

Michelle Hancock 0:22

Hey there, how's everybody doing this week? I know there's a lot being thrown at us on a daily basis. And if you're like me, every day is kind of a new day of adventures. You've got the kids at home, you've got maybe your spouse at home and you're really trying to get into this new normal for you. And I will say that this week for me has been a lot better routine and schedule wise than it was last week. And I think that's because now it's like we have to do this and we're finding out what works for us, but I'm really excited this week to talk to Laura Hernandez with Mama Systems.net. I met her at a blogging function many months ago, and she's actually my accountability partner on this podcast and my goal was to start a podcast and her goal was to start an online course which I believe she has done. We're going to talk more about that later. But I'm very excited to have her on because when I thought about homeschooling as a mom, that does not homeschool. You were the first person that popped in my head because you've been homeschooling for a while and you have 10 kids. And when I met you at this conference, or whatever webinar No, it wasn't a webinar as in person. I'm sorry. My brains not working. When I met you, you had your baby with you. And you were so calm and so even keel I was like, You are so Zen. So, I have to get your secrets. I have to find out what's good for you. And enough about me. Please tell us more about yourself and your family and how are you we're doing this with a smile on your face.

Laura Hernandez 1:56

Well, I just love First of all, I love that this is like the fruition have our accountability situation, isn't it kind of I kind of forgot about that. And it's just perfect. Once you said you started, I was like, all right, well, we're done with that. Yeah, this is perfect. My husband and I, we live in Parker, which is kind of the Dallas area. And we do have two kids and three of those are adopted and seven are biological. And our three they're adopted are also special needs little buddies. And so, they actually go to public school, and we normally homeschool the rest of them, I kind of both camps of like, I absolutely love homeschooling, but all my heart because I get to be with my kids, and I get to learn alongside them. And I feel like I've totally redeemed my education. And at the same time, if you have people that are like rolling your eyes and thinking, I can't even listen to her because she loves homeschooling so much. I exact same time, my three special buddies that are normally in school. This is like so chaotic that they're here and I don't love homeschooling them and I want school to start back up. So Bad. I just can't even contain myself because I, I can't do it. So I feel like I have both extremes. And I understand that, but the extremes of like not wanting your children home, as well.

Michelle Hancock 3:14

That's a good way to look at it. I didn't realize that you were doing both. So, you really are wearing a lot of hats right now for sure. What are the age ranges of the children?

Laura Hernandez 3:26

Our oldest just turned 14 last week and our youngest is eight months. Okay.

Michelle Hancock 3:31

So how are they handling this new normal? Did you guys have a family meeting? or How did you say hey, this is what we're doing now. And I'm sure for those that have the special needs. They I mean, correct me if I'm wrong, but do they thrive off of knowing what's ahead and routines? Was this kind of like a big deal for them?

Laura Hernandez 3:51

Yes, and no all at the same time because we left school with our spring break and hand Emily went to Florida and did that whole thing and then when we can came back. It was like, okay, no more school. So I'm not sure that they really understand what's going on. And like, despite explaining it, I'm not sure how much we're really gathering. Yeah. And comprehending, you know, with our other people we have kind of sat down and because they as well, I think we just had spring break, and now there's no more school. And so therefore, we're not doing schoolwork, which I don't know why that's an assumption, but it is. And so we've had to sit down and be like, okay, we're not done with school yet. We've got to finish these things and finish out the year. It's just going to look different. And so I think last week was really chaotic. And really like, we really do, really doing this. But then this week has become more of an Okay, this is our new normal. These guys are going to be schooling here. These guys could be schooling here and just coming up with routines and systems for everyone. So

Michelle Hancock 4:49

yeah, do you think you're right last week was very, very challenging. And I think as we were all kind of like in shock a little bit. I've seen an article going around online and It's about how we're feeling. And it's similar to grief. I know for me some days, I'm like, Oh, this is exciting. Like, I'm in denial about this. We're all at home and it's going to be great. And then, and then the next day you're like, oh, okay, well, maybe this is kind of sad, because I had all these plans and my kids had all these plans. And now I mean, it is it is a roller coaster of emotion. How are you? How are you handling that? And especially with your spouse? Are you guys delegating? I guess my question is, how are you not losing it in the midst of chaos?

