it or or do something and all you really need to worry about there's kind of two things one that it's the baby is secure you know that it's not going anywhere and then the two is early on a very rare

line is holding its head when there are very very young infants they have the difficulty of sort of keeping their neck up and the strength of their neck and so you just want to make sure that but literally you will hold the baby for the first time and it'll be a couple minutes if not you know shortly after that and you will feel like an expert I

promise you will feel you'll certainly you still might be a little bit scared you know

and I had a tendency to hold you know the baby in a certain way where I would just hold like this or my shoulder you know if you don't feel comfortable you know sit in a chair you know that's usually there sit on a chair or sit on a bed or lay down on the bed and that's an easier way for you to feel comfortable so I hope that answers the question definitely there's some YouTube videos the one with the how the dad is

really funny I think he's got like a football hold and then a reverse Jesus and he's got like all kinds of things that he does and he names them pretty funny there's also a doctor it has how to stop a baby from crying and it's a very specific whole type on a baby where the baby is face down on your on your arm and the arms are crossed so the baby's arms are crossed the baby's down looking outwards

and you basically hold the baby out and this this this doctors been doing this for twenty something years and literally can like and shows it live or shows it recorded it shows him stopping babies from cry it's pretty amazing I wish I would have known that technique now would've come in handy so if you guys have questions thank you guys for joining us here live if you have any questions or comments or anything please feel free to jot them down we're gonna

be doing these lives every Tuesday 4:00 p.m. Pacific 7:00 p.m. Eastern just reading some of the notes yes Pablo it is important to understand the child development and learning is not linear totally agree thank you for that input it's very true so so we're talking about mistakes you know if you guys have had any mistakes as parents if you are parents I think we even have some

grandparent on maybe you know some of the mistakes that you've made that you sort of wish you didn't make that's something you know we all can learn from so as the kids get older your mistakes changing and one of the things that that I think I dealt with that all right I kind of knew right away it's like studying this was that we do too much for our kids

and a lot of people a lot of parents feel like that is the way that they show is by doing things for their children and fathers for sure in whatever aspects by doing something for the child you feel like you that's a way that you are showing love and that you're giving them love the problem with it is is that a lot of times you're doing something for them that they should be doing for

themselves and you're keeping them from growing and learning and so I'll give you an example I take my kids to school a couple days a week my wife takes them as well and I often will see parents of kids with their backpacks and the parent is the parent will take the backpack and

carry it for the child so my stance on this is that if the child is old enough to have a backpack they're old enough to carry it themselves this goes for luggage this goes for backpacks this goes for whatever now there are instances where something is really difficult really heavy sure but even in those instances we hey there snazzy

mom how are you good to see you

in those instances you know there are those occasions where it's a little it might be a little too difficult for them but you want them and often times they'll complain they'll say hey you know I can't take this it's too heavy can you help me up the hill and a lot of the times I'll say you know what you shouldn't have brought or you know what you need to you know bring less stuff you know that will happen on our

vacations where our kids want to bring their suitcase and they want to bring 27 stuffed animals you know you might say hey guess what maybe you shouldn't bring those rocks or those stuffed with you because you're gonna end up being the one carrying those are some examples another example is you know cleaning their dishes getting dressed you know the child is totally capable of getting themselves dressed and what happens is you know a lot of times

parents this is this is a bigger issue but parents will want to dress their kids because they want to kind of control what it is that they're wearing you know and it's funny I once I once heard a teacher say that she can really tell or often tell the type of parenting somebody has or at least somewhat based on the fact of how the child dresses now if the child is completely sloppy

and messy and disheveled that's a different issue but when a child has you know two different colored socks maybe the shirt doesn't match the pants those kinds of things that's typically the fact that the parent it's not that important to the parent and they allow them to do that and especially if you know that it's a nice child and the child is normal but they've got you know they're dressing in that way and so one of the things that we've tried to do is

is allow them to do those things for themselves so they are allowing to pick out their own clothes they're allowed to choose or get themselves dressed they make their own lunches and so all of these things that we feel like you know we do for them because we either one we often feel like they're not capable of it or two we do it because we love them and we want to help them then the truth is

we're not helping so you're gonna want to back off from some of that stuff and allow your child to do those things for themselves or at least allow them to try you know and you can be there to support them you could be there to sort of you know help them along but let them do things and and and that's in so many different aspects I mean there's there's a lot of occasions where you know I I

