

Celesté Meyburgh (00:00):

I'd like for dads to know as I that even if we don't know scientifically all the details yet to know that your involvement with your child affects your child in a different way and different from anybody else so you have a unique impact on your child's development. Stay engaged. It doesn't matter what happens in life. Just be there emotionally for your child and keep that connection strong.

Jon Vroman (00:27):

All right men. Welcome to the front row dads podcast. If you are new here, I'm your host Jon Vroman and today with me I have Celeste Mayberg all the way from Cape town, South Africa. Celeste, welcome to the show. I'm glad you're here. Thank you so much for having me, John. Yeah, this is going to be a fun chat and guys, I'll give you a little teaser here and I can say the most important thing about Celeste as we try to, we try to frame our introductions this way is that she is married and has two children. She has a five year old boy and a three year old girl. And so let's just, that's the most important part outside of family, she is a counselor and also a, am I saying it right when I say psychometrist? Yes. Okay. So psychometrist which I want to get into what that is exactly in just a minute, but uh, but Celeste has a passion for wanting to help men understand that right impact at an early age with their kids.

Jon Vroman (01:26):

So if you're listening to this and you have older kids, don't write this off right away because hang in there for the show because this is going to be a fun conversation that will also be very valuable pass along to friends that are having young kids because we're going to spend some time in the [inaudible] early days of raising kids. But the principles are [inaudible] also ones that could apply to kids of any age. So I just want to tee that up. Th there is an angle here to people with kids at younger ages, early development. So if you know guys that are just getting into their journey with fatherhood, this'll be a show that you should definitely share with them. So it's going to be great. Celeste, let's, let's start with something fun. As I often do, I just want to celebrate, ah, your world, and this could be personal, professional, wherever, but what's something going so well that you could just brag a little to us about your life? What are you happy about right now? All right. One of my intentions for 2020 was to focus more on my family because I'm an entrepreneur falling into that trap. You know, I've just building the business. So the intention for this year after I did this amazing vision board workshop, take a step back and focus on the family. I'm learning that.

Jon Vroman (02:49):

Yeah. What I think it would mean if I lose connection with my children because of that focus. Last weekend went on a weekend away camping and there was this beautiful festival in two hours drive from Cape town and my parents were there, dad and brother was there. My husband's parents were they and my children and the whole weekend was just focused on children and I had, it's just so many happy moments and memories spending that time together. We were completely offline. It was amazing. We were camping, canoeing, and being outside and the kids loved it. So I'm very happy about that. Yeah. For me, camping has been something that I've talked about doing, but like for many years his dad, uh, and it's not until just recently that I've, I've actually, yeah, made that more of a reality thanks to one of my, my son being in this group here locally in Austin, Texas called [inaudible] fire Scouts.

Jon Vroman (03:53):

And so he's a part of this group and I have volunteered and went out and did camping and that kind of sparked this like, I need this, I need to connect with nature. And now we're taking a family camping trip

with a couple of other families coming up here in just several weeks. And I'm really pumped about this. Going to be three nights. I've never cared in my life for three nights. Good weather and no rain. Yes, that's right. Yeah. Tell me one essential item you have to have while camping. What do you need to have with you when you can a flashlight. All right. How about a luxury, a luxury item, right.

Jon Vroman ([04:34](#)):

It was 38 degrees Celsius this weekend, which is really hot and the evenings were just so cold. Yeah, an extra pillow. I bought this sleeping bag, the mummy kind of coffin, sleeping bag, three narrow, and it's supposed to keep you very warm. But what I didn't really, so I was definitely worn, but what I didn't realize was when you have one of these types of sleeping pads, you can't really turn over. You can't, like you can't do the side sleeping deal where you bend your legs and there's certainly no like putting a pillow between your legs. It was so much to learn and so much I take for granted about being at home. I think that's one of the, yeah, it's one of the beautiful thing is wonderful when you come back home. Yeah, absolutely. Let's talk about your profession, Celeste, and this'll kick us, ah, into the conversation. I know that we want to have, so first of all, what is a psychometrist? What do you do in your professional life right now? Well, I'm glad to clarify that because we've always been saying on our websites, I call it tree and play. I need, last week I attended the training and found out that it's only in South Africa that we talk about psychometry. When we talk about psychometrics, those assessments in other countries, it means something. You touch