Laura Hernandez 5:33

Great question. Because I have, I definitely have moments of like, I do I feel like it's a pendulum of going to be like, oh, we're all home together. Like we could really use this time to build our family and love each other well, and you know, work on some good, whatever looks like Pollyanna moment, and then it switches over to like, this is going to be like the Great Depression and we need to start gardening and buy a cow and milk things and like, just kind of, I feel like I'm just going back and forth from them.

Michelle Hancock 5:59

It's like a game of ping pong, you know, is

Laura Hernandez 6:04

really panicky to like

Michelle Hancock 6:08

that makes me feel better because I think some moms or humans in general are like, well, is everyone else feeling this way? Or am I weird for feeling like this? I mean, everyone else seems okay. But then this lady seems like she's losing it. Where should I be? You know, and I don't think there's a real good answer for how you should be. I think you should just like work through your feelings and definitely say it with your spouse. I know I finally had to communicate with my spouse last week like he's not used to working from home. I've worked from home for many years. I had to give him some grace on his first day because he was kind of freaking out. I'm not to put them on blast here. We finally were like, Listen, this is not normal. So we're just going to have to communicate more and really delegate in each other's teammates. I guess. It's hard, but this is our we keep saying new normal, but it kind of You know, I don't see this going away anytime soon, unfortunately. So I'm trying to be positive about that. But yeah, I guess that's my other question is How are you saying positive when you find yourself getting into that dark place?

Laura Hernandez 7:14

I know this sounds really silly, but I will often compare parenting to, like past parenting. And what I mean, this is the part that sounds silly. So, I keep thinking about the Great Depression. And I know this is not positive, but I think about those that generation of people and how they came out and the good qualities that came out of them. And I kind of think, if this really is because when you go to that doom and gloom place, I think the only thing that I can think of is like how can this generation come out in such a better place because of this huge worldwide experience that everyone is having? And what good qualities are going to come out of our kids because of that? So, all that to say I keep just trying to think of like, how are we going to make this experience great for our kids. Where it's going to change them for the better when they look back at our family, they'll look back at this time in this time in history and think that was really good for us. And these are the things I learned. And this is how I grew as a person.

Michelle Hancock 8:14

No, that makes perfect sense. And I think, you know, we're we are seeing negatives, their little minds are probably seeing a little bit more. They may not realize it right now, but they're getting more time with us. They're going outside more I know, we've gone on more walks lately when the weather is great. I mean, it's it is weird. It's kind of like you're going back to basics, really. And we don't need all these distractions to keep us entertained all the time, which is kind of sad. And I mean, I do love getting out and doing field trips and doing things like that with the kids for a change of pace, but it's really forcing us to simplify our lives and I know like ration don't waste as much. I mean, these all sound like negative things, but My granddad if you were still alive, like I told you, I'm just kidding. But this is how I live.

Laura Hernandez 9:08

My husband is like, pulled all the toilet paper in the whole house and brought it into our room. Because I mean, we have a lot of people and so we haven't bought toilet paper since the whole hoarding situation

Michelle Hancock 9:18

Oh goodness, we need to start a GoFundMe account for you.

Laura Hernandez 9:22

Simply like we go to the store, there's no toilet paper, right? So, he brought it all into our room. It's like, we have to ration this out, because I don't know when we're going to go to buy toilet paper again. And that's what like our grandparents would be. So understanding of this whole situation like this is the good thing that came out of them is stop wasting. I keep lecturing kids about milk and toilet paper and all these things. So, you can't do that.

Michelle Hancock 9:43

I know. It's like, what world are we living in right now? This is it. I mean, it is crazy to think of that we're having to hoard toilet paper or you know, ration it and stuff and you shouldn't let me rephrase that. hoarding toilet paper. I know there's some people that went and bought like five finally restricting how many you can order? Thank God but it's just like it's crazy. Somebody put it, you know, that's anxiety in action. I mean, when people are hoarding toilet paper, that's their anxiety and their coping mechanism or something like that. And I was like, well, they need to be sharing that with their neighbors. I'm sure hope they are.

Laura Hernandez 10:19

Yes.

Michelle Hancock 10:22

I guess my other question for you is, um, you have been homeschooling for a while and what do you what do you find works best for your family? What? What would you tell a mom that has never been? I guess, I mean, I had teaching background a little bit. I taught preschool so I kind of had that in my toolbox, but there's some moms that this is not their wheelhouse. Do you have any advice or tips to make?