will think that my children are not capable of doing and I make that mistake and then all in my head and I'll say you know what go ahead and try it and guess what they do totally fine and that can be from cutting something and using a large knife to you know and certainly you want to be you want to be careful of what of what you're allowing them to do but I've had other stories a

gentleman that was in one of my groups he had a four year old and he was allowing him to barbecue and he told

him hey this is hot you can't touch this you know he gave him in the instruction but he allowed him to do some of those things and that's the way that they learned now you can't put your child in danger this is a disclaimer I'm not saying that you let your children play with fire and knives and all that they

need to be supervised door your hands are right there helping them or or such but we allow them to do we need to let allow them to do much more than we actually builds our confidence self-esteem it really helps them grow when they get to do those kinds of things and quite frankly it helps around the house it helps you have to do less which is always another mistake as our children get older is do as I say not as

I do and so what do I mean by that it's we often won't tell our children to do something in a certain way or you know we how we want them to act but we are not acting that same way of ourselves so an example of this could be yelling we will often get very upset that our children pretty giveaway in fact we are then yelling at them for yelling and I

find it funny I catch myself doing that all the time where I want my children to not yell but then I will yell at them for yelling and so it's a it's a very interesting thing but you know the the do as I say not as I do is a common mistake that we all and we tell them not to eat certain foods and then we need those foods hey don't have sugar and then we have

sugar or you know don't do this and then we end up don't use your electronics as I'm on my phone those kinds of things so you want to be very mindful of that if you're telling your child to do something you have to I've got a question here from Pablo what are some mistakes in regards to their failures and how we respond so great question in regards to their failures

you know I did a video called you know how important it is to let children fail and one of the things is they need to really understand from you a couple of things one that it's totally ok to fail and so that is a mistake that we often make because we parents will get upset at them failing sometimes it'll get grounded or they'll get discipline from failing or not doing something well and

then also is the underlying is that we're not providing them unconditional love and so when we give them a ton of praise and a ton of accolades when they do something really well we are actually saying hey when you do something really well you like we're not saying this but it's up in spin directives I love you more when you do things right when you do things well I love you more and that's not the message that so Instagram

keeps going out well it's pause we'll get back to it I'm not sure what's going on there so that's something in regards to their failures that we we often make those mistakes I think they they want to feel like they can come to us with anything and that if they're going to and if they do make a mistake it's totally okay and we have to pretend like we can't pretend that we don't make mistakes I think another thing that is a mistake

that we make is is that we try to hide our mistakes to our children and instead of explaining how we made a

mistake and be honest about that and so I will often if I yell not every time but if I yell if I handle a situation poorly maybe I'm stressed out and I act out or whatever I will apologize to my children

and what I have seen is that they now do the same thing so what will happen is maybe a situations going on I get really upset I walk out of the room and cool myself down and then I come back and I say you know what I probably could have handled this a lot better you I shouldn't have yelled at you and I'm sorry and so what happens is is that they see this thing that was like we

make mistakes we recover from them and we can apologize if as long as we understand the mistake that we made and I think they really learn well so that's something that I think is is really important so another mistake that I think that we make with children as you know they get a little older is that we are their friend instead of their parent

and so what do I mean by that well this happens you know all the time as I was growing up where you know we find out that you know hey the kids are allowed to have beer or something else because you know the parents of it and the parents that's a whole other subject but the parents were essentially acting as friends instead of acting as as parents and that can happen in many aspects and so whether that is you know the

parent is getting ancient and doing shenanigans with the kid they're getting in trouble with the kid and whatnot and and while I know some people would argue that that's great bonding or that you know you have that connection and that's something that you enjoy I have a tendency to disagree with that you know and there is a line my kids know and I'll make sure that it's clear that if something that I disagree with it's their choice to make

in some cases but I'm not going to endorse it I'm certainly not going to agree with it and they have to then they have to then kind of live with those repercussions so I think that's something Vince how are you good to see you if you guys are just joining us feel free to ask any questions just doing a doing a live show here I'm sweating under the lights we've got some light setup and so I apologize if I'm if I'm

sweating here but yeah so some good stuff and so yeah I mean here's the thing you know not making parenting mistakes I don't think any parent has ever felt that way I mean you can feel like you've learned all the things in the world and you know you've studied and you've done but it's like we all make so many mistakes and you know and it's okay it's okay to make mistakes and you want your kids to know that it's

okay to make mistakes and how we deal with them is very so we'll see if we open a window if it gets a little better in here we start hearing sirens and we will change that but yeah so another thing is let me know if the sound gets too too windy or something let me know but another thing is is this is

