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April: It just gave me a flashback to purchasing those.

Briana: Yeah. Every time I see that green box, I'm like, "No, no, no."

April: Oh my God.

Sophie: I've never had a SnackWell.

April: Oh.

Sophie: I don't know about this.

Briana: They're awful, man.

April: They're awful.

Briana: I'll have a real cookie.

April: So bad.

April: (music)

Sophie: I'm Sophie.

April: I'm April, and this is She's All Fat.

Sophie: The podcast for body positivity, radical self-love, and chill vibes only. This week we'll discuss going blonde, buying sweaters for boyfriends, and raising body positive children. April, tell me, what are you obsessed with this week?

April: So many things.

Sophie: Okay.

April: My two obsessions this week have also been my form of self-care, because prayers up for your girl, she's truly been going through it in every imaginable way. If you follow me on Instagram then you know that my grandma, she's my whole world.

Sophie: If people follow you on Instagram, all we know is that you post like late night cries for help, just one at a time every three days.

April: Yeah. I'm not telling stories on my Instagram. I'm not that kind of girl. I'm not an influencer at all.

Sophie: You're not there interacting like me.

April: Yep, I'm not. Yeah, and I never will, so don't hold your breath.

Sophie: You're there in your house dress just posting a shocked selfie. That's it.

April: You should see my DMs. People are like, "We stan a bonnet queen. Our queen doesn't know where her shoes are." I guess you don't know, if you follow me on Instagram, but I've been going through it. I went home to Minnesota recently to help my grandma. She's going back to Liberia for the foreseeable future. It was like a moving trip slash an emotional trip slash I got really sick and everything was bad. I just needed my self-care things to keep me going. I'm a cheap bitch, so I don't really do a spa self-care. I'm not that type of girl. It's more like what can I grab that's right in front of me, that kind of self-care.

April: First version of self-care is, of course, the Sims. Say it with me. The Sims has been more active in my life than a lot of my family members. No, I've had it ever since the original Sims. I right now bounce between Sims 3 and Sims 4. Sims 4 is the newest one, but I find the game storytelling element to be lackluster. Sim fans, get an idea.

Sophie: Oh my god.

April: I've been having a lot of fun designing a lot of really intricate Sims houses. I always said if I didn't do whatever it is I do, I would be an interior designer. I think that's so fun. I've been giving my Sims cute houses, and my teen girls, I'm letting them express themselves in their bedrooms, but it's really me. I just find it so calming, because I can just reno the whole house. I'm just sitting there on my computer clicking, and then I put somebody in the house. Then I ruin their life, and it feels good.

Sophie: What's your favorite ways to ruin their lives.

April: I love a two-timing husband.

Sophie: Wow.

April: Who knows what I'm working through with that. But I love getting multiple people pregnant at the same time and building the families through that. I love that. Anyway, I love growing up with a baby, having them develop all these skills, then turning them into a two-timing monster and destroying some poor woman's life.

Sophie: Wow.

April: I love it. I love naming my kids a whole bunch of weird names. I just named a baby Nike Cortez last night. She's a girl. I just find it so soothing. I think it's because I'm one of those #controlfreaks, so I'm like, "This is an element where I control every single aspect, and I love it."

Sophie: Do you ever make a character that's like you?

April: All the time, but I never play with them really. I always make my family, and then I play with them for a little bit, and then it feels weird, so I can't.

Sophie: So you just make up other people.

April: Yeah, but I will make her look exactly like me. I love that. My other obsession this week is related, my Instagram babies. I organized all my saves in my Instagram, and my biggest folder is called "my babies".

Sophie: Okay.

April: It's just my Instagram babies that I love. Of course, there's the honorary celebrity babies like I love True Thompson. If you come for True Thompson, I'm like slit your throat. Khloe's kid.

Sophie: Oh.

April: Love True Thompson.

Sophie: I didn't know the last name.

April: Yeah. Oh yeah, she has her cheating boyfriend's last name. I love Chicago. I love my babies, but there are a couple that I keep going back to, as far as seeing their daily development. My first baby's name is Eli. His mom's name is [Joha 00:04:57]. They live in Sydney, but they're from-

Sophie: Oh, this is the one you sent me the other day.

April: Yeah, I'm obsessed with this lady. They live in Sydney, but they're from Burundi, so they're African, and they have this delicious chocolate baby that I want to just squeeze his little cheeks. Love Eli.

Sophie: His faces are so cute.

April: He's very expressive, and sometimes she's posts videos. He has a really deep voice, which I think is so precious. He's like, "Ha ha ha ha ha ha ha." I'm really invested not only in his cuteness but his development. Excited about that. My next baby is ... Okay, so blowout baby is unknown to me, but if you know who this baby is, seriously slide in my DMs. She's just on one of those pages that reposts. I don't know who she is. She has natural hair. Her mom gave her a blowout, and she flipped out. She does not like that.

Sophie: Can I watch?

April: Yes, please watch.

Speaker 4: Mom, I want you to turn it back.

Speaker 5: Turn it back how? How do you want it? I thought you liked long hair?

Speaker 4: No.

Speaker 5: What do you want?

Speaker 4: I want to be smaller.

Speaker 5: Smaller? Smaller like what?

Speaker 4: Like curly.

Speaker 5: You want your curls back?

Speaker 4: Yes.

Sophie: Oh my gosh.

April: She is my child.

Sophie: Wait, what happened to her hair? What did her mom do?

April: Her mom gave it a blowout, like straightened it, and she doesn't like that. She likes her natural hair, and she's like, "Who told you I wanted this?"

Sophie: Oh yeah. Is there a picture of her before?

April: No, I can't find who she is, but I would follow her so fast.

Sophie: oh my God, wow.

April: That's my child. I love her so much.

Sophie: What a sweetheart.

April: What a sweetheart. What a natural queen.

Sophie: I love how she throws the mirror away from her.

April: Yeah, she's like, "No." What a natural icon. My next baby is Melody. Okay, so for those at home who are trash and watch Love and Hip Hop Hollywood, Melody is the child of Ray J and Princess Love. They got married. They should not have. They're a horrible couple, and they have this perfect child. Melody is like one of those children that you can tell is really advanced. The link I'm leaving in the show notes, she's talking at two months, like actually talking. Just my little genius baby.

April: Sometimes if I'm stressed out, I'm having a day, I'll just click on my baby's profile. What's one of my babies up to? What's my baby wearing? What are they working on. Blocks, holding things, standing up, walking, talking? I need to know about my babies. I love Melody. Finally, my final baby is a celebrity baby, Kenzo Hart of Kevin Hart fame.

Sophie: Oh okay.

April: Kenzo is perfect. He is all smiles. He's so chunky. He looks like his freaking dad. I love him. Anyway, these are my babies. They're what get me through these troubling political times.

Sophie: Wow.

April: Honestly, I have not felt a warm baby in my arms in a really long time, and it's really upsetting. But again, I want to hold a baby. I don't want to have a baby. Sorry mom. Anyway, those are my obsessions, the Sims and my Instagram babies. What are you obsessed with this week?

Sophie: Okay, I went to Target with our friend Nina. Victor probably won't even listen to this until he comes back from his job that he's away on right now until November. But I missed him, and so Nina was like, "Let's go buy him some sweaters."

April: Aww.