Laura Hernandez 10:47

Either I do and I actually put out a free resource of just kind of walking through for my online course have a homeschool section. And so I put that out for free for people so that they could go watch that And just kind of bring an order to their day. But I'm going to share a few of those things with you right now. I think, first and foremost, knowing that your school at home is going to look nothing like School of Public School, like it's not going to be 4923 sitting down and working the whole time. It's just not. So really honing in on the three things that are important to you. And if you get done more stuff than the three things, that's awesome, but just knowing, hey, these three things are important to our family. So I want my kids reading and I want them doing math, and I want them doing handwriting. And so those are our first three things that they're supposed to do every day. And after that, I would like to introduce some other things. They have a whole checklist and we have that all planned out. But I know that for a lot of families, things just kind of go crazy in the afternoons and things go awry, and you can't be completely in control of your day. And so just knowing those three things and making sure those three things good Done. So you felt accomplished if those three things were done is like my biggest tip of just focus on those three things, because I know our teachers are sending out

so much stuff. I mean, oh my goodness, I'm getting emails from every kid's Co Op person, and they're all in to co-ops. And so, all those emails for all the kids, and then also for three public school people, they have all their main teachers, and then all their special ed teachers. So, I'm getting emails from all of those people every day about all the things that they should or should not be doing. And it's just too much like I can't, I'm pretty good at giving myself permission of like, you know what, they're learning a ton just by reading with us and playing outside. And, I mean, they're little buddies, they're like, kindergarten, first grade, right? So, we're not, yeah, I'm talking about high school physics here. So just kind of releasing myself from some of those pressures of following the schedule that they've put out. And there might be some public-school teachers listening that are hating me right now, but

Michelle Hancock 12:58

wow. They I think it's balanced. I think I think, you know, the teachers probably also have to follow what their administration has given them. So, making up Yeah, but our teachers, my daughter's in first grade, and they've been pretty good about the amount of work and, you know, some is optional. Some is mandatory. But there are other districts that have tons of and I can imagine, I mean, I can imagine if you have more than one kid, I only have one kid. That's, you know, I mean, my son's in preschool. So, he's, he doesn't really count right now. But yeah, we're, you know, but I can imagine having multiple kids in different grades that can be that's a lot and you're trying to work from home. You're trying to homeschool. I mean, there is a lot on your plate. So I guess my question is, what are you doing? Are you finding any time for you or no, you're just trying to survive right now?

Laura Hernandez 13:50

yes to both okay. I feel like my brain is kind of going to explode at any moment. And a lot of that is just all the information although different people trying to communicate about all the different things but at the same time, we have a babysitter who is only coming to our house and then only going back to our apartment. And so she's been staying on board with us. And so, I feel like we're in this together. Along with my husband, there's like a team of people. And that's one of the main things I try to work with llamas with is letting them know that they can't do it all themselves and delegate as much as they can. And so Mary has been our non-negotiable so she's still coming to help and I'm getting to kind of escape back to my room and do things like this podcast, so perfect.

Michelle Hancock 14:38

Well, that's good. So legally, Are you guys okay? I saw a meme. somebody posted. They homeschool. They have a large family. They're like, man, if this number gets any lower, I don't know.

Laura Hernandez 14:54

We're not legal then

Michelle Hancock 14:57

well, that's silly, though. You're all together. So I just thought it was funny. Yeah. I do think that humor is good for coping as well. I know there's some pretty light hearted means out there that have kept me going so and, and some silly Netflix shows that are just you know, that's what I do at night it's I watch something that has nothing to do with the corona virus because I was reading news right before I went to bed and that would just amp up my anxiety and I was like, why am I doing this? Like, just stop, you know. Yes. So that's one of my tips is just limit your exposure to the news media right now because it'll just get your head in it.

Laura Hernandez 15:36

Yeah, my husband I've been watching Netflix. Maybe it's not even Netflix. We got a list of like a documentary kind of movies from somebody. Yeah, we just watched make millions and we're in the middle of watching of Made in America. And I am kind of obsessed with these things. So it's something fun to like. I'm excited about watching it died and I love

Michelle Hancock 15:56

you have something to look forward to and make millions is good. I watched that one last week. Shocking it was so is a true story. I mean, I kind of remember it happening when I was younger but nothing like that. It's on HBO. FYI, if anybody wants to watch that. Do you have any favorite kids activities right now that once you're done with the academics, are you guys doing anything? What do you what are your kids like to do right now?