Celesté Meyburgh ([05:57](#)):

an object and you feel the energy and connect it to interesting things. So that's not what I do. I do psychological assessments for children with learning difficulties over adults when they apply for a new job. So personality assessments are my favorite because I love people. I love doing personality assessments and helping people to understand themselves beta. So that's basically what I focus on. What do you think about the assessments that are more popular around the world? And maybe that's unfair for me to say. I don't know that they're popular on the world, but in the U S assessments, like Myers Briggs, disc assessment, the big ones, right? What's your take on the effectiveness or use of those? Yeah, I know it's controversial, but I am a certified Myers-Briggs practitioner and I love that assessment because it's such a strength spaced. The assessment is really looks at people's natural abilities and I just find that it's very transparent so people can figure it out as they go along.

Celesté Meyburgh ([07:06](#)):

So there's nothing to hide. It takes a level of self awareness to complete it anyway. But the way that the research has helped too, packages, when people receive it and they hear about, well what they tendencies with communication or making decisions or managing conflicts, it's like a light bulb goes on for them and they are just able to, instead of see differences between people as a source of conflict, they start to see differences and learn to leverage those differences. So for instance, my husband is an intJ and I'm an EFP and I can live in this world of possibilities and flexibly adapt to everything around me and he just kind of grounds me. So we've learned he's judging preference helps to just focus me a little and I rely on him for a little bit more structure because my natural tendency is just to be very open ended and flexible.

Celesté Meyburgh ([08:00](#)):

You were giving the initials or the acronym or whatever the label? Yes. What does that mean exactly for anybody who's not familiar with Myers Briggs? Yes. Stop me if I go into too much detail, but, so semis

Briggs has these four opposites and the idea is not to label a box people. The idea is just to give you a kind of a high level overview of someone's natural preferences. So as a first Oh, payoff, opposites is introversion, extroversion, and that's about where you do you get your energy from. And where do you focus most of your attention? We're introverts like to focus on inwardly and extroverts towards the external world. So there's a lot of fallacies about that and I can go on about that for too long. The next one is sensing or intuition. So how do you take in information? How do you like to learn and how much detail do you give people when you speak?

Celesté Meyburgh ([08:54](#)):

So same thing. People this tendency to rely on facts. Um, real data and introverts, intuition, preference. People like to focus on the big picture and they superpowers to make connections between things. So the others are very much focused on reality and the intuition guys are focused on possibilities. And then about how you make decisions, thinking, feeling. Some people have a natural tendency to be objective and analytical. [inaudible] people with a thinking preference and those with the [inaudible] feeling preference, I have a natural tendency to be empathic and the harmony is important for them. So they will always consider other people when they make the decisions. And then the last category is the judging or perceiving. And this is the one that normally causes conflict because this is what we see in the external world. I mean someone is either very structured and organized and they like things to be a certain way. Those are the judging preference or the perceiving preferences. When people are very adaptable and flexible and open ended, they don't like to make decisions. They like to experience things. So normally opposites attract in, in relationships. And one of us in the relationship is really structured like with you and your wife. Do you, can you make it [inaudible] exactly. So that could lead to lots of conflict. But for those with the flexibility preference, Oh, the organization instructors on the inside, you just don't see it on that slide. Yeah, but it's, yeah. So

Jon Vroman ([10:24](#)):

cool. Well I really think that's amazing and we talk about that in front row dads. We chatted about it a little bit also about using personality assessments even within fatherhood too, to identify what type of father you are I think is really cool that that could be fun.

Celesté Meyburgh ([10:41](#)):

There's a personality, janky, I forget the lady's name now. I think Susan, she's an American and she did Oh articles about how your personality type affects your parenting. So I usually share that with dads as well. I mean I'll work with AMAs because there's, that's great if dad's recognized, they presented to have is because if the child is different from them then it could build the relationship. If they were aware of this.

Jon Vroman ([11:06](#)):

If we can, let's 'em share that in the show notes here. If we have a link to that article or whatever that might be. Yeah, that would be cool. And when it comes to kids, should parents be thinking about doing assessments with their kids and if so, what age would you start at and you should, they use Myers Briggs for their kids.