Sophie: It actually really helped. I got him some really nice long sleeve Henleys and shit. I'm going to give them to him for Christmas.

April: That's sweet.

Sophie: He'll be like, "I don't need new clothes," and I'll be like, "Just put it on," and he'll be like, "Okay, it's nice."

April: Wow, that's so sweet.

Sophie: I always when I was younger, I would be like, "I'm never going to be a woman who buys clothes for her boyfriend," and now I'm like, "I miss him so much I'm going to buy this sweater."

April: I can't believe that's a specific thing that you had written off. Wow.

Sophie: Just because I always was like I think it's embarrassing for men who have to have their women be their moms.

April: Yeah, they can't pull it together.

Sophie: You can't buy your own clothes?

April: Yeah, that's right.

Sophie: Now I'm like, "I want to clothe you." But also I just think he'll look cute in these clothes. Victor is very thrifty and very cost-conscious of things, and so he'll wear things until they're thread-bare. I'm always like, "Here's this nice thing you'll look nice in." What I don't like is when we go to Old Navy and there's a couple there where the woman is dragging the man around and is like, "Would you just try this on?" And he's like, "Uh, I want to go play Fortnite," or whatever. I'm like, "Why are you babysitting this man?"

April: Yeah, that's not your mom. Gross.

Sophie: Ugh. Anyways, the Target men's line is really nice right now. They have some cute stuff there. Okay, also, I've been using a lot, these things you can get just I got them at Rite Aid and they're also at Target and whatever. You can get little sleeves. They look like fingerless gloves for your feet that you slip on over your socks, and they add a little gel cushion. It looks like a gel cushion for a bra boob insert. It just goes on the middle bottom part of your foot, and it really helps with my shoes that don't have enough cushion in them for my plantar fasciitis, but that way I don't have to put insoles into every single shoe. I've been really enjoying these plantar fasciitis sleeves.

Sophie: I don't have a link to them, but if you just Google plantar fasciitis shoe foot sleeve or something. That's a hot tip. Nobody told me about them before, and they're so helpful. Also, I've been really enjoying doing work at my local library, just everyone shout out to your local library.

April: Hell yeah.

Sophie: Probably your local library has access to an Audible-style app, and you can read books on your phone too.

April: Very cool.

Sophie: If you want, go check it out.

April: You just have to wait, but it's worth it. Libraries are alive and well.

Sophie: Yeah.

April: I also go to Sophie's local library.

Sophie: It's a good library.

April: Hers is nicer than mine. It's really nice.

Sophie: It's really nice. It's like it kind of has a school library vibe.

April: Yeah, for sure. It's beautiful in there. Oh my goodness.

Sophie: It smells like old books. It's just nice.

April: Love it.

Sophie: Been doing a lot of online window shopping. I don't even want to buy everything. I just have a lot of stuff in my Amazon cart. Now I know that I'm going to be figuring out ... I'm going to spend the next week figuring out what things I actually want to purchase from the website that's sponsoring us today.

April: You'll hear about that a little later.

Sophie: Yeah.

April: I'm excited.

Sophie: Then finally just my friend Nina went to a show by this man called Japanese Breakfast, and then she sent a pic of the merch table. I was like, "This is how much of a poser I am." I don't really get into music that much, right? I was like, "That t-shirt's cute. Get me one." Then she was like, "Fine, but you have to listen to the music."

April: Yeah.

Sophie: Then I was like, "Okay, fine." Then I really liked the music. Japanese Breakfast is a band that's just this one lady. It's really good kind of dreamy, beach wavy, synth pop. This is a good way to describe it. When I searched for her on Spotify, the playlists that came up that were suggested were it's like "women on the rise", "Asian-American artists on the rise", and one playlist called "sweater beats".

April: Beautiful. Wow, I love that.

Sophie: I'm very into her stuff. Her first album is like about her mom dying. It's a serious subject, but thoughtful music that's ... Yeah, it's like sweater music.

April: Love it.

Sophie: I have a rare music recommendation. That's it.

April: I can't believe you were just going to buy the merch. That's one of the fakest things I've ever heard in my life.

Sophie: I was kind of joking. I was like, "That's a cute shirt." Then she was like, "Okay, I'm getting it, but ..."

April: haha.

Sophie: I was like, "Okay, now I got to ... Okay. I guess I got to find out about this band now."

April: I love when you have music recommendations.

Sophie: Thank you.

April: I love music.

Sophie: Thank you.

April: Now let's move on to our shout-out corner. We shout-out people who've supported us. You want to start with Apple Podcast?

Sophie: Sure. This is some of the people who have left us lovely reviews on Apple Podcast. We really appreciate when people do that. If you're a long-time listener, you've already heard this spiel. Thank you for sitting through it. We really appreciate you for reading us and reviewing us on iTunes or on whatever app that you use to listen to us. We go onto the Apple Podcast app and scroll through the reviews when we feel down. One day, one day, we will be on New and Noteworthy.

Sophie: Here are some people who left us a lovely review. Thank you so much to RaviC, NickCatz24, MariaisWayCool, HelloKylie, and Maz2401. Thank you so much for leaving us a little review.

April: And now for our Patreon shout-outs. These are the people who've become Patrons at Patreon.com/shesallfatpod. We love y'all. You keep the lights on, as we said earlier. We appreciate you. Here are your shout-outs. We got Sarah Pimsler, Julie Larken Spies, Letty Harris, Deborah Ackerman, and Hayley Keaton. Shout out to y'all. We're so happy to have your support and we couldn't do it without you. Thank you for keeping it real.

Sophie: We also want to give a quick shout-out to our Patreon Facebook group, which you can join if you go to Patreon.com/shesallfatpod and become a member at Team Peasley Moo Moo or above. The Facebook group is an amazing community where people are in there sharing their experiences, and they're sharing recommendations, and they plug their own businesses. We swap recipes, and people just post cute selfies and all sorts of stuff. It's a fun place to be.

Sophie: This week, I saw a couple threads about book recommendations. I also saw some fun threads about fall outfits and recommendations for fall outfits. I also saw a bunch of threads about people talking about going to the doctor while fat and advice for each other on tough experiences that they're having right now. One thing I really appreciate about this space is that it's a space where people can both be like, "This is just a venting

post. This upsetting thing happened, and I know you all would understand it," and it's also people respect that. Then it's a space where people can be like, "I need advice." Rarely is it like those don't cross. People are very respectful and cool. I don't know.

April: Yeah, exactly. I'm really excited about this space that exists. Come join it, if you are a Patron over \$7 or above at Patreon.com. You can come join us. We're having fun.

Sophie: If you become a Patron at team I Love Bread or above, then you get an extra segment just for you ever week. If you're a Patron at any level, you get some of our audio extras, which are outtakes and things that didn't make it in the episode, and sometimes weird chatter that we tell to Maria before we start recording. But if you're on team I Love Bread, then you get a whole extra several minute segment. This season, we're telling stories from our past on that extra segment.

April: You're going to want that content.

Sophie: Yeah, so shout out to all of our Patrons, you keep our lights on. We are independent media, and we thank you all so much. Cool. We should really get onto the meat of it, don't you think?

April: Let's do it. The meat of it.

Sophie: The meat of it.

April: All right. This week on the meat of it slash chew the fat, we are talking about raising body positive children and fat parenting in general.

