

Jody Glass ([00:01](#)):

Hello, everyone. Welcome to the Adelaide festival of ideas. Thank you for joining us on a Sunday morning. My name is Jody Glass and I had the great pleasure of chairing this morning session on parent guilt, ladies and gentlemen. Thank you very much for joining us this morning. As I said, my name is Jody Glass and I'm chairing the session. My job is merely to facilitate conversation between our panelists and also a discussion with you towards the end of the session. I'm going to take this opportunity to now introduce our esteemed panel to immediate left is Paul Wallace. He's a paleontologist, he's a father of one child that he knows of and we'll get that his son is 12 years old. I'm gonna come back to Paul in just a second. We have Tasha carts, a musician and mother of two children, both boys. And they've joined us today, not to add to the guilt of being a parent.

Jody Glass ([00:59](#)):

We have to bring them along to the work. Tasha is with the band called the Audrey. So you've, you've I know a fantastic band. They formed in 2006 and have been touring ever since. And her sons are seven and three, which means Tasha was both pregnant on the road. Which again is another form of guilt as well as being a touring musician, a broadcast and recording musician while being a mother. So we're going to hear from her about with juggle both of those things. We're also going to hear about a Tasha is she's had to be the mother to 30 year old men who she's on the road with. I'm not quite sure what's more challenging. Actually I do it specific to Romania and finally, John Giardini John is a child psychiatrist and is going to bring a wealth of information to all of us. Yes, he texts appointments for parents. In fact, Donna's is saying that that's the time he's doing most of his work now is to help parents understand their parenting and the children with home, or they're bringing up. I'm just going to go back to Paul before we open. I'm going to ask John time for now. There's a definition of guilt and definition of shame, John, as our core remark, as we met this morning, that he's a sperm donor, hence the cop.

Jon Jureidini ([02:20](#)):

Was, some time ago.

Jody Glass ([02:22](#)):

Was. Wasn't an offer.

Jody Glass ([02:27](#)):

So [inaudible], So that's why he said, he's the parent of one son that he knows of. And we're going to in fact, tease that out a little bit more during the conversation, but first I'm going to ask John to speak to us about guilt and shame.

Jon Jureidini ([02:46](#)):

I think there's a, a lot of overlap between those two concepts, but shame is more about my appraisal of myself as a person. I may not fall on short. Guilt is about my appraisal of my actions when I fall short. And so the positive side of guilt is that it offers an opportunity to repair damage that we've done. And so I would generally see guilt as a positive, but uncomfortable emotional experience that we have. Of course, the experience of guilt when a time justify is a bad thing. But I don't think on the whole parental guilt is something that we should feel bad about. Any more than we should feel bad about anger, anger can lead to destructive behavior, but anger can also lead to social challenges and very positive things. I've been a family and outside of affair. So shame I think is a potentially destructive emotion because in

the state of shame, we just want to hide and run away and we don't take it upon ourselves to try and make a difference in the world, whether it's the world within the family or, or the world more broadly, but guilt, I think properly managed is a positive contribution to family, life and society.

Jody Glass ([04:09](#)):

A friend of mine, a dear friend, he wouldn't get up in the morning if it wasn't for guilt, which I think is a good way to describe parenting, Tasha to speak to us about being on the road or pregnant. And now being on the road between parents, is there any shame or were you ever made to feel shame in that?

Taasha Coates ([04:26](#)):

I actually, so often when I'm finished a show and I'm out meeting the crowd, they're buying CDs and chatting to me, they say, where are your children? And I started to really me off because they're not asking the male musicians who have children that same question. So I started saying, oh, they're in the car. They find out at the window. Which shut people up pretty fast. But it is hard being away from them. I miss them a lot, you know, I mean, I'm sure every parent can relate to that feeling of, oh, it's going to be good to get up, you know, be kid-free for awaken again and do it. And then within a day I'm looking at photos of them on my phone and calling them and driving them crazy. So it is hard. It's hard to be. I mean, you know, I have a job that takes me away from them a lot when they were young, I took them with me, which was hilarious because I breastfed them both to 12 to 18 months. So yeah. Having to time the run, so to speak, to come back to your time. So I didn't that leaking oversharing a tiny bit, but I had I had one of my, one of them, I think the littlest one who's up there, he's three strapped to the front of me, you know, in one of those papoose things while I was sound checking and all these people were walking past and going and coming in and taking photos of me, like if it was some sort of strange anomaly to see a parent, a parent who's also in a band, it's like, well, you should stop that now.