nutrition something that you know in granted I understand I might be on the completely one end of the spectrum because of you know my like diet and so but I it's so important that our children understand good nutrition you know and what I think is a mistake that parents make is you know teaching is not teaching their

children about the

nutrition so here's the things we can't keep our kids from you know enjoying candy and enjoying things that aren't necessarily good for them but I think it's important that we teach them balance and that you can we have a thing in our family where it's good food before bad and not to say that hey abuse happens we're you know we need too much candy need too much you know ice cream and you know and then the end result is

well how do you feel about that you know how did you end up feeling after you did that and understanding that like this is something that you know needs to be taken in smaller quantities even though it might taste really really good and this is something that you want to make sure that you have because it's good for you and it fuels your line so you know those are important things that I think we need to instill in our children and I

think it's a mistake by a lot of parents from my opinion that that we don't teach that and you know part of it is too is is I don't think as adults many people understand that also it's you know the rates of obesity and diabetes and that kind of thing is off the charts and people are unhealthy so I think it's I think it's something that's very important yes so Vince added the

personality of the child and our techniques have to go hand in hand and that's very true it's it is often is then says trial and error you know you can have two very different children and something that is working with one child is not going to necessarily work with their child they have different personalities you and unfortunately treat them differently because you have to so those are certainly that's another mistake as it's good information that you know it's we

make the mistake of treating them the same and they're they're not all the same and so what happens is like you might have a child that's a little bit more sensitive than the other or you might have a child that you know doesn't listen as well and so you have to adjust to that and that is definitely a trial and error and so that's something that's so a question is a follow-up from active dad mark good to see you

how do you get kids to eat healthy so as I was just talking about nutrition so great question so first and foremost is you have to eat healthy yourself so if there's a lot of junk in the house that's certainly going to make it more difficult and so one of the things is is monitoring that and sort of maybe you know limiting the amount of junk that's in the house I think the other things are habits you know and and and so one

of the things is like that we've done with our children and has seemed to work pretty well in most instances at least when we're home it doesn't necessarily work when we're out and or on vacations or we're doing other things is that we don't do dessert everything we do like the desserts on weekends and so our kids look forward to that they they have ice cream or they have some cookie or something and that for them they get to

enjoy that so it's not that they can't ever have it but it limits it and so we know that hey like during the week we're not having that for dessert that's just not what we're doing and then by at the end of the week we can I

think the other thing is and I have a couple videos I've one specifically on how to get your kids to eat healthy is you can there's a couple different ways one is you can

actually when they're real little you can do it secretly so in other words you are putting nutrition to a food without them really knowing it and that's it's easier to do when they're much younger but as an example you know they're they're having pasta that's literally zucchini instead and it's rolled zucchini or you're making muffins that have spinach in them there was it there was a book by Jerry Seinfeld wife has a lot of that hey CJ

what's happening so you know those that's sort of a deceptive way to do it I think you can kind of limit that but you also you know you want to make it taste good too and then the you know the the other ways is just teaching them and being honest and so I don't think you can completely eliminate things because you know they might have used it or they'll want to do that but you know getting them to eat

healthy starts with you and it is very hard to tell them to eat healthy so I think you know you can use those kinds of menus and do that food and then you also do it you make it taste pretty good you know like we have a we do it often on Friday nights we'll do a Mexican night and you know we'll use ground turkey instead of ground beef or will you know substitute you know some other

maybe it's instead of having the taco it's one time we're having it on a salad or something like it's just some different options and different choices that you know when you start eating that way your children see it and they sort of become used to it and I think it's introducing foods that are also good and also making those choices so it's it's not something that's easy I can't claim that's like oh you know hey my kids eat

wonderful all the time it's not the case it is something because there's stuff all around it's tempting it tastes great you know they know that sugar tastes great and so it's just finding that balance all the time and you know but as an example we went out the other night and my kids made a good choice we were talking about it are they made a choice for themselves we were talking about having dessert we were going

to dinner it was a treat for them on a Saturday night and they wanted to get yogurt and so they said well we'll just you know we'll get it a little spicy and get a small one and they were like yeah no that's good that's great and so you know they were okay with having a small amount because it was it was just it was a treat so I think it becomes an ongoing discussion you know and certainly

they're gonna test the limits where you know we've done Halloween this has been interesting where we just said eat whatever you want go ahead make yourself sick and they did and we thought it was going to curb their desire to eat more candy and it didn't so that was a failed experiment so like many things in parenting you think that you're doing in a certain way and you're doing it right and you know and they surprise you all

the time sometimes they surprise you in a positive way sometimes they do you know um West Zach asking our children born loving sugar or do they learn that so there's definitely science that talks about you know palates

and different children have different palates but we learn very early on because of the introduction of foods of how good sugar is and there are some some movies there was one on