Sophie: This is a topic that we have had requested multiple times. Every single time we've had it requested, we say, "That would be a great episode," and then we say, "Too bad we don't know anything about it." We decided to talk to an expert. In this case, the expert is someone who is trying to raise their child in a body positive way.

April: We talked to Briana Hernandez who runs the Mamafierce blog. You can find her on Instagram and of course her blog. We'll be linking to her in the show notes. She's a plus sized fashion and body positive blogger. She's a copywriter. She's Latina. She's a mommy. She's so generous with her time to help us answer all these questions that one day I hope to be able to answer, but not any time soon, mom. Get off my back. With that, here's our interview.

April: Chew the fat.

Sophie: Chew the fat.

Briana: I'm Briana Hernandez of Mamafierce. You can find me on Instagram @mamafierceblog, M-A-M-A fierceblog. Pronouns are she and her, thanks for asking. I appreciate that. My main thing is plus sized fashion and body positivity, but also motherhood has always

been a component of my platform, and more so these days, because I have a gender creative child.

Sophie: Wow. What does gender creative mean to you?

Briana: Well basically she's trans, but she's five years old. Her gender identity could still be evolving. She certainly has an idea of her gender identity, but it's safe to say gender creative at this point, because it kind of injects the idea that this is an ever-evolving thing, and that one day we could be getting used to a certain pronoun and name, and it could change. We just have to keep our minds open to let her take the lead basically. Her name is Diamond.

Sophie: Diamond.

April: Diamond. I love it.

Sophie: Oh my god, that's so cute. That's amazing. Wow. I love that. I definitely would not call myself any kind of expert on any kind of trans or gender queer issues, but I do follow a lot of people on Twitter who talk a lot about how important it is for parents of trans kids to be affirming and open with their experiences because of how many ... You know this. I'm saying this just as this is what I know about it, that the culture in general is so restrictive and binary that it's so hard for kids to be able to figure out and say stuff and not get bad messages about it. It sounds like you're doing an amazing job. That's so cool.

Briana: Thank you. I think the main ingredient when you're a parent dealing with this for the first time, at least, is to just remain teachable. Because like I said, not only can your child do an about face and pivot whenever they want to, we're learning things, more and more things every day with psychologists working with trans children and gender expansive. That's also another term, gender expansive children. We learn more and more about how they navigate this identity in our current culture, and just keeping on top of the things that we didn't cover there, as well as how our individual children have evolved. We just can't be married to any single idea. I just think it's just above all to just stay open minded.

Sophie: Yeah. Honestly, this is a perfect way to start this conversation, because as you know, we talk about body positivity as being very intersectional, and that includes ... Part of the reason that it's important for it to be intersectional is that a lot of times body positivity can center like cis, white, small fat bodies, and when we want to talk about body positive parenting, it's like, yeah, body positive parenting isn't just about teaching cis girls to not look at diet ads or whatever. It's about how you honor your child's body and gender identity and any way that their identity intersects with that.

April: Absolutely. We're so excited to hear from you, because we get so many questions asking for how to navigate those things as a parent, and we aren't parents.

Sophie: We have no idea. We don't know.

- April: Sophie has a dog. I have nothing. I'm a recent child, so we're really excited to hear from you. We have a lot of questions.
- Sophie: A lot of moms I think have this idea about how the culture has affected the way they think about their own bodies and bodies in general. They're beginning to understand body positivity and think about it and want to incorporate it into their life. They're really scared of imparting the same things to their kids unknowingly or through their own insecurities accidentally teaching their kids to be ashamed of things, you know what I mean? I have heard that question. I've also heard it in real life from different people in my family, and I'm always just like, "Yeah, sounds hard. I have no idea. I don't know." What are your top thoughts on that? Then we have more specific questions, but yeah, what do you think about that?
- Briana: The first thing off the top of my head is realizing that your children pick up on so much. They're just so much more intuitive than you would think for these little humans. Try as you might to filter out everything that you've struggled with, they could still pick up on it. Let's get that out of the way right now and say, "Listen, even if you give it your best, your child may still pick up some problematic ideas and behaviors from your subconsciousness." On that level, you're doing the best you can. But that being said, it's a balance. You accept the fact that they are still massively intuitive, but you try to check yourself as much as possible.
- Briana: There are things that we can easily do. Our words and our actions I think are probably the most ... Our words are probably the most easy to control where we don't speak ill of our bodies and we don't speak ill of other people's bodies. We acknowledge differences, but we always try to keep things in a positive light.
- Briana: One example was I really like watching Dr. Pimple Popper. She's one of my favorites. There was a woman with a really severe skin condition. My daughter was watching, and she said, "Oh, she has bumps everywhere." I said, "Yeah, she does. Her skin is different than ours." She's like, "Oh wow, is she going to get it fixed?" I'm like, "If she wants to, but she doesn't have to. She can just look different than you and me, and that's okay. If she's in pain, maybe she'll do something about it, but other than that, she can look different than us, right?" She's like, "Yeah, totally."
- Briana: There's ways that we can reduce the stigma and take some of the emotion out of body differences and just kind of go back to basics and take things at face level and say that our bodies are different, and all bodies are good. You have these conversations with your child, and you just keep it simple. They are, like I said, as massively intuitive as they are, they're still learning and navigating. Kind of let them lead the way. If they have questions, take a minute and answer them, but I think the thing that I'm the most guilty of is over-preparing my child, and that's something that you can just dig yourself into a hole with as a parent where you just want to indoctrinate your very ... Like, "I've learned, and I'm woke about body positivity, so I want to indoctrinate my children with this." Don't. Just wait until it comes up, because it's going to.

Sophie: Yeah, it was very early in my body positive journey when I was in college that I was like the director of a group where we went to local second grade schools and did creative writing workshops with them and then turned their stories into a musical play basically and performed it for them. A couple times I had second grade kids say something about my body. It was really good practice for me, because I remember being that age, and kids were mean to me as another kid about my body. Most of the time when kids would say something, it was just like they're noticing a difference, and they're going to take my cue on how to treat it.

Sophie: A couple times would be like, "Your belly is big," and I'd be like, "Yeah. Your belly is small. What do you think of that?" They'd be like, "I don't know." "Okay, well what do you think is the next step in the story?" It was so interesting, and honestly, that was kind of healing for me as someone who was bullied by other second graders to be like, "Oh, it's totally possible for us to set a different tone with these kids and for hopefully them to feel differently about this than the kids around me and I did at that age.

April: I just think the hardest part of wrapping my mind around this is that how do you have this mindset? Because for me, I didn't grow up in a body positive household. When I think about parenting, I'm like, "How am I going to do this without having an example?" I'm wondering if you could tell us a little bit about your upbringing and then what were the conscious decisions you made to be like, "This is how I want the tone of my household to be?" Because what Sophie just described seems so simple, but I'm like I never saw anything like that as a kid. It's hard to do it.

Briana: Totally. I was in the same boat. I watched my mom compulsively diet and then "fall of the wagon" my whole childhood. We even dieted and binged as a family. When we weren't stocking up on sugar-free SnackWells, we were just sweating to the oldies together. It was this really thick family dynamic. But it was also the only thing I knew. I thought it was completely normal. It took me until full-blown adulthood to realize, "Oh, that's fucked up."