Jody Glass ([06:10](#)):

And you don't think that same guilt, they're trying to place that same field on the museum.

Taasha Coates ([06:16](#)):

Absolutely not. In fact, I've talked to mommy sessions about the same thing. And in fact, once I was a mom, every newspaper article about me said, musician, mum, mum of two, it would, even if I had just released a record, it would talk about my motherhood before my career.

Jon Jureidini ([06:34](#)):

I remember cutting out an article from the paper in which somebody was describing Mick Jagger as a great dad. And the basis of that was I think he, you know, occasionally written a letter to his kid who lived in another country.

Taasha Coates ([06:50](#)):

Right, right, sent them a lot of money.

Jody Glass ([06:51](#)):

Do you think that that we're trying to reduce us as parents or are we trying to shame us? We're definitely trying to make us feel guilty when we say, oh, we judge, we were talking a little bit about this

earlier with judge, how the parents are there for coming up to the standards of parenting that we expect as normal or failing to meet those standards. And do you think that's what's happening there?

Taasha Coates ([07:15](#)):

Very much so. Yeah. Why are you out at night? You have children. I'm like I'm at work.

Jody Glass ([07:21](#)):

We talked a little bit about this too. About the notion of work for you when the boys start to comprehend or get onto the swearing, comprehend the material. That is your work.

Taasha Coates ([07:35](#)):

I am a little worried about that. Obviously I've put three albums out before I had any children block your, block your ears children. But my work, my songwriting is, is very honest and raw. And I swear a little, I talk about sex. I talk about ex-boyfriends. I am worried about them getting to an age and going, oh mom, ewww.

Jody Glass ([08:05](#)):

And do you think that will change their perception of you?

Taasha Coates ([08:09](#)):

I'm not sure possibly. Yeah. Will you? Will you see me through it? I don't know. I don't, it's really hard to know what they'll think is also the artistic side of it. Where I think if, if my sons grow up to really like rock music, they're going to be like, mom's music is really daggy. So there's that too, you know, there's that will they, will, they have respect for me as an artist.

Jody Glass ([08:32](#)):

And do you think that's you feeling any guilt or shame about the work that you do?

Taasha Coates ([08:38](#)):

Well I was thinking when you were saying guilt is something where you can go back and you can correct things where I can't go back and change the records I made before I had children. Unfortunately.

Jon Jureidini ([08:52](#)):

We feel guilty about, we can't change. We've done them, but it's a question of how we feel about them and also what we do if we've done damage. I mean, I don't think what you're talking about is done any damage to your children, but if we've done something that's done damage to our children, then to make, I make reparation and reparation, isn't undoing the damage we've done, it's doing something different and undertaking to change. And you know, it's not just like the man is voted his wife and then gives her a bunch of flowers. Like it's gotta be a genuine, you know, acceptance of responsibility for what you've done and, and somehow finding a way to make it good and equivalent correction of it, not just some kind of tokenistic apology.

Jody Glass ([09:36](#)):

Have you got an example of that, John, that you've come to through your work practice?

Jon Jureidini ([09:41](#)):

Well, I mean, I guess in with the parents I work with who are, you know, very transgressive, they've done things that they should feel guilty about. Those are parents whose infants have been removed from her care. And, you know, the reparation they do is by being, having the courage to acknowledge what they've done and what they've done has been wrong. And to undertake the painful process of changing as a person and recognizing the need to change as a person before they can be trusted to have their children back in their care. And you know, some people do that with amazing courage, people who have gotten into that predicament because the way they've been treated as children but are prepared to take the stand, to break that cycle of repetitive abuse.