Celesté Meyburgh ([11:28](#)):

So my Briggs only from the [inaudible] 18 and older, but there is a lady called Elizabeth Murphy, my Skype who developed the intake for children. It's based on the Myers Briggs preferences. So it uses

those dichotomies. But because children, the middle two functions, so extroversion, introversion and judging, perceiving developed quite early on. You can see in your early on whether they get energy from being with people or if they like things to be structured and in a certain way those two you can see early on, but the middle two functions the same thing or intuition and the thinking feeling developed over the, the course of 18 years. And so she developed an assessment specifically for that. The intake, um, which I use with children from eight years, from eight to 18 we use the intake. Cool. Oh that's great. And guys, we'll link to all this in the notes so that you can get access to these when it comes to it.

Celesté Meyburgh ([12:30](#)):

Celeste. Hmm. Would you recommend the Myers Briggs for couples to do if they wanted to do that, where would they go? Like if I wanted to do an assessment with my wife, who would I reach out to? Well, in your area would be able to help you and ideally work with someone who is a trained facilities. Okay. So a trained practitioner of the mice brakes for instance. That's yours. You can do that online. They are a lot of free assistance online. But I would caution you to not necessarily use those straw that go with the more scientific approach when it comes to that. It makes me useful for couples. It's like a weight lifted off them when they realize that they didn't marry the wrong person. It's just that's kind of the attraction.

Celesté Meyburgh ([13:16](#)):

Yeah, absolutely. That's really cool. So let's talk about, let's go to early childhood development. Let's spend some time there because this is your, your area of expertise. This is what sparked our conversation today, right? Is your desire to want men to understand the impact that they have at home. So let's start with the big question of what is our impact for young, right? How important is the role of a father early on? The baby may not even be communicating that effectively. They might just need mom, or is that a bunch of BS? Let's talk about when did dads need to be involved? How important is it early on, let's go there as soon as possible. Whilst the baby's still in. Mom is telling me, dad can talk to the baby and the child can recognize the dad's voice. That also did studies at three months already.

Celesté Meyburgh ([14:15](#)):

There's a difference in the cognitive development of a child with an involved and engaged ad at the children whose parents. Oh is that specific? Y'all not that involved. So the effects of the Daz, they involve that shows very early and it lasts a lifetime. Long. Regional studies have shown us that even when children good a varsity, um, adult sexual relationships, the benefits of an involved ad, a lifetime, how are they measuring that? How are we really knowing that I'm a huge fan. I'm not fighting against it. I think that should be evolved from the minute they know that they're going to be a father. I'm with you. Yeah. And also how you treat your wife, how you treat, how you treat mom, the chemicals that are really is the vibe you have in your home, the foods that you're eating, the experiences you're having. It's all playing a role. Everything. Everything's playing a role. I'm fully on board. Yeah.

Celesté Meyburgh ([15:17](#)):

Yeah. How do you measure? Yeah, it's tricky cause I only started focusing on, well studies research and started focusing on dads in the last 20 years. Before that they just did studies with parents and it focused a lot of money on an attachment with the mom. And then they realized that Hey, we've been focusing on, well we've been saying these things about parents, the dads, we're actually excluded from the studies. So the research is still relatively new and there's only one longitudinal study that I know of that's followed children from [inaudible] and they know all the, um, but yeah, more and more research

is focusing on a specific contribution that a dad makes to a child's development. And we know now that they have a different than unique impact on a child's development. Two moms for instance. That's off more work question. So when they have conversations with their children, they stimulate language development in a different way because of the way that they question they children will talk to their children, to moms or, um, the way that they play with the children is generally a little bit more rough and causes a bit of uncertainty.

Celesté Meyburgh ([16:32](#)):

And excitements in the child, which stimulates bravery or uh, emotional regulation as I play with a child. The child learns to recognize feelings in them that they don't, they say the smart moms seem to be more nurturing and you know, have a softer approach. So just the natural way in which that's all the way in which they speak to children naturally, the way that they play with the children actually the way that they, even when they read to their children. And also you might be interested in just like physical, the impact on the child's physical development. There was a, the S study that showed that a father, his eating habits and exercise habits have a greater impact on a child, physical health, the moms, so there's not a lot available, but from the little we know is that these are different and unique impact and we should pay attention to that because it's showing us that kids are really benefiting from the debt and all of them. What are some practical things that dads can do early on that would be indicators that they are involved. They are engaged because I know that a lot of guys are thinking like, is it ever enough? Like how do I know that I'm spending enough time? How do I get real time feedback if I don't know until they're all grown up. Yeah, years later.