Sophie: April is just triggered by sugar-free SnackWells. She's got [crosstalk 00:26:11].

April: It just gave me a flashback to purchasing those.

Briana: Yeah, every time I see that green box, I'm like, "No, no, no."

April: Oh my god.

Briana: [crosstalk 00:26:17].

Sophie: I've never had a SnackWell. I don't know what that is.

Briana: They're awful, man.

April: They're awful.

Briana: They're not a real cookie.

April: They're so bad.

Briana: Yeah, so I certainly didn't have a body positive foundation to work on either. It was just, quite frankly, y'all and us and everyone as a community that taught me how to love this body, and also some teenage rebellion too where I'm like, "I don't want to kill myself to be thin like my mother and sister. This is stupid. There has to be something else." That something else was basically just like whatever, this is my body. I didn't even know that I was practicing body positivity at that point. This is in the early 2000s. It wasn't really a mainstream thing as it is now.

Briana: You know that this doesn't work for you and you reject it, but what do you do in place of it? That's the inspiration for that has come from the community. In terms of how to relate that with my child, I do think back to what my mother did wrong, even though she did the best with what she had and no resentments there. The negative self-talk that I would hear my mom engage in and the putting her life on hold until she was in a different body, that was a huge thing for me. I never, ever, ever wanted to talk about ... Honestly, I don't talk about calories or pounds or anything like that, any of those buzzwords, they don't live in my house.

Briana: I even brow-beat my husband when he reads the nutritional information on a box of crackers out loud. I'm like, "No, that's not a thing here." I just can't ... It doesn't fit in with ... There's no purpose for it. Yeah, I really kind of try to comb through what really sticks out in my memory with my childhood and just say no to those things. I think that's enough. Then from there, you kind of just, again, let your child lead. They will bring you plenty of issues, and you can address them.

Sophie: How do you think about nutrition in food? Because it's not exactly tied, but I know a lot of us in the community had disordered eating behaviors or thoughts or patterns in the past. What are the ways that you think about how to teach your kid, "This is good for your body," without being like, "Morally this is good?" Do you know what I mean?

Briana: Yeah, totally. I struggle with that all the time, because there's always kids birthday parties, and your kid brings home a pillowcase full of candy, which is fine. We can have candy in the house. First of all, not assigning a moral equation to any certain food that certain foods are bad and certain foods are good, but also, "If you want this candy, you got to finish your dinner, because the dinner I made you, it's the stuff that your body needs to grow. Candy is just for fun." I feel like that's important. Candy is a fun thing, and it is good for your soul. It doesn't help you grow though. Not having those moral markers on food is really helpful. Keeping it simple.

Briana: I have struggled with how to feed my child. It's more complicated than you would think, also more simple than you would think. It's really weird where basically the rule of thumb is you decide when and what they eat, and they decide how much. But it can get a little tricky, because they can take breaks, and a meal can turn into a couple hour-long graze. It's important in my household to have an expectation of what a meal is and how

long it is. You sit down for it, and also, because there's structure in a child's day where they just can't eat whenever they want. We say the same thing at the house on off days where it's like, "Hey, it's like school. You can't just grab something whenever you want it. There are set times to eat. But when it's time to eat, let's fill your belly. Let's give your body what it needs."

Sophie: Yeah. My mom tells the story about how I'm the older one, so she had a lot of she wanted to do things "perfectly". She had a lot of ideas about what she was going to be able to do that didn't end up really happening. For example, there was some idea at the time about try to not feed your little kids sugar until a certain age or something like that or they won't develop a taste for sugar, blah blah blah. She was like, "Okay, we're not going to have candy or chocolate in the house until age five or something." Then I went to a birthday party and came home with chocolate cake just smeared across my face. I was like, "You didn't tell me." She was like, "All right, well that's out the window now, I guess."

April: Do you have any resources you look to to kind of guide you? Because the thing is people always say, "Parenting doesn't come with a handbook," but what resources helped you, and what resources do you recommend to other parents who are kind of trying to navigate the same sort of thing?

Briana: Yeah, totally. God, I've been trying to get diamond into Steven Universe, the cartoon, because I love it. Much as she thinks I'm the Queen of Sheba and she adores me, and it's such an ego boost, she still is super into these Barbie movies and these anime girls. She clearly is starting to subscribe to this thin, white, big-eye thing, which is shitty, but I'm going to cross that bridge when we get to it. As soon as I start seeing it have a bad effect, it's going to be time to jump in.

Briana: I can only really influence as much as I can where I make these things available. "Here's Steven Universe. Let's watch this," or, "Here's what I like to watch. Let's watch this." One of my favorite Instagram models and one of my friends in the Bay Area is Saucye West. She's amazing. She is a plus sized black model, and she is gorgeous. My kid also worships her. Saw a picture of her and asked if she was the president. I said, "If only, babe."

Sophie: That's amazing.

April: Wow. Same.

Briana: Yeah. One book I love is actually called "The Gender Creative Child" by Diane Ehrensaft. This is her second book. The first book was she wanted to call it "The Gender Creative Child", but it ended up being strictly trans language. It was talking about navigating a trans identity, but nothing really in between, and this book talks about the in between, which is beautiful.

Sophie: Kind of going off that, have you been supported by a parenting community, or how or how not?

- Briana: Not really, just because I haven't ... Not for lack of support or anything. I just haven't really sought out that type of community support. Really the support that I have sought out is from my immediate family. I have a close and extended immediate family. Getting those people on the same track, but also realizing that not everyone's going to have the same ideas as me and the same priorities, but making boundaries clear basically, and my own boundaries, and not imposing my boundaries onto them saying, "I don't say this in front of her," or, "I don't do this in front of her," just so they know what I'm doing, and they can either respect it or not, and having that kind of clear communication.
- Sophie: Cool. One of my fears about five years in the future when I'm finally ready to try to push my geriatric ovaries into production-
- April: Jesus Christ.
- Sophie: ... or whatever, one of my fears is that if I am able and decide to become pregnant and have a kid that way instead of adopting or fostering a kid or something, that the changes in my body of pregnancy and then the way however your body changes after pregnancy will be a real challenge to my own body positive feelings and self-image and stuff. Did you experience that? How did you deal with that? Because I feel like a lot of times ... I hear from a lot of people and experience it myself that people will be like, "I don't love myself every day," and we're always like, "You don't have to. It's struggles. It's changes. It's whatever."
- Sophie: But I know for ... Not that pregnancy is an illness, but I know that when I have my auto-immune illness stuff flare-up and there's stuff difficult going on with my body, it can challenge my body positivity stuff because I'll feel angry at my body or feel upset about what's going on. Did that happen to you in pregnancy and afterwards? How did that work for you?
- Briana: Totally. You kind of hit it on the head where everything happened to me. I had lows and I had tremendous highs, in terms of body image and just feeling comfortable in my body while pregnant. The lows kind of happened for me in the beginning where my body's changing. I'm like, "What is this? What's happening? This is so weird." It's kind of like finding your stride in a new body, but also when I was full-blown pregnant, when I was just ready to pop, that was the most glorious. I still miss my prego belly. I wore capes. I walked around like Andre Leon Talley constantly. I just felt so big and just bad-ass. People were opening doors for me too, so I also felt super bougie. It was great. No, it was awesome.
- Briana: You get both. you gets all sides of the spectrum. How I dealt with the low parts is knowing this is temporary. Plus, bodies change. Oh my god, I feel like I need to get a tattoo of the phrase "bodies change" on my body. We get, or at least I struggle with this, I just want to get to a place where I'm going to be, and it's like nothing in life works like that. Nothing. We never get to a point where we're like, "Okay, it's going to stay like this forever." No, sorry.