Jody Glass ([10:32](#)):

Do you think there's a moment where you have to actually be encouraged feelings of guilt in order to understand behavior?

Jon Jureidini ([10:39](#)):

Well, I, I think, you know, the, the notion of confronting people with what they've done wrong can go in one of two ways. It can be a process of bringing people face to face, making them face up to what they've done, which is I'd argue potentially a constructive process, or there's the version of confrontation, which involves rubbing somebody's nose and what they've done, which is shaming. And I would argue usually destructive and only reinforces the, the bad behavior. So in my work, that's what I'm trying to do. Bring people face to face with things that they shouldn't have done, and also helping them to come face to face with things that shouldn't have been done to them and not to feel shamed because I've been abused or because they've grown up in poverty or whatever it is.

Jody Glass ([11:31](#)):

It's a very complex set of emotions. And sometimes parental guilt is about simple things. We talked about swearing. At what point do we as a parent or do we, as a community say that it's okay to swear in front of the child or allow the child to swear. So Paul had some interesting takes on this.

Paul Willis ([11:52](#)):

Well I'm firmly of the opinion that swearing is a fundamental part of Australian culture. And if you can't swear effectively, you are, you are sexually compromised. I think it's therefore the responsibility of the parents to train Metro. Hausler effectively, let's face it. You know, if you ever been confronted by someone who's gone, I mean, you can dismiss them out of hand because they can't swear if I did, then the question comes, what is an appropriate age to introduce your child to bottom and then bottom and work your way up all ships. And that probably comes in about 6,000 and then you go up the scale from there, I've actually taken the complete opposite approach. There's no such thing as age appropriateness in this field because sooner or later my child is going to be exposed to these words. So we may as well start out from day one. Let's, let's talk about, let's talk about the most obscene words that you can come up with and talk about how you use them effectively when you use them, when it's appropriate to swear when it's not appropriate for swear, and the amount of guilt that I have had to endure from his mother because this is all seen as age inappropriate. I think the whole concept of guilt really comes around the transgression of the law, the transgression of the norm. And so whenever you try and do something a little bit different, such as my approach to teaching my son, how to swear that's when parental guilt is either you bring it on yourself or it's imposed upon you from our side.

Taasha Coates ([13:44](#)):

You should run the classes, for kids, swearing classes. Swearing 101 for the 5 year old.

Jon Jureidini ([13:50](#)):

transgression of norms. I mean, I think it's a really important issue, isn't it? Because there are some norms that should be transgressed and others, it should be. So we should feel guilty in my sense of positive guilt, about transgressing norms that we recognize shouldn't be transgressed. But if we're trying, if we're being sort of little revolutionaries in terms of transgressing norms, that should be broken down, then that's of course the celebration, not guilt.

Paul Willis ([14:16](#)):

And, and the whole question around bringing up, bringing another human being into this society the best place to live your life is on the edge. It's at those boundaries. And more often than not, I've found in life the best way to find the boundaries. Is it in your rear vision mirror? It's when you go over the boundaries and you can stop and say, okay, sorry, I have gone too far and you can wind it back, but unless you're living life on the edge, unless you're encouraging your kids to push boundaries, to explore boundaries, to get out there and do that kind of leave boring lines. And then that's when parental guilt should come in. How dare you bring your child up to be boring? Yeah.

Taasha Coates ([15:00](#)):

When my big boy was two, he had a truck that used to go [inaudible] And I'd be like, oh, sweetie, just, does it not go, broom. No mommy. So he was a little 2 year old rebel.