Jon Vroman ([17:50](#)):

Proof of results that you get. What do they do and how do they gauge it?

Celesté Meyburgh ([17:55](#)):

I think everything that you, that your audience is already doing is helping, like you guys are next level in terms of being intentional about your parenting, but off the cuff things that I can think of [inaudible] to read with your child. Those, right. Even when your child can't read yet. Start reading books with them too because that bonding time. One of the studies with [inaudible], what's it, I forget now, sorry. In America hotlines, I think they did this experiment with dads and it was more about the bonding time of the child feeling that safety and security of being on the dad's lap and the dad's reading. I mean, you don't even have to read the words that are in the book, but just spending that time with your child on your lap in that secure, that just creates such a bonding experience for that.

Jon Vroman ([18:43](#)):

Let's stick with reading for a second.

Jon Vroman ([18:44](#)):

I love to read with my kids and we read every day, every single day. We read 90% of the time, every day would be a stretch. Let's be honest. Okay. Nine, nine out of 10 days, we're probably reading with our kids, right? My wife and I love to do it. My 10 year old, uh, his reading, he reads on his own. We read together. I try to make sure they catch me reading books, you know, and not just reading before they wake up. So I get like hanging out, bonding, sitting on, you know, touching, doing something together. Do you know if the same result happens when we watch TV together? Not that I think that we should

always watch TV. I'm not, I'm not pitching for that. Although I love watching movies with my kids. I think that's great. Do we know though? Is that the same impact?

Celesté Meyburgh ([19:34](#)):

They is some research. I believe that that communicating with your child whilst you're watching the show, so talking about what you're seeing is more useful than just watching the show tasting, kind of the comprehension of what they just saw and asking them to think. You can maybe pause and just say, yeah, what does that facial expression mean? And to help them to learn to update. So I think it's more about that interaction and maybe discussing it afterwards than it is to just, but of course we like to just hang out together and nothing wrong with that. If it's balanced, you know, everything in the small measures is great. It's like we can't just be robots and do all the right things, all the right all the time.

Jon Vroman ([20:18](#)):

Yeah. Yeah. Thanks for giving me permission to do some bags today. So as soon as I'm done here, I'm going to go Netflix and chill. Here's the thing. So what I hear, which I think is a really good reminder for me, and I'm guessing for other guys too, is that there are different ways to do TV and there's different ways to do books. And I think about times where I have been watching, and it's so, lots of variations of variables, right? So we have what we're watching, there's some shows where I'm watching this with my kids and I'm going, nobody is becoming a better human right now watching the show. But there's other times when we're watching a show, like we're watching America Ninja warrior or you know, whatever. Some of those shows are America's got talent or something like that, or any of the talent shows or shows that show people fighting through something, learning something, doing something, whatever it might be.

Jon Vroman ([21:13](#)):

If it's the X games, you know, people pushing the limits, the Olympics or something, we'll watch stuff together. And I do think there's a way to engage with them around those where you pause and say, what do you think's going to happen? Who do you think is gonna win? Right? And I remember, you know, we're watching one of the shows, the rock has a show out where they tighten something, right? They battle. And this one guy who's really, really big, and this other guy who's like just strong but not huge. And I said that my 5 my 10 year old is like, who do you think is gonna win? And of course you went for the guy with the muscles. Yeah. And I knew looking at the course that this required some endurance and I thought that big guy might [inaudible] halfway through. And sure enough, that's exactly what happened.

Jon Vroman ([21:59](#)):

And then we had this great conversation around how not always the biggest guy wins. And there's lots of different strengths that you have and strengths aren't always just the size of your muscle, right? The strength of endurance, the strength of the willpower, the will that somebody has plays a role. And so I do think there's ways to do that, right? There's, there's even ways to read books where you pause and say, what do you think's going to happen next? Or, well, you know, it just, just, yeah, turning the book into an interactive experience where I used to read to just get through the book. Yeah.