April: How do you navigate parenting on your non body positive days? Have you had triumphs trying to navigate through that? Have you had difficulties? What does that look like? Because I know how I navigate it just me in my own head by myself, but how do I encourage someone else to have the mindset when in reality I'm irritated at my gut that day?

Briana: I often talk to my husband when I'm feeling a little off or I'm feeling scared because my ... I'm recovered in my eating disorder, but recovery is also a daily thing. It's a daily investment. It's something you struggle with. I tell them about my fears, about relapse and my body changing and things like that. I voiced those things to him. My daughter's a little sneaky-sneak. I'm sure she's heard it, but I try to keep it positive and not self-hating and certainly never using the word fat as a negative or big as a negative. If you can, acknowledge that that's happening and that that's okay, because I certainly let my daughter do it. She'll come up to me and say, "I don't know what to wear. I don't look good. I don't feel good." The mantra that we have, and I should probably start adopting it myself when she says that she's not feeling pretty, and I'm like, "Okay, what makes you beautiful?" She says, "My kind eyes, my smile, and my happy heart." That's what makes her beautiful.

Sophie: Oh, that's so cute.

April: That's amazing.

Briana: I feel like that puts her back on the path of, "Okay, let's just put on a fucking dress and go." That's usually how I have to get out of the house. It's like, "Listen, I'm not going to be happy. Let's put on some pants and go."

Sophie: Yeah.

April: That's beautiful.

Sophie: I love that.

April: You mentioned about how you try to keep the word fat either out of the house or in a neutral territory. We get a lot of questions with people saying, "My kid was called fat or saw somebody be called fat. How can I make sure that that doesn't become a negative association in their mind?" I'm wondering if you could talk a little bit about how you handle the word fat in your household.

Briana: Yeah, I so struggle with that, because I can't lie and say that that word doesn't still sting after just a lifetime of that word having so much power and having such intentional negative vitriol behind it. Like Sophie said, my kid has said, "Oh, you're squishy and your belly is big," it's like, "Yeah, it is. It's great, right? It's totally fine." I haven't yet encountered her bringing up the fat word. That's going to be a tricky one. I feel like that's going to be a real sit-down after school special conversation where it's like some people can call themselves fat, but that's not a word that we use to describe others, because there's so many better words. You can say someone is bigger than you or

shorter than you, or there's just so many other qualifiers you can use to describe someone that why would you just use one word like fat? I feel like that's what I'm going to fall back on. It's like what's another word that we can use?

Sophie: So how do you deal with fat-phobic media? Like you mentioned already wanting to kind of steer Diamond away from things that are very cis, white, thin normative, but how do you deal with when you're watching a movie or something? It's in almost every movie or TV show, when your child sees something on screen that would underscore fat is bad. Have you had that happen and have you had a conversation about it?

Briana: The movie "Inside Out" comes to mind where Sadness was just a little fat blue girl. That wasn't something that she brought up, but I was just so annoyed by it that it was one of those times where maybe I overstepped and maybe I over bared as a parent, but it just got my goat so bad that movie that Sadness was a fat girl.

Sophie: Yeah. Wow, I didn't even think about that.

April: I didn't think about that. I remember relating to Sadness, but yeah.

Sophie: Same.

April: It's because she was chubby.

Sophie: Same.

Briana: Yeah, Sadness was cute as fuck, but after 20 minutes, I was like, "Why is she fat? Oh my god." It's just [crosstalk 00:40:50].

Sophie: It's everywhere. Damn.

April: It's everywhere.

Sophie: I didn't even think of that one.

Briana: Yeah, it's hard to know what they internalize. It might come up when it's already kind of ingrained, and you can't really do much about it. It's something that they're subscribed to or they haven't. There's only so much that you can do.

Sophie: We've gotten several versions of this question that's like how can we help be a positive force in a kid's life if their parents aren't specifically body positive or they're not getting a lot of body positive reinforcement? How can I as an adult create a space or a safe person to come to about body positive stuff, again, without ... Most of the questions have this like, "But I don't want to beat them over the head with it," feeling. Do you have any thoughts on that, and also on how people ... Like you ask the adults around you to be body positive forces for your kid.

Briana: In terms of wanting to be that kind of positive force for another child, because I also have nieces and nephews too that I love and I also want them to love their bodies as well. Just leading by example, and also aside from you being the example, just sharing with kids the stuff that ... Also, age appropriate stuff, but sharing with those kids things that you like that speak to you on a body positive level, whether it's like an actress or a musician or something like that. We crank Lizzo all the time. I play Lizzo videos all the time, because she's fabulous, watching representatives media, really anything. There are plenty of wrong ways to do it, I'm sure, but if you're used to being around kids, I'm sure you're not going to screw it up.

Sophie: Awesome well admit this. What's the number one piece of body positive parenting advice you would give to someone who's nervous about this?

Briana: I think my number one piece of advice for any type of parenting is knowing that you're not going to be perfect. You're just not going to be perfect, and to do whatever you can to alleviate the pressure on that and to kind of nip that in the bud first and foremost. I'm not going to be a perfect parent. I'm not going to get this completely right. We can't be super star parents in every single area. While I'm being super cool about my child's gender identity and her body image, I'll probably fuck it up in some other way that I will learn about 20 years from now in therapy.

Sophie: Yeah.

Briana: Knowing that for me personally helps. Also knowing that while you are teaching your child, you should be learning as well.

Sophie: Yeah. I think that's beautiful.

April: That's great advice. Thank you so much for walking through all of this with us. Like we said, a lot of these questions are from our listeners that we've got a bunch of times, so I think they'll be really happy to hear this, and just thank you for being so generous.

Briana: Oh, thank you. This was so cool. I love you guys. I love listening to you and your ... You're just doing it for the culture. I love you guys.

April: Thank you. That is so sweet.

Briana: Thank you.

Sophie: Thank you.

April: Yeah, just to wrap up, what are your biggest takeaways? What is the thing you're most nervous about for being a mom one day? Because we both eventually want children.

Sophie: Yeah.

April: We're both that type of girl, but what is the thing that you fear the most? Because I'm so scared of being a mom.

Sophie: I'm scared I'll scream at my kids.

April: Oh really?

Sophie: Yeah.

April: Okay.

Sophie: I'm scared I'll just lose my temper.

April: I see, because again, as I've said before, Sophie does pop off from time to time.

Sophie: I just what if when they're little kids and I haven't slept in four days, and I'm trying to also work at the same time, and Victor's out of town, and I couldn't figure out what to make for dinner, and then one of them breaks something or hits me? You know what I mean?

April: Yes.

Sophie: I'm just afraid of the moment of screaming something and then being like, "Oh my god, oh no. I can never take that back."

April: Oh, I know.

Sophie: Do you know what I mean?

April: Because they soak so much in, but also, you can't be perfect, and 100% that will happen.