Paul Willis ([15:20](#)):

Love it, love it. Another classic example with my son Chester again, around sense of humor and there's loads. It's such a changing field. What is appropriate at what age to introduce your son says, oh, I've just ignored all of that, thrown everything at him. And you know, he was word perfect on all of the Monty Python films before he was seven. And it came back to bite me somewhat, but when I took him to Antarctica and on the way through, in Buenos areas, we had a day off. And so it took him just so show him the sites around Buddha's areas. And we're in the same Martine cathedral, which is the main cathedrals, whole of Argentina, very sacred place. It was very quiet. There was a mass going on down the other end. So everyone was being respectful and quiet. And at the top of his voice, he points to Jesus on the cross and goes, look, it's Brian. And then to try and extricate me from under the them knew where I was hiding. He said, don't worry that they don't understand they only speak jibberish. Now, a number of times when I've told those stories that some more pious than rational people have come back to me and said, well, obviously appalling attitudes for an eight year olds have, and it's like, it's an eight year old kid, don't go imposing your adult values. On my eight year old kid, he made a great and very humorous association. Give him compliments for that.

Jody Glass ([16:57](#)):

So it feels like we're constantly through putting guilt in that it's trying to bring each other down rather than lift each other up in parenting. So how do we balance that kids okay with, oh, you're right. I've overstepped that boundary. How do we find that balance as a parent. Full declaration, I have a 13 year old daughter who is fully immersed as a teenager and 10 year old son who had abandoned soccer this morning. He said, mom, will you watch me play? I said, no, honey, I won't. And I felt no guilt

whatsoever. I had the perfect excuse being here today. So how do we balance those, those feelings of guilt? I should be there watching him and cheering him on. And yet I am still a full and rich human because here,

Taasha Coates ([17:49](#)):

Which is important for your children. I think, I think that particularly because I have sons that I think it's really important for them to see a woman with a career, as much as it would be nice to be home with them or, and I, neither of my children have ever actually been in childcare because the great thing about being a musician is you work on the weekends. So I have actually had a lot of time with my kids. I'm often away on the weekends, but I'm there Monday to Thursday and some weekends. And I also have a very supportive family who look after my kids a lot, but I want them, I want them to go, there's my mommy on the tele. I want them to feel proud of me and to see women having a life outside of the home and

Jody Glass ([18:36](#)):

And a work ethic. Yeah. Because actually you're setting a standard saying, this is, this is the expectation is how hard I want you to work because what you do is hard. Yeah. I also find it hard to tell people about being a parent, particularly small ones. It's boring. Sometimes it's monotonous,

Paul Willis ([19:00](#)):

Gorgeous, intelligent child. I've got this. Yours is all right. Yeah.

Jody Glass ([19:06](#)):

But we're made to feel guilty about even having nice feelings as a parent, John you're in a, quite a different world. So Paul, your son is 12, seven and three 13, very different world. Where are your children? 24 to 31. Is that right? So, so your guilt lifecycle is in a different place now.

Jon Jureidini ([19:31](#)):

Hopefully my guilt has passed me by, well and the damage is well and truly done.

Jody Glass ([19:40](#)):

So do you think there is a period of which we no longer feel guilty as parents?

Jon Jureidini ([19:44](#)):

Well It depends where they're got grounds to feel good. I mean, I, you know, I think some people have done things that they should feel guilty about for the rest of their lives. And we have to face that. I mean, we're, we're, we're talking at the edges at the kind of privileged gage of parenting at the moment. We're not talking about people who've really seriously damaged their children sometimes deliberately. So that's a, that's a different field of parental guilt. And, but, you know, on the hall where we're self-serving and our way of regarding ourselves. So if we feel a tinge of guilt, that's probably justified and it's probably justified at least that we reflect on that and wonder about it. And, you know, is there an opportunity to make good some of the stuff we've done in the next generation, or is there an opportunity to make good with other people in the community? Because, you know, focusing all of our energy, our own families is is, is in a way of justified selfishness. Now family first is really just a code way of saying me first. Not sure Where I'm going with this but

Panel ([21:06](#)):

[Inaudible]

Jody Glass ([21:06](#)):

You've raised two concepts though there's absolving guilt and also anticipatory guilt. We touched on those a little bit too spoke earlier. So absolving ourselves we kind of want to do that because we feel some shame about some things we want to do. That's okay. Sometimes you've indicated it's not. Is that the area that it tends to be working in?