Jon Vroman ([22:39](#)):

And then they get to, sorry, they bust you out. They pick it up. Yeah, and they know it. They know it. They're smart. Yeah, they're smart. Okay. So we got through reading or spending time together in that

way, which I think is great. The question that I would pose to people listening would be how can you evolve your reading? How can you layer in, you know, new ways to read together, new questions, new dialogue, new places to read together. Instead of reading on the couch, try reading outside or whatever it might be. Right? Like try shaking some of those things up to create different levels of engagement. You were about to say something about rough and tumble, right. Is that where you're going? I'm such a fan of reference, humble play because all the different benefits that I hold for a child, French guy, amazing research that he's been doing. Safety and security have a strong emotional bond between father and child. Dad [inaudible]

Celesté Meyburgh (23:46):

pushes the child a little and know that excitement and stimulation that's dad brings to play, not only teachers, the top child bravery and unusual situations. When you situations it helps to build the confidence, it helps to help them to read facial expressions and to know when they've gone too far and when to reign it in when it's not fun anymore. And you know, and it just gets rid of that energy and it's, it's exciting cause you know, it's a bonding that comes with rough and tumble is amazing. And I'm, I speak to so many moms who, but you know, realize that when I talk about this research that before they fought, it's too much and they, they've stopped the dads or, and when I say no, dads do it, carry on. The dad's also happy because they love it. They also enjoy, you know, playing like the athletic kids and they said really show time when that's okay. I don't know. Your son's 10 now. Does he still enjoy us or

Jon Vroman (24:45):

Oh yeah, yeah. Tickle monster. That's the game. Yeah. Tickle monster. I run around and tickle them until they can't breathe.

Celesté Meyburgh (24:54):

That's it. Yeah, so I really encourage dads to do that with their kids as long as the kids allow them to because all the benefits that it holds for them. Well, they relationship and also for the chance development.

Jon Vroman (25:06):

Yeah. All right guys, I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to three 1466517673 separate words. Front row dads. It's not case sensitive. I want to send you a few things right away. First, I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning. Howe L rod is a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to.

Jon Vroman (25:46):

Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win and give any resource that you think could be valuable to the community. And lastly, I want to include you in one email I send out each week. It's short, it's to the point and I pull from my life

experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today.

Jon Vroman ([26:39](#)):

Yeah. And I know that at an early age, I remember I saw my mom volunteered at a hospital for many years and she would go into the, into the hospital to hug babies and that was literally her job. She was an official baby hugger, right. Just to hug the babies. And because uh, and, and I'm not a doctor nor am I a professional in this arena, but what I've heard isn't that the, that when babies have failure to thrive syndrome, that oftentimes that's a result of not being touched. Right. Not having that human connection. To me that was always the proof that, look, we all like to be like, I like a good massage. Like anybody else or something. There's something beyond that that goes into like, yes, very primal human connection of why being touched is more than just that feels good on my skin or something in our internal operating system that gets ignited with that. We see that in babies. We know that's true all the way through life. So you know just there's different versions of, you know, first of all you're holding babies as a volunteer in the hospital. Then you're rough and tumble playing and then hopefully you have some rough and tumble play with your spouse too, all the way through adult.

Celesté Meyburgh ([28:01](#)):

Yeah, it makes me think of those, the study that they was a monkey that I had a Y a frame with a feeding tube and some mold and then they had the soft, like a furry kind of frame frame covered in for and the monkey would, he would go and drink but then you would come back for and the end he just wanted that, you know, that feeling of warmth and security and I think that's with us as well and isn't it? They also that study about [inaudible] time, like 15 seconds or something reset something internally. Exactly. No, but that's, that's why embracing your child or your spouse when you come home is so important and just hold them culturally by things like 45 seconds or something like that.