Sophie: Yeah.

April: You know what I mean?

Sophie: I don't know a mom that hasn't done that.

April: Yeah, exactly.

Sophie: I just think that that guilt would seem so terrible.

April: Yes. I think I would feel guilty all the time, which is why I'm sure there's so many of these mom communities online, because I bet you just feel you're like, "Ooh, I dropped my baby," and feel bad all the time.

Sophie: I guess I'm also worried about trying to balance the things that little kids need done that are boring with not wanting to miss their youth. Do you know what I mean?

April: Exactly.

Sophie: Like I just think I am not cut out to be enthralled by 20 hours of being with a baby.

April: Yeah, exactly.

Sophie: Do you know what I mean?

April: Mm-hmm (affirmative).

Sophie: I know that there's people who are mature enough to do that, but I also talked to a lot of people who are like, "Yeah, I need to fucking get out of the house right now."

April: Yeah, of course. I'm sure everybody feels like that, because it's like you don't, for at least the first few months, you have to keep something small alive, and that's the only thing you can really do.

Sophie: That's all you can do.

April: That really does scare me. I've seen it. My older sister, as I said before, has children and is just like your personhood kind of shuts off for a second. It's scary a little bit.

Sophie: Yeah, but I guess I'm not really scared of this kind of thing, because I feel like I'm just going to do my best.

April: Yeah. I am nervous about this part, but I also feel like because we've done an episode like this and just doing the show in general, I feel stronger about it, but as I said during the interview, I grew up in a "we're all on a diet together" household, so it's going to be really tricky, because I'm bad at doing things I didn't have a model for. It's kind of hard to figure out, but I feel like I'm getting better at it just trying to figure it out for myself. I'm also worried I'll drop my baby, but also I was dropped so many times.

Sophie: I'm worried about falling while pregnant. I have a lot of weird fears.

April: Oh yeah. I have a lot of specific fears too.

Sophie: Yeah. Like it's already hard for me to manage the mental and physical things you have to do to take care of your body. How stressful is it going to be when I'm not just taking care of it for me if I manage to figure out how to get pregnant with PCOS, etc?

April: I can't imagine taking care of another person, but I want to so badly.

Sophie: Clearly we're not ready for this.

April: We're not ready. We're not ready.

Sophie: We're not ready for this, but I do want it, but I kind of seems like a lot of adult things are just like you don't actually feel ready for them. You just kind of do them. But I think I will feel more ready than this at some point.

April: I would hope so, for me.

Sophie: But it is also wild that both of us are older than the average age in America for people to have kids, which is 23 or something.

April: I still can't believe that. Yeah, I talk about this all the time. Because of my culture, I'm under a lot of familiar pressure to be pregnant right now. My mother, grandmother explicitly asked me to have a baby.

Sophie: Oh my god.

April: They're like, "Please provide a child by the end of 2018." I'm like, "I cannot."

Sophie: It was always expected in my family that if one of us, my sister and I, were going to have kids, I would be the one to have kids. Like when we were little, my sister would be like, "Great, so Sophie is going to have the kids, and I'm going to live next door and be the cool aunt, and mom's going to live on the other side and be the grandma."

April: I see that still to this day.

Sophie: I was like, "Okay."

April: But honestly, I see it. I see Isabelle being like, "This is how you play Dungeons and Dragons."

Sophie: Yeah. Yeah.

April: I see it. Yeah, it's so funny. I was totally the kid who wanted to play house, and still with the Sims, I'm pretty much still playing house.

Sophie: I wanted to play house, but I also wanted to play magic fairy animal.

April: Kids like that.

Sophie: Yeah, no. Always want kids, but the closer I get to it actually being a reality, the more I'm like, "Maybe a little later." I think the biggest thing is I'm just not ready to not be focusing on the things I'm choosing to focus on.

April: Exactly.

Sophie: It's a whole big addition that you never get rid of. I can quit a job. I could quit a relationship. But you can't ... I guess you could quit your relationship with your kid, but then you fucking suck.

April: Then you're garbage. Then you're absolutely trash.

Sophie: Yeah.

April: It's a lot.

Sophie: You can never quit.

April: Oh my god. I can't quit you.

Sophie: "I can't quit you," but to your kid.

April: As a commitment-phobe, I am horrified, but as a girl who loves my internet babies, I am intrigued. I'm excited to have a family one day, and I'm also really happy we did this episode and that Briana was so open in sharing about her experience with parenting. It just makes me nervous but excited.

Sophie: I hope that people found this episode at least as comforting as we did, that there's a way to muddle your way through even things that weren't given to you as a child.

April: Absolutely.

Sophie: You're welcome.

April: You're welcome.

April: Of a Kind is a website that introduces you to exciting new designers by selling their pieces and sharing their stories. If you're serious about treating yourself and you're in the market for some unique home goods and fancy personal care items, Of a Kind is your one stop shop.

Sophie: Just like She's All Fat, Of a Kind is run by two women, Claire and Erica. They've been friends for 15 years, and their taste in curation skills are off the charts. Of a Kind is my first stop for Christmas Shopping this year. That is for sure.

April: They're all about unearthing things that are super special and hard to find, from hair products, to necklaces, gift wrapping supplies, to ceramics. Of a Kind also has their own clothing line called Permanent Collection featuring classic wardrobe staples in sizes extra small to extra extra large. I can't wait to spray my body with the luxurious DS & Durga Italian Citrus Perfume and have the most glamorous cleaning experience of my life with the St. Olio surface cleaner in neroli.

Sophie: Okay. I have my eye on so many little goodies from the Of a Kind website. I'm currently obsessing over the serving board made from oxidized reclaimed oak.

April: Oh my god.

- Sophie: Because the dark color is going to look amazing with brie and other light color cheeses on top. The fancy and really aesthetic looking oval flask from Odem, some beautiful earrings, including these daisy threaders where it's a daisy in the front and then the stem goes down the back of your ear. These other earrings that are called Victorian snake studs, and they're tiny gold coiled snakes, and some fancy home goods like the Virtue Loves Hair Care, some hand cream with SPF, which is a great idea, some body oil that's scented sage and grass, or the rose cuticle oil. I'm not getting into the linen throw blankets or vases or artsy wrapping paper or notebooks. I just want everything.
- Sophie: It's a good thing that Of a Kind has an offer for She's All Fat listeners. If you visit Ofakind.com and enter the code SAF at checkout, you'll get 20% off your order of \$50 or more. The discount is valid through December 15th, 2018, so be sure to get your Christmas shopping done early. There's a bunch of really cute gift sets that I noticed on there as well. Again, that's code SAF at checkout on Ofakind.com for 20% off your order of \$50 or more.
- April: We have linked our picks in the show notes, so let us know what you get.
- April: Now it's time to ask a fatty. If you want advice, you can send a voice memo of yourself asking a question to FYI at shesallfatpod.com. You can record it on your computer or the voice memo app on your iPhone. Just keep it short, about one minute max, or if you're shy, you can send us a plain old email at FYI at shesallfatpod.com. We might answer your question right here on the show.
- Sophie: This week on ask a fatty, as we talked about before, do not know how to answer parenting questions. We put out a call for voice memos with advice from our listeners who have thoughts or things to tell other parents who are listeners about body positive parenting. We are going to ask the question ourselves what advice do you all have for body positive parenting, and let you all take it away. Here's some of those clips.
- Hannah: Hey, there. It's Hannah. I think the biggest thing that I try to do is show my daughter, who's just a toddler right now, I just try to show her how happy I am in my body and enjoy life in my body. I remember my mom and her friends at the beach, my mom's friends would just complain about their bodies the entire beach trip and have no fun. At seven years old, I thought, "Gosh, how boring, how sad." I knew I just wanted to make sure that my daughter didn't learn that same behavior early on. This summer, we ran around on the beach in our bathing suits. We swam all summer. I just want to show her that I enjoy life in my body, and that she can too, that there's no reason not to.
- Hannah 2: Hey, April and Sophie. This is Hannah. I am raising two daughters, an eight-year-old named Hannah and a three-year-old who's also named Hannah. I'm a body positive parent. It actually started when my older daughter was three, and I started looking at her and being like, "She is me in a three-year-old body. Her body type is like mine." She was just so much like me, and I was like, "I can't pass my shit onto her like my mom did and her mom before her." I was like, "I'm going to stop the cycle."