Jon Jureidini ([21:29](#)):

Well, I think if we, if, if we don't take responsibility for things that we've done wrong, then we're diminished as individuals. And if we don't do it as society has, we can see in Australian society all the time, we're diminished as a society. So, you know, if John Howard felt a bit more guilt, that would have been good for Australia.

Jody Glass ([21:54](#)):

One of the other things we were talking about, and you've touched on this about good guilt, bad guilt, what would be some symptoms for us as parents about bad guilt?

Paul Willis ([22:10](#)):

I think when we're talking around the idea of guilt being used as a mechanism to conform to societal norms, I think with the non-conformance generations that have sprung up since I don't think that that's particularly constructive guilt, those are gilts that needs big challenge at turn down and dismissed, but then when you talk about guilts that imposed or, or derived from the appropriate height of your child, for instance, anyone who's suffering parental guilt around the issue of vaccination and should, why should I feel guilty? Because I don't have my child vaccinated that then is a much greater crime, not just against your child, but against the society. And you're, that's where I think you, we're talking about positive parental guilt. So yeah, there are two extremes there. I think

Jody Glass ([23:41](#)):

You must feel some well you've clearly called out some attempts at bad guilt when they say oh well ou're not at home with your children,

Taasha Coates ([23:49](#)):

Yeah or where are our kids, like, if I'm not looking after them, then they're in the car with a bag of chips. Yeah. I think people trying to put guilt on working moms is a real big issue that I certainly have felt a lot. And I know it, you know, it gets talked about, but it's very real it's I, I was really shocked at how noticeable it was, how tangible it was.

Jody Glass ([24:19](#)):

And how quick we are to punish others. Yeah. And then we feel it ourselves of why have I done this? I've handed my child to childcare or not abandoned my child to childcare. We also spoke about some of the bigger issues, the choice to have a child and the choice to not have children. And it's a big thing. And we, most of us go into parenthood knowing



Paul Willis ([24:46](#)):

I would think the greatest parental guilt is having kids at all. When you, the world is already overpopulated the worst people to bring into the world more Australians because we are so resource hungry for every Australian child that we bring into the world, they will use something like 20 times the resources that a Bangladeshi child will consume during their lifetime. We passed the carrying capacity of the world back in the 1960s around about when I was born. So surely from a, an existential global perspective. Even the fact of having children should be the greatest parental guilt, but then that gets offset against the, the point that you made earlier that so many people are made to feel good, even not having kids. You know, as soon as you get married, I got married to shut people up who were saying, oh, when are you going to get married? So we got married. And then, then they start on. So when you're going to have kids, it's like, you know, it's a no win situation

Jody Glass ([25:56](#)):

Or when you just had it, and the first thing that says me having another one.

Taasha Coates ([26:02](#)):

And I lost three pregnancies between my two children. So when people ask me that often I was not long out of a miscarriage, so it was very personal and confronting. And a couple of times I went, well, I just had a miscarriage. Thanks for asking, you know?

Jody Glass ([26:20](#)):

Yeah. And what was the response? Because that's...

Taasha Coates ([26:23](#)):

Shock. Embarrassment. Yeah. Hopefully, hopefully. I mean, you can say it to a friend. He got, are you guys thinking about having another baby, but you can't say to a stranger. Yeah.

Jody Glass ([26:35](#)):

And that's a very difficult topic. Miscarriage and stillbirth. Yeah. Did you, did you feel the need to recover? Do you feel any guilt about what had happened to you?

Taasha Coates ([26:51](#)):

The first one was the worst cause I was over three months. That was pretty devastating. The second one was ectopic. So there was, there was no saving it. And the third, I was only about seven weeks or something. And I was about to give up trying to have a second cause it was too traumatic. And then when I got pregnant again, I went, if this one doesn't work I'm done and that's little Sebastian up there he's three and a dinosaur level obsessed with dinosaurs, paleontologist, whose son didn't like dinosaurs.