Netflix called sugar that talks about this and how yeah there's on it and how addictive the sugar is and how I mean you can tell this from a very small age when you introduce you know baby food and we used to puree our food and you would have like you have like peas or something maybe that's not as sugary and then all of a sudden they had carrots or they have sweet potatoes and you see the

child's like face light up you know they can taste it immediately and there's something it goes to the brain it's like wow like this is really flavorful so not even flavorful it's really sweet and they you know they enjoy it so I think that that's something that over time you know we and we learned that hey the sugar is really good it tastes really good you become addicted to it and so I think that that's something you

know you have to manage weather Chuck when they're young you know we see it all the time it's not easy you can't just say hey listen you can never have something and we we've looked at that like even within my own family if like hey you can't have that at all versus the complete opposite the end of the spectrum of like hey just go ahead and have whatever you want let's see how that goes and I think that

there has to be some sort of middle ground um one of the other one of the other issues that I I dealt with I think that many many parents dealt with as a mistake was you're trying to solve all of their kids problems and this we've got this this issue with the college admissions in the college college scandal admission scandal and a lot of

this is about you know parents kind of controlling what's happening with their kids and trying to solve you know the issues of their kids maybe facing them maybe they're able to get into a good enough college or you know there's a situation where the child doesn't make the sports team and so the parent is gonna go and make sure that their child is on that team whatever that problem is I mean even if it's sometimes you know

if it's the sibling problems our children know that if they're having a problem with each other don't come to me don't go to mom that's not gonna solve the problem unless it's something big yeah they will still try and they'll yell out mom or dad bubble de blah is doing this but they also know that the response is universally you guys can pretty confident that you guys can work this out or you know hey have you what

did what happened when you talk to them about that and so what you're doing is promoting them to saw now there are certainly situations where you know your input might be valuable but at the same time you're gonna want it to them to try to solve the problem themselves so even at a very young age children you'd be surprised at how well they can solve their own problems and so what that that's an example is a child

child will come to us and say you know this is going on in school they're not necessarily even asking you to solve it you know this something that men is we like to do is we like to think that everybody asking us a question we're telling us something is that we have to solve the problem and that's not the case so I think part of that is

you don't need to solve all their problems you can be there for support you can be

there to help coach them along but don't try to solve it for them and then the another one is allowing their but another mistake is allowing their behavior to affect how we feel and our state and I can tell you I still struggle with this this is something that I worked on all the time we all this is that somebody else's comments

somebody else's you know the way that they talk to you something that somebody did the way that somebody else is acting affects how we affects how we feel and I was just watching a video actually Sadhguru who was a Indian mystic and one of the things he spoke about is how no matter what somebody sends no matter what somebody does no matter what

somebody feels and whatever it has zero outcome on on how he feels and and that's kind of I think the place to get to you know it might be unrealistic if we're not mystics we're not a guru but I can see how powerful that is and I try to I try to practice that a lot is you know somebody might say something and I'm trying to instill that in my kids is

that somebody else's behavior affects them you know so when somebody said something you know somebody at school could be teasing them and instead of saying well that's just what that person saying you know they internalize it and they take it too hard and they do that and so that's something I think that we do as parents it's a mistake is that our children's behavior then dictates whether we're happy sad you know stressed out not stressed out whatever

and instead not allowing others especially your kids to affect you in that way I think that's a big mistake so if you guys guys have any other questions we're talking about this we talked about mistakes today kind of wrapping it up yeah if you guys have any questions if anybody else has anything we can otherwise you know we'll wrap it up call it a day do want to let you guys know every Tuesday 4 p.m. Pacific 7 p.m. central we

are Eastern sorry don't even know what time of day it is we are on Instagram we are on youtube facebook twitter periscope yeah so you can find us on all those channels your favorite channel also send us a message let us know what you think of the live show if there's some format that you think might work better you love feedback also share love when you guys can share it there's

something that applies to you or you feel that somebody else might benefit from do that and then also you can email us you know I gotta set up a specific email for this yeah live at Dada University calm I'll make that live at Dada University calm I'll set up that email in fact I'll do it right after the show see where did that knew and we're doing things on the fly so thank you guys for sticking with us for all of you

that are watching it in a replay thank you and we will see you next time