Hannah 2: I started seeing a therapist and started really working on my issues around food and body. My daughter was really the inspiration for that. My biggest advice for people wanting to raise body positive kids is to face your shit, because if you don't, you are either consciously or unconsciously going to pass that onto your kids. Those are just a few things that I feel like are really important. Thank you all so much. Bye.

April: We also had some emailed resources from a lot of our listeners who are parents with experience. Check out the show notes for a list of books and websites and any other tips we have for raising body positive children.

Sophie: Thank you all so much for sending in dat voice. April loves that.

April: I love dat voice. Wow, I can't believe I have a catch phrase.

Sophie: Yeah, send me dat voice.

April: Wow. Oh my god, I have a catch phrase.

Sophie: People always send them in, and they say, "I know April loves dat voice."

April: I accidentally became a brand. Capitalism is a hellscape, but thank you for dat voice.

Sophie: Thank you for dat voice. Please continue to send in your questions, and thank you all to the parents who sent in some advice this week.

Sophie: Let's move on to it's okay, you can ask, a segment that everyone but me seems to sincerely enjoy. Are you sure everyone likes it?

April: Everyone likes it but you. Everyone. Think about that. Thousands of people love it, and you don't. You're the only one.

Sophie: Wow.

April: Okay. We'll found out the answers to our burning questions, like why ... I have such a kick writing this section, by the way. Okay, I just have fun.

Sophie: [crosstalk 00:55:50].

April: I have so much fun.

Sophie: Okay.

April: Okay. Why do so many white people like Gwyneth Paltrow tell them what to put inside of their vaginas?

Sophie: Okay. Or who is Katt Williams, and why are black women angry at him?

April: Do you know who Katt Williams is?

Sophie: I know the name. I don't remember.

April: She doesn't know who Katt Williams is.

Sophie: Who is he?

April: He's a comedian. He just won an Emmy for being on an episode of Atlanta. He recently did an interview where basically he said Tiffany Haddish doesn't deserve to be famous, and everyone went off on him.

Sophie: Wow.

April: Including me. I'm so mad at him.

Sophie: Wow.

April: Don't talk about my queen like that. Okay, all right. This week I have a question I'm really excited to ask. As our listeners at home know who follow you on Instagram, Sophie has recently gone blonde, which I stan. I talk about this to people who are white, but I really like when white girls go blonde. I can't really explain it beyond that. I just like the reveal of, "Now I'm blonde." I enjoy it.

Sophie: Okay.

April: Okay, so I'm wondering if you could talk a little bit about what the hair salon experience is like when you're white, because so much of black hair salons, salons and also braiding shops, which are two different spaces, but are about getting your hair done, about also kind of you dump emotionally on your stylist. They're really see you through. I had a stylist from ages 6 to 18, Judy. Shout out to Judy. She's retired, who had been with me through so much and knew everything about my life, and also went with me through the change of wanting to go natural, because I was feeling very Afrocentric versus 14-year-old April that wanted to look like Jenny Humphrey from Gossip Girl.

Sophie: Oh my god.

April: She knew a lot about me. Of course, we all know about black women and their hair. All of that shit is all wrapped into it. I know what that experience is like for me, but I wonder what is your relationship like with your hairstylist, and also if you could walk me through your mind, your process of thinking about having a big hair change. I'm curious about it.

Sophie: Okay. Well, okay, where do I start?

April: Where do you start? Well, tell us about the decision to go blonde. Tell us more, and then tell us about what the process of going through it with your stylist and what that's like. Just walk me through it. Take me on a journey.

Sophie: Okay. When I first dyed my hair, I wanted to have a ... I dyed it because I wanted to have a pastely kind of color. I did blonde, but mostly so that I could do pink on the ends.

April: Okay, cute.

Sophie: Then I did pink and purple. Then I went dark. Then I went brunette. Then I've had different colors of brunette or red. This is the first time that I've had dyed blonde, like just dyed blonde, not blonde so that you could have color on it. I was blonde as a kid, and then my hair kind of mellowed into dishwater blonde, like dirty blonde color and brown kind of. I've never before done just a full trying to look like a real blonde blonde.

Sophie: I don't know. I saw a couple people, other people saying, "I'm going blonde for fall this year." Usually people go dark for fall. I was like, "You know what? It just does feel like that kind of a year. I'm going to go blonde for fall."

April: Do you always ... Because we talked about on the podcast before when I change my hair, which is every two weeks, I don't have an emotional reason, I just change my hair out of habit, because I'm black. Do you always have an emotional reason for changing your hair?

Sophie: I think usually. It's usually feeling like I need to mix something up. I'm feeling not dissatisfied with my appearance, but just kind of like bored with something. It's like the same kind of impulse that would make you go out and want to buy a whole new look, like a vibe that's different from the clothing you already own. You know what I mean?

April: Yes.

Sophie: But I don't know, yeah, every time I've changed my hair, it was like I graduated college and wanted to feel grown up, so I cut it short. I finished the extra quarter that I had to do of college, and I was feeling very itchy about wanting to move here and get started, so I dyed it pink. We moved in together, and I wanted to feel different, because now I was someone who lived with her partner, so I dyed it darker brown. Victor left to go on his job for three months, so I needed a change.

April: Wow.

Sophie: I was also literally tweeting, "Who wants to get their ears pierced with me?"

April: What?

Sophie: It's the same impulse for me.

April: Okay.

Sophie: But it's also fun. It's just a fun way to imagine yourself, because there's different kinds of looks, and it changes the way your makeup looks on your face basically, and it changes your vibe a little bit. It's just a fun thing to play with now that I don't play with ... I play with the things that go on my body. I'm not longer concerned with changing my body. Does that make sense?

April: Exactly.

Sophie: Yeah, I don't know. I enjoy changing my hair. I feel like it's a bad sign if a white woman all of a sudden shows up with a drastically different haircut. It's like, "Are you okay?"

April: Which I've seen a lot.

Sophie: But I've been thinking and talking about this for a while.

April: Oh yeah, for sure. You were definitely mulling it.

Sophie: I've been considering.

April: I was like, "Please go blonde. Please go blonde."

Sophie: Yeah, I mentioned it months ago as a thought, and every week since then you've been like, "When are you doing it?"