Paul Willis ([27:31](#)):

Following on from that point, there's another parental guilt that we experienced in that. You know, Chester was was we slipped up in the contraceptive. We never intended to have a child. And one of the most unexpected things that we experienced was the number of close friends who came to us and said how lucky we were, because unbeknownst to us, they've been on IVF. They have been trying and trying and trying to have kids. And I don't think it's the guilt in this case, but it's a profound sadness when you



realize how many people are out there who really, really want to have kids. And they can't have them. It's incredibly incredible,

Taasha Coates ([28:22](#)):

People have complete strangers saying to them. So when are you guys having children? Yeah, terrible.

Jody Glass ([28:28](#)):

I've watched the film line on the weekend on actually the family for three of us were solving the other one. And my son was trying to turn the movie off to stop us from sulking. But how do you protect crybaby? He was anguished at our anguish, which was a beautiful feeling of empathy, but the line that Nicole Kidman character, she said, we chose you. We chose to adopt you too, because we thought there were already enough children in the world. And it was that really resonated with me. It's back to your point about them, the notion of environmental concerns of an over populated country or populate. There's a guilt that children place on us apart from what my son does daily is around choices that we make.

Paul Willis ([29:21](#)):

Oh yeah I am regularly guilted by eyesight about art that you haven't done the recycling properly, that why are you driving the car in, when you can take the train and preserve the planet for mental inherit? When I grow up, it's like, [inaudible] It's moments like that you can't send them back to where they came from. I've tried to sell mine.

Jody Glass ([29:46](#)):

Jon, some of the other reflections for you that that's a very complex topic, the notion of choice to have a child and not to have a child. And in the context of an populated planet. And for me that what are we leaving our children to? What, what are we going to leave this planet? Do ou deal with that in your work, or is it too much about

Jon Jureidini ([30:07](#)):

Busy enough dealing with it in myself? Really all of the choices I make, like eating meat and having three children and things that are choices that I shouldn't make, I make them. And guilt is an engine to make me reconsider those things. Whether I'm taking the action on that, I guess is the question.

Jody Glass ([30:33](#)):

And do you fix up the recycling? I'm not allowed not to,

Taasha Coates ([30:41](#)):

My son tells me off the swearing, sorry, proudly putting his hand up. Mummy don't say that word. And he didn't start doing that until he went to school. So obviously someone else has taught him about naughty words,

Taasha Coates ([31:09](#)):

[Inaudible] at least you can spell it, honey.

Jody Glass ([31:15](#)):

I suppose there's also known when it's a adjective and it's a verb when it's a noun. Yeah.

Jon Jureidini ([31:21](#)):

Usually nouns verbs and adjectives. It's too powerful to leave out of the...

Jody Glass ([31:26](#)):

And used well

Paul Willis ([31:31](#)):

Oh indeed, I think it was Billy Connelly. Give me another word for fuck and I'll gladly use it.

Jody Glass ([31:37](#)):

I can see some eager faces. And I'm wondering if at this moment there's a hand belted up there. Wondering if there would be some questions from the floor, we've got three mikes here. We've got to helper. Who's going to rip one from the hand and I'm going to start here and then work my way across. So could stand up today is about, about questions, not statements.

Audience member ([32:00](#)):

So many questions. There's been a lot of obviously guilt and the, the indication of your guilt implies that there is a right and wrong in the first place. And that would depend on where you come from, what, what tells you you're living in all that sort of stuff. Right? So that in itself is unhelpful. And also means that we all weigh between different gifts at all times. Right. what I'm trying to figure out is we say w what is right and wrong with all the talk of guilt and what is happening as a result of that guilt, like everybody's feeling guilty. What are the implications of that guilt on our behavior as parents? And how does that impair us as parents? And with all of the guilt that's out there, there's judgment is given them that sort of stuff. How do we change that? What do we, what do we do if we're all feeling guilty about stuff, and it's actually creating problems for us, then what's the point in it. And the first place and how do we stop that from happening so that we can actually free ourselves to be better parents?