Laura Hernandez 16:20

As of yesterday, I just purchased a blow up pool for Amazon. And so did

Michelle Hancock 16:25

I, oh my god. I conned grandparents into getting this huge inflatable slide. Because I get my kids birthdays are in May in July. I was like, well, we may not have a birthday party. So maybe they bought a huge slide for him. I love that. So that's funny you did that.

Laura Hernandez 16:43

I keep thinking, like I just keep thinking of all these things. I'm like, I'm totally throwing money at the problem here but I need them distracted and I end up having fun together and not.

Yeah, I mean, or whatever.

Michelle Hancock 16:54

You probably would have spent that money if you went on a field trip somewhere. Anyway, so that's my reasoning. I don't know. If that That's a good bar. You're a true. But yeah, that's a good. So backyard activities are really great right now, lots of arts and crafts I've seen parents are getting really creative and kids. And I will say, I've learned so much from my daughter just watching her do her. She's pretty self-sufficient for the most part on her lessons, but every now and then she'll ask me for help. And it's been an eye opener for me, I think we have really taken for granted or I know I've taken for granted how much our school does for my life. Thank you.

phases. Thank you, if anyone listening wants to take it one step further and get your resources. Let's talk about that a little bit.

Laura Hernandez 17:42

Yeah, so I put together kind of a homeschool page that has kind of a video that talks through, you know, as I said, it's out of my master course. So it's just kind of walking you through how to plan out your homeschool day. And again, that's not necessarily for people who are getting lesson plans from school. So make sense.

Michelle Hancock 18:01

Yeah. But do you think that they could take some of your strategies?

Laura Hernandez 18:04

Yeah, for sure

Michelle Hancock 18:06

Like I said, some of the some of the days we're getting a lot of work and some are not. So I think your stuff could somehow supplement rather what they're sending as well.

Laura Hernandez 18:15

Yeah, so it's definitely more just like structuring, structuring your day of like a morning time is a great time to sit down and try to plow through as much as you can. And I mean, silly things like that. But if you've never homeschooled before, or if you don't have a system for homeschooling, then it's an amazing resource. I also have on there a schedule, and not we're not huge schedule followers. However. I do find it creating a schedule for your family, helps you get into a rhythm and a routine. And we are all about the rhythm and routine. So it's not necessarily like at 11 o'clock. We do x every day and you know, but I do love having set times where we get together for certain things. So we have a we have alarms go off on Alexa throughout the day for different things. So at five o'clock we'll have an alarm go off for afternoon jobs and everybody comes in and does all their jobs and I'll get dinner ready and then we sit and eat dinner together. So it's just like little things like that that help anchor your day. I feel like so much of this time right here in this coven. 19 situation feels like I was on bed rest with one of my kids for 10 weeks at the hospital. And it feels so much like that to me just we're all the days when together you're not really sure what day it is or what time it is what you're supposed to be doing or so I just find that having those alarm set and having that rhythm helps so much with keeping you sane.

Michelle Hancock 19:41

That's a great idea. I just got an Alexa. So I know I'm late to the game and it's life changing is so far Joe. That's a great idea that is to tell her to tell you to get to this, the afternoon jobs. Can you talk a little bit about that because I think a lot of the chaos in our house comes from me starting to get a little result? That nobody is doing their chores or they're picking up after themselves and all this. I'm just going on a rampage now. Sorry. But so, what kind of jobs? Are you giving your kid? It depends on the kid. So I love to have morning jobs and afternoon jobs.

Okay, so we're going to break it down with those two right now. And morning jobs are a lot of just roommate responsibilities for your kids. So brushing your teeth eating breakfast, putting your pajamas away, if they were pull ups putting their pull up in the trash. These are all I mean, hopefully your children won't be wearing pull ups when they go off to college. God I hope not. I'm like, I don't know. They might be I don't know. Anyway. No. So do you have? No I'm envisioning? Do you have these on a whiteboard? Or do you print them out? Or do they just know what they're supposed to do?