April: Right. Then I was out of town when it happened, but when I saw the pics, I made a video.

Sophie: But it's such a commitment that I had to be sure, because I can't change it every two weeks. I've usually always gone to the kind, it's like a mid range, not upper range salon, but a mid to nice range salon where a haircut costs ... Also, I've always lived in a big city, so probably prices are different everywhere else, but in Phoenix, the prices are pretty similar to here where it would be like between \$100 and \$150 for a cut and blowout basically.

April: Okay.

Sophie: My hairstylist here, I go a place that I can walk from my house. That is why I chose it.

April: Perfect.

Sophie: Some people choose based on other things. I'm not that fancy about it. I went there and had someone who I did not like at all and went back twice and complained, and then got put with this girl, and I really like her. Her name is Christie. She has a special needs kid. She earlier this year split up with her shitty boyfriend. Now she has a new boyfriend. On Friday when I was there, it was her birthday, and he flew in that morning to surprise her. When I got there, they were canoodling in the back.

April: Oh my god.

Sophie: He was going to take her out for dinner and stuff. She was just glowing and so happy.

April: Wow, that's very cute.

Sophie: Yeah.

April: That's so cute.

Sophie: She's really good. I trust her a lot. The best thing about a hair stylist is having one who you're like, "Okay, I trust her to tell me the truth, be real with me, and be realistic, and then actually do what she says." When I was like, "I want to go blonde," I went in a week before and I was like, "I want to go blonde. How much time should I book? Do you think we can do it?" She's like, "Sure."

Sophie: Then I came in, I was like, "Here's the inspo pics." She was like, "Okay, we can't get it to there. We can get it to there today, and then come back in a month." It's like, "Okay, I trust you," and then she got it to that color. I think a lot of times if you have a hair stylist who you go to more than once, it's like in high school, I had the same hair stylist the whole time. It's like, "How's this going? How's that going?" She knows not emotional conversation, but she's always like, "How's your mom? How's your sister? How's this going? What's Victor up to?" She remembers everything, which I think is kind of wild, because I don't know that I would remember everything about that many people.

April: I bet she has so many clients. Yeah. Wow. But those are the ... that stands out to me too. I'm like, "Oh, all right."

Sophie: Yeah, like, "Wow, how do you remember all these things?" But I don't know. I think it feels like it's like a good relationship, and I trust her, but I don't think it's as close as black hair stylist salons are portrayed to be. Do you know what I mean?

April: Yeah, it seems different to me, because I think the nature of black women's hair in general, it's like, "I'm trusting you with this thing that's super important to me for some reason. Please don't mess it up. Because I trust you with that, I also might trust you with a bunch of other things." Have you ever been to a hair stylist that has the sign that says, "I'm a hair stylist, not a magician?"

Sophie: Oh my god, no.

April: I'm worried if this is only a black woman thing. But they'll be like, "Do not bring a picture in to me that you know you cannot."

Sophie: Oh my god.

April: But my opinion with hair stylist is, yeah, being realistic with me but also being like, "But I'm going to try to get as close as what you want." My other question is you've been blonde for less than a week. Are you having more fun?

Sophie: Do blondes have more fun? I don't know. I do feel kind of different. I keep catching glimpses of myself and being surprised by it. My hair is definitely drier. I had to order five different moisturizing pack on Amazon.

April: All right.

Sophie: I got to take care of her.

April: The mood is moisture.

Sophie: The mood is heavy moisture and not swimming anymore, because I need to not-

April: The chlorine.

Sophie: ... go green.

April: Yeah. I've seen many horror stories.

Sophie: So many. What I really, really didn't want was highlight stripes.

April: Oh okay. That was such a 2007 look though. People used to want you to be able to see the highlights a mile away.

Sophie: Like a skunk.

April: No. No longer.

Sophie: I don't want that. I'm sleeping a little more this week. Is that more fun?

April: Ooh. Blondes sleep more. Hot. I love it.

Sophie: I sent a picture to Victor, and he said, "Nice."

April: He's, "I said nice," a month later. "When I went blonde, all you said was nice." "Yeah, I said nice."

Sophie: Oh my god.

April: Horrible.

Sophie: He said, "Very pretty."

April: Anyway, thank you for sharing. This was lovely.

Ep_3 (Completed 10/12/18)

Transcript by Rev.com

Sophie: You're welcome.

April: I'm a fan of your blonde.

Sophie: Thank you.

April: Finally went blonde. Have I really been asking that frequently?

Sophie: Literally every week, and any time I'm like upset about something, you're like, "Are you going to go blonde about it?" Like you're trying to [crosstalk 01:05:33] me into it.

April: Blonde about it. I didn't notice I'm doing that.

Sophie: You were so excited about it.

April: Wow. I've been really looking forward to it though, I can't lie.

Sophie: It's so funny. I really appreciated that video, because I did know that I was going to get not a not supportive reaction from Victor, but he's just not very effusive. I was like, "Hopefully April likes it, because she's the most excited about seeing me with blonde hair."

April: I've been excited for months. Thank you for doing this for me.

Sophie: You are welcome.

Sophie: That's our show. Be sure to check out the show notes for links to the stuff we mentioned today, and don't forget to send us your questions via email or voice recording to FYI@shesallfatpod.com.

April: Please make sure to leave us a review on Apple Podcast. It's super important in making sure people find the show. If you leave us a review on Apple Podcast, we'll give you a shout-out on the pod next week.

Sophie: She's All Fat is created, produced, and hosted by us, Sophie Carter-Kahn and April K. Quioh. We are an independent production. If you'd like to support the work we do, you can join our Patreon by visiting Patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content.

April: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jessie Fish, and our logo is by Britt Scott. This episode was mixed and edited by Maria Wurttele. Special thanks to our fairy intern mother Lynn Barbara and our brand new intern, Kiersten Burg. Our Facebook, Instagram, and Twitter handles are @shesallfatpod. You can find the show on Apple Podcast, Spotify, Stitcher, Google Play, and wherever else you get your podcasts. Bye.

Sophie: Bye.

Sophie: (music)

Sophie: I'm so sorry, Maria. There's so much gardening happening. (singing).

April: Can I do an impression of the gardener?

Sophie: Yeah.

April: Mmmmmmmmmmm. Too loud. Too loud.

Sophie: The gardening is so loud. I'm so sorry. If you can hear that, I am so sorry.

April: Wait, it stopped. Okay, go.

Sophie: Okay.

April: But I'm going to pause for a second, because it's very loud at that point.

Sophie: It's very loud.

April: Okay, it's done.

Sophie: She's doing-

April: I have to say.

Sophie: ... the main thing I think you have to do, which is just pay attention and listen and try hard.

April: Be intentional.

Sophie: Be intentional.

April: Yeah. That's it.

Sophie: This gardener is so loud. I'm so sorry.

April: Imitates gardener tool

Sophie: Are you trying to harmonize with the gardener?

April: Imitates gardener tool.

Sophie: Oh my god.

April: Let's just pause for just a second, Maria. I'm so sorry. It sounds like it could be ending though.

Sophie: Listen to the machine work.

April: I got excited. We just got to get through the outro, dude. Can you chill? Do we need to put more gas in or something? I don't know how it works. I had to do all the gardening for our house growing up. It was such bullshit.