Jon Vroman ([28:49](#)):

This is, this was a big lesson for me and it's a lesson I've taught tiger and I've, I've shared this on the show. I mean, it was been a while back, but tiger, you know, and mom were fighting and I said, buddy, you need to just go give mom a hug, but let me tell you, let me give you the key to the kingdom. I'm going to tell you how to do this. You're going to go in, you're not going to say anything. You're just going to, you're just going to give her a hug. And I don't want you to let go until she does or until you hear her take a really big, deep breath and let it out. And he went in and I watched this whole thing go down and he hugged her and it took about 30 to 45 seconds. It right? It took a while. And he just, he hung in there, he hung in there, he hugged, he hugged yuck. And then I saw her whole body relax and she breathed. And then she kissed him on the neck and it was done. And I said, buddy, that is, you need to know

Celesté Meyburgh ([29:41](#)):

is that I spent years trying to figure out what do I say to resolve this situation and I realized that nothing I was going to say it was going to resolve that situation. It just required me to walk up to her and say, can I give you a hug? Yeah. And then just hugger until she breathes really deeply until she's the one that lets go with a hug or even sometimes that I can tell like she might start to let go out of frustration. I'll hold her until I know she's totally healed and it's so good. Yes. Yeah. I just have to get over myself enough to go give the hug. Right. This, yeah, because that's the last thing you you feel like doing, but the rewards obviously. Yeah. Oh that's cool. What else do men need to know about early impact? Hmm.

Yeah. In terms of the cognitive development, I think dads have at this or in general, men seem to have this really this desire to know things and they general knowledge that you know, you can carry a conversation generally about anything.

Celesté Meyburgh ([30:54](#)):

And I think to creating your child that curiosity about the world and awesome questions and to think critically, that's also kind of an, not that moms don't do it. Of course. It's kind of the dad's way of interacting with the world. So different and questioning, not just accepting things as they are. And I think we, our children are going, we don't know what lies ahead in terms of occupations or jobs in the future, but a child who has, it's the ability to think critically and problem solve and to identify ways in which you can make the world a better place. That child will be okay. And that's why, yeah, there's a lot of focus on the social emotional skills as well these days because a child who's able to recognize their emotions and emotions and collaborate with others and be a good teammate, there's other kids that will do well in a future. That's so unknown and uncertain. Yeah. My five-year-old Celeste is whining so much these days to the point to where, I mean it's really challenging to listen and I've got different strategies that I've experimented with and I could say that some of them have been successful and some of them probably controversial. Some of them I might get a couple emails about.

Celesté Meyburgh ([32:19](#)):

What are your thoughts about kids? Okay, here's a reality. Let's get super real here. Yeah, I know for a fact because I felt it and because guys tell me this, that when their kids are younger that sometimes it's so difficult for them to understand. For salt Lake, there are three year old wants to play a game. They're five-year-old

Jon Vroman ([32:40](#)):

wants to play a game. I've experienced this ocean wants to play a game and I don't understand the rules and he keeps telling me I'm doing it wrong and I don't want to keep doing the same thing. So it's like I don't want to spend that time cause it's driving me crazy. I love him. I would go love snuggling with you. You want to go throw the Frisbee with me? I love throwing the Frisbee, but sometimes it's like after seven minutes of playing this [inaudible] his game, I'm done. It's hard to be engaged when you don't want to be, you don't love your child. It's not that you don't understand. The impact is that it's just impossible to play this game. That doesn't make any sense. And it's like trying to act interested in it. Okay, so that's right. Do you see what I mean? Like there's that, but then there's also like the whining, then there's the complaining and you're just like, dude, you need to either go away or I need to go away.

Jon Vroman ([33:30](#)):

I need to go put him in a room or I need to go to a room because, right. And with ocean getting real specific, I'm kind of, I'm coming to you for therapy right now, your counseling, counseling hat on as long as we can swap, cause I'm in the same position, just so you know. You know, he's, he's, he winds so much and then I'll say, buddy, let's breathe. Right, let's breathe, breathe with me, let's count. And he goes, I can't, I just can't control myself. I can't control the whining. I'm like buddy. I said, here's what I say to him. I say it's totally great that you express your emotions to me. I always want you to feel safe in expressing your emotions to me and telling me how you feel. I want you to be able to cry. I want you to be able to yell.

Jon Vroman ([34:10](#)):

I want, I don't want to make that wrong. I don't want to make him wrong for crying. I don't wanna make him wrong for yelling. I don't want to make his feelings wrong. Yeah. But at the same time I have a limit to how much of this I want to just hear. So at some point I say if you're going to continue this, you're going to, we're going to have to go put you in the bedroom. You can bang the pillows, you can scream, you did everyone I want you to feel, but it's hurting Papa's ears out here.