Laura Hernandez 20:48

Yeah, so I create charts. This is one of the things I do with my mom as well as I'll create charts for each kid. So that it's very clear and I use it as kind of a contract for them of like, Hey, this is what's expected of you. You If you don't follow through on your end, then we have popsicle sticks as our consequence, so they have to go get a stick and the popsicle sticks each have a job on them. Morning jobs are all about like responsibilities, taking care of yourself hygiene, all that jazz, but then also probably, especially my people that are home and now everybody's home. It's an extra job or two. So for us, it's watering plants, feeding chickens, unloading, dishwasher, things like that, that just kind of help get the day started in a good space, right. And then afternoon jobs are all the things that we need to prep for tomorrow. So if people have school, getting lunches ready, getting backpacks ready, laying out clothes, things like that, and then prepping for dinner. And then everybody has a zone that they're in charge of. And I love to just keep it simple and keep it the same. So that way it's less thinking on my part and I'm not trying to remember who has who's in charge of cleaning the living room today or anything like that. It's very Every day, I know Noah's tried to clean up the living room and pick it up all the stuff. So if I go in there, it's not picked up. I know who's in trouble and what their what they're going to be doing.

Michelle Hancock 22:08

I love that idea of zones. That's so smart. I didn't even think of that. See, I'm learning so much from you just now I'm going to go bust out the popsicle sticks.

Michelle Hancock 22:18

That's a good visual too, because then they're like, Oh, no, I don't want one of those pops. I might get d Do you give some of those to your husband as well?

Laura Hernandez 22:29

That's an idea though?

Yeah, definitely.

Michelle Hancock 22:33

My husband's doing pretty well on stuff. He's better at yard work and outdoor stuff and cleaning and I'm more of the pickup stuff. But we're learning a lot about each other right now. I'm like, oh, are we going to make this? You will, that we just love to make jokes about it. And it's funny, but I do think I think we just need to try to stay positive. It's really hard. Sometimes,

and but it's okay to also have those stressful moments because we are Yes. Hey, are you doing anything? Do you have time for your girlfriends? or friends and family? Like, do you have older family members that you're checking in on? Do you get the kids involved on that? I mean, older

Laura Hernandez 23:15

that sounds, I feel good about that.

Michelle Hancock 23:18

But like, grandparent, do you guys have any grandparents?

Laura Hernandez 23:21

So my parent, my parents, and then his mom, so we're calling him to check in on him. I don't think the kids like my older kids can understand what's going on. But everybody else doesn't really understand the extent of all of this, right.

Michelle Hancock 23:33

Yeah. And that's a good question. How much should we be telling our kids because I think my, my daughter six, and she just knows, hey, there's a virus and you know, we just can't be out there right now. And once it's over, we'll go back to having fun again, or whatever, you know, but I'm just curious. What should we be telling our kids should we tell them everything.

Laura Hernandez 23:53

No, I have not been. I don't want to say

I needed to freak them out about the toilet paper. I pulled up a picture My phone was like to see this. There's no toilet paper like you cannot use lunch.

Michelle Hancock 24:04

So I thought paper that's a good excuse. You know, my daughter came downstairs and she started to wrap herself as a mommy with the toilet at a heart attack. I was like

Laura Hernandez 24:15

what is the big deal?

Michelle Hancock 24:18

I am with you on the toilet paper. Here them on that.

Laura Hernandez 24:24

Yeah, so we've just been telling our kids to just wash their hands extra for an extra-long time like sing Happy Birthday while you wash your hands and telling them that there's germs and viruses and everybody's sick right now and whatever. So that's why we're not going to school but I'm telling them everything is closed down. That's why we can't go anywhere. Yeah, I don't think that it we haven't gone into the people are dying.

Michelle Hancock 24:46

Yeah, I don't know the details.

Laura Hernandez 24:48

I don't think that that would be beneficial at all.

Michelle Hancock 24:50

Now, I think if you had a high schooler or college student, that's a whole different ballgame. Especially for these poor seniors. I mean goodness that Having to miss a lot, which breaks my heart. But hopefully, hopefully they can do something after this all said and done, but it still still stinks for them. Thanks for all of us. Let's be real, it's crappy. It's okay to just be upset about the whole situation because it is crappy. I never realized how many firstworldproblems I had until it's almost funny. It's like well, there goes my pedicure. My toes low my hair color. Yeah, so we're going to see what everybody looks like at the end of this and it'll be interesting.

Laura Hernandez 25:35

Yeah, how are you?

Michelle Hancock 25:37

I mean, you're naturally beautiful. So you don't have to worry about that. But some people are going to come out looking a lot different after this. It'll be entertaining. Yes. What is your best advice to parents right now?

Laura Hernandez 25:48

Oh, I think just to be kind with yourself. And give yourself permission to have hard days and give yourself permission to not do all of the work that is at home. With you, I think just extra Grace is so needed right now. I have even I like take it a step further and think of how I would talk to a girlfriend because what you asked a question about talking with people earlier. Do we need to say out loud that everybody needs the app of Marco Polo?

Michelle Hancock 26:23

Tell me about this.

Laura Hernandez 26:24

I'm sort of completely jumped topics here. But, um, my girlfriends and I, that's how we keep in touch. And it's, it's like a video app. It's kind of like FaceTime, but you both don't have to be present at the same time. So, I could leave you a video message. And they respond whenever they can respond. And it's how I communicate with all my clients and everything. It's so great. It's great because you feel like

Michelle Hancock 26:49

Well, I think I had this like two years ago, but my son was a little bitty baby. So I had mom brain, and I remember it being hilarious. I just never got around to it. But now Yes, I know. So I will set

that up. That's a good idea. Marco Polo, everybody remember that? Are there any other fun technology or resources books podcast you're listening to help you cope?

Laura Hernandez 27:15

Oh, another thing that I'm loving is storyline online. Hmm. Okay, it is. Here's the deal, Michelle, I really value reading. And I really think that we need to be reading with our children. And clearly, although I mean research, huge, right. But sometimes I just don't want to read with my children. And sometimes I just rather them, like watch a show. But I know the value of reading, right? So this I feel like is like, the perfect thing because it's on the TV or it's on YouTube. And it's different. It's like the Screen Actors Guild or something. Mm hmm. I love sag, sag group. So it's all these different actors reading stories, and they kind of have the stories in it. Made a just a smidge. But it still feels like they're being read to. And I don't know, the life giving to me because I could step away, but they're still getting books read to them. And that feels amazing. So

Michelle Hancock 28:13

perfect. I mean, can you imagine if we went through this? I can a day. I mean, we are so blessed to have so many resources and the cyber world. While it has its negative problems, it also has a lot of positive and social media has brought us together. I mean, it's thank God for all this or we'd really be going stir crazy. I know we said without our blessings on that part. I think we've covered most of what we wanted to talk about. And like I said every day is different, but yet it's the same. It's like I'm listening to the damage report every morning I get up I'm like, so what's going to be today but what else is going to be closed? Yeah, exactly. And I'm just trying Take it one day at a time because if I start really thinking about the whole, the whole big picture, then that's where my anxiety starts hitting. But I think I think we're going to look back on this time and be like, wow, you know, it was tough. But like you said, a lot of positives are going to come from it to where can we follow you? where can our listeners find out more and follow more of your behind the scenes? Fun?

Laura Hernandez 29:24

Yeah, MamaSystems.net is my website and then mama systems on Instagram and Mama systems on Facebook. It's pretty easy!

Michelle Hancock 29:33

I like how you have it all the same across all the platforms that makes my life easier to find you. So thank you for that. We are so welcome. Well, I know that you have a lot going on. So thank you so much for taking an hour out of your day for this. I think a lot of moms will find this very beneficial. I know I did. I've already I've already got my wheels turning on the afternoon in the morning jobs and the popsicle sticks. That's what I got out of.

Laura Hernandez 29:58

Yes, Michelle. I really had that. Little workbook down at the bottom my website, just go grab that. And it'll walk you through how to create all of that perfectly through what they need to be doing.

Michelle Hancock 30:08

And I'm going to put that on our show notes, which is going to be over at SheLivesPodcast.com, so you don't have to really, you know, scour the internet. I'll put all that right there for you. And go give her a follow and say hello. And that's all I have for today. But I'm sure we'll have you back on again. And we'll be talking about you know, what it's like to socialize with people in person. I started watching TV the other day, and I found myself going, oh, wow, is this Oh, good. It's previously recorded. Okay, cuz I thought six feet apart. All right. That's really funny. But thank you for giving me a break in the day to socialize with another human being that is not a child. So thank you for that.

Laura Hernandez 30:54

You're so welcome.

Michelle Hancock 30:56

right, well, you have a great, great rest of your day and we'll talk soon. Thank you!

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