Jon Vroman ([34:37](#)):

I fully agree with you. I have the same thing going with my child with both the windings days cause the little one is copying the five year old. I think it's Heidi cipher that talks about coming through a really small hole. That's so great. What I'm learning from Rebecca Thompson is also another one of my favorite teachers of parenting teachers. She says, everything the child is doing is communication with us and it's a privilege and frustration to figure out what is it that they're trying to communicate like you already doing. You're so honest with him and saying what you feeling. That's modeling to them how to acknowledge your emotions and sharing those emotions in a constructive way and that's brilliant. I mean there's not much more that you can do then just being and authentic

Celesté Meyburgh ([35:38](#)):

about what you're experiencing, trying to whatever you do to keep the connection is the most important part. So connection before correction is a little mantra that I keep telling myself and trying to stick to, to just try and see the world from day perspective because we lose touch with that so quickly. You know, we expect them to behave like us or like adults when they still so little. Yeah, you're so right about that. What's working for you? Are you having success with any of these strategies the dad takes normally? Yeah, thankfully my husband, he was one of those dads who sat with three of the tantrum phased. He was one of the, you see those going around on Facebook. Those videos are, the dads just sits with their children was child's having attended to. My husband's was one of those, so he has a very calming effects on the children and normally when it gets the point where I'm just like, I can't deal, he takes over and he just brings that calmness so we back each other up.

Celesté Meyburgh ([36:45](#)):

That's why it's really helpful to have two people in the relationship. But for single parents, I mean it's hard. It's hard to do the right thing all the time and that's why it's not necessary. I think the stats say like if you do the right thing for 10% of the time, then your child will be okay. Yeah. What's your husband doing? That's great. Yeah, and you could actually just take this anywhere you want. Like in general, I love sourcing. Brilliant. I love sourcing. What's working. So in general, when you look at that guy, I know guys are going to lean into this because they're like, all right, what is he doing where he is? He is a champion. Oh he's such a good dad. So let me just try and think of one thing. So he reads the situation and he gives words and language to what the child is not able to do.

Celesté Meyburgh ([37:39](#)):

So if my little one is really frustrated and just throwing a tantrum and he's screaming, my first answer is to say to you, stop screaming. It's really, yeah, too much. But my husband will say, I can see you are really frustrated you to death. That didn't happen. So he keeps words to what the child is unable to express and I love that about him cause that really works. As soon as, as soon as my son feels understood and scene, it's like a magic switch and he just comes down. I love that. Wow. That's been a big one for me recently. I wrote in a post empathy that website, and actually I've recorded this. Yeah.

You talked about empathy and this was I was, we were at a counseling appointment, my wife and I and we go see a counselor every month. It's been greatest thing

Jon Vroman ([38:36](#)):

and by the way, are really in an amazing place right now. We are, we are arguably better than we've been ever in our relationship and we have this, you know, and it was almost tempting to cancel the counseling appointment. And I'm like, no, this is the point. Like this is our opportunity to go work on stuff when things are great and we love it. So it's been really wonderful. The counselor pointed out that both of us, I have a very difficult time acknowledging the other person in lots of different ways. But you know, just to be able to repeat back what they said, just to be able to say, I can see that you're, and it sounds almost like, why do I need to say that? They said it. I heard them. I got it. I'm listening like, I mean why don't cheat, treat like they're to beat it back.

Jon Vroman ([39:21](#)):

I can see that you're really angry right now. Yes. You just said you're angry. I got it. I don't need to repeat it back to you, but it sounds childish in some ways. When I'm on the other side of it and Tatiana will say to me like, wow, I can really see that you're frustrated. I can really see that you're working hard. I can really see that what you want is to feel witness and love. There's like this little boy inside of me that's like, yes, that's it. That's exactly what I want. You understand me? You see me, you get me. And uh, and then it feels great. It's magic. It's so magical and I, I need to be better. Ah, getting out of my head in thinking this isn't logical. Why do I need to say that back? That's just a waste of time.

Jon Vroman ([40:01](#)):

We need to move forward in this conversation. I can't, can't, can't slow us down with this. Like, let me repeat back everything I hear, but boy, does it work. It works on me. It's brilliant. Often when you repeat back, the one thing that you forget in the, in Margot relationship series, Americans develop this, dr Harville Hendrix and Helen Hunt, no think had snacks and drinks, just Google's act Maga Amalga relationships. They have this back and forth. They teach you how to have this conversation because they call it the angel of forgetfulness. The moment you repeat something, you left something that's really important. Your spouse can then repeat that you said and then repeat it again. Oh yeah. That's so cool. Yeah. Well, I think you guys are going to counseling. That's just the most amazing thing because people always wait until it's too late and then wants to go for counseling [inaudible] all the time because it's so healthy.

Jon Vroman ([41:06](#)):

It just makes me feel so good to connect on a deeper level. We're not, well, I don't think. Nobody's born amazing at this. They're just, we're just not. We need help. We need to be in conversation and I think we spend a lot of our years [inaudible] early humans in tribes and in conversation and now we've learned to isolate ourselves so much. We've learned to, although we are connected in some ways on a much deeper level, there are other ways in, we have completely isolated ourselves on these independent entrepreneurial solo preneur. I work on my own, I work from my home, I work out of my computer, we just, and we need to have these conversations that will serve, you know, we need to talk it out, we need to figure it out and we need to, we need to strengthen. So thanks for being part of that process today of just talking it out. And if people want to connect with you, learn about what you're doing, if they want to ask additional questions or whatever or can they find you?

Celesté Meyburgh ([42:02](#)):

I'm most active on Facebook. Um, I don't know about the dads. Um, if they say, can email me and I'll give you my link [inaudible] or find me on Facebook. I have a group going there, a free group, uh, dedicated dads, thriving kids way. We do fun challenges and I share some research as I come across the interesting things. I share it on there. Yeah. And then they can just join our mailing list. And I will stay in touch.

Jon Vroman ([42:28](#)):

That's awesome. Tell me about a very quickly, I saw it earlier. Sprightly

Celesté Meyburgh ([42:32](#)):

yes, that's fine. So my husband and I, we joined forces and we using works is using in terms of corporate work. So he's a thinker, he helps people with strategy and branding and it's thinking through things and we basically combining that skill and my psychometry Oh, psychometrics and psychology, he's also a third year psych students, so he'll, he's on his way there. So we use what we have, the knowledge that we have between us to help people to understand each other, beta and build basic connection and relationships. So whether it's leaders where he focuses more on leaders in business and developing self awareness and connecting with the teams better. I use those same principles with the dads, uh, with the work that I do. [inaudible] does. And the kind of, the one thing that connects us is the Lego workshops. So we do is it changed Lego serious play facilitator. So we do workshops.

Jon Vroman ([43:31](#)):

What is that? I saw that earlier and I have no idea what that is.

Celesté Meyburgh ([43:35](#)):

That's the honest thing. If a, if you can call it a work, it's just wrong, but it's a method of problem solving and [inaudible] team building and relationship building. So we use it for the dads to raise a self awareness and to create a way for dads to reflect on the past and see how that's affecting the parenting and quivers facilitates the process, takes him through it. So being busy with building Lego and using that as a metaphor, what you're talking about just feels less free thing than getting a group of dads together to talk about. So we did it in that way and it's massively effective and yeah, he uses it with leaders to go through the same kind of discovery process. Best self awareness. What? What is it that you bring to the team thing? It's both. There's like eight different functions. He can tell you more both to where you have this whole network on the table. We, everybody can see how all the moving parts

Jon Vroman ([44:32](#)):

effect each other and how the relationships are strong, great, gentle. Such an amazing methods for me in counseling I use case therapy and it's like place. There would be four adults. Very cool. So let's, I'm sure we have so much more to talk about. Maybe we'll do it again sometime. This has been a wonderful chat and I really appreciate you sharing the message. If we had to sum up today, what is in as few words as possible, the big message for guys, what do they need to know? What do they need to remember? What do they need to take away from this? I'd like for dads to know, even if we don't, no scientifically all the details, yet you're involvement with your child affects your child in a different way, different from anybody else. So you have a unique impact on your child's development.

Jon Vroman ([45:23](#)):

Doesn't matter what happens in life for your child, that connection strong in years to come. What the benefit was of that. We're just starting to scratch. Very cool. So last, thanks again for being here and guys, all the notes will be @frontrowdads.com thank you John. Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation. That's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to.

Jon Vroman ([46:28](#)):

That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas, and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there.

Speaker 3 ([47:14](#)):

[inaudible].