Jon Jureidini ([33:06](#)):

Look, I think the positive side of guilt is not because you know, what I'm talking about as positive guilt is not, when we recognize we've transgressed somebody, else's moral judgments, it's rare, but when we've transgressed our own moral judgment, so we should feel guilty. And that offers us the opportunity to make reparation for having done that. I think if we're feeling guilty about what somebody else thinks we should do that invites us to think is, is that a view I share, but that's more likely to be the bad kind of guilty our responses to being blamed by another person.

Audience member ([33:43](#)):

Thank you. It's a question for Dr. Jureidini. earlier in your speech, you talked about the idea of people who are presumably damaged, who do things to their children which were caused by what had been done to them. How fluid is this concept of causation in that context, and what should people do about the things that have been done to them, which are so damaging?

Jon Jureidini ([34:08](#)):

Oh, you picked me up on over-simplifying really, it's not wanting to suggest that there's a kind of one-to-one relationship between how the person's been treated and how they then treat their children. So there's a wonderful line from Phillip lock and I you up your mom and dad. I think there's a kind of tension between the degree to which we've been up by other people's influence on us and the degree to which we have to take responsibility for having factor by ourselves. And I think a lot of therapy in my case and parenting and other in another role is about trying to find that the balance between to what extent do I need to acknowledge that I'm a person who's been damaged by my experience and hold other people responsible for, and to what extent do I need to hold myself responsible for what I've done and you know, that kind of shifts and is fluid. I'm not sure whether I'm answering your question, but I think

Jody Glass ([35:26](#)):

Thank you. Next question for the check up the...

Audience member ([35:40](#)):

Thank you. Is it still significant that the correct human posture is the squat for sitting, for correct elimination of waste for proper digestion, facilitating the peristaltic wave of intestinal motor pump donk engine and yet the first thing we feel on birth is shit on the buttocks. It is basically true. That shit goes down, but as soon as many are born out of the amniotic, the nappy, very functional, practical, and even beneficial for the parents. But as soon as that first nappy was clapped on, then shit came out and up and down and around and every which way and loose.

Jody Glass ([36:24](#)):

We might take that as a statement though, I'm sure my son would like to answer a poop question.

Audience member ([36:30](#)):

I wonder if you could comment on the guilt associated with divorce and separation?

Taasha Coates ([36:37](#)):

Oh, that's a tricky one. I'm separated from my boys dad but remarried. And I think that was absolutely the best thing for them because I, I didn't feel safe in that relationship. So I think that I try really hard not to feel guilty about that, although that does take work.

Paul Willis ([37:00](#)):

Yeah. When I separated from my son's mother we made a conscious decision that at the center of all of our actions was his happiness and that he should feel no repercussions, no implications. And the fact that we'd separated and by doing that, I think he's come through. Right. You know, he, he gets two Christmases every year. He gets twice the number of presence. He's got two bedrooms, he's got two laboratories, you know, he's, he's, he's been each time really well out of the separation, but I think you do as parents, you do need to make a conscious effort for the happiness and the welfare of the children in the separation. The separation is not about you and your partner. It's about the kids.

Jody Glass ([37:56](#)):

That must be a daily challenge.

Paul Willis ([38:00](#)):

It was at first, it was at first, but now it's just second nature. Yeah, I'm still on good terms with his mom. We have a really healthy custodial and fluid custody set up so that, you know, essentially it's two weeks off, two weeks off, but if something comes up, I'm like, she's taking the in week after next week. That's supposed to be my week, but who gives about it? Let's not make an issue of it. He's going to be happier scheme. So let's make that happen. Once you get into that mindset its actually surprisingly easy to do.

Paul Willis ([38:40](#)):

Yeah, yeah, yeah. My stuff is just money and possessions, but you realize that they're not, what is really important in life. What's important is happiness.

Jon Jureidini ([38:56](#)):

Well we've talked about guilt where the, how the bad actions have been identified and recognized, you know, what people have done, but there's another kind of guilt as, as the children are older. And we think basically, okay, then they're into drugs. They have marital difficulties themselves. They support the Adani coal mine. They do all sorts of things.

Paul Willis ([39:21](#)):

Boy what did you do to your kids? [inaudible]

Jon Jureidini ([39:25](#)):

And that's when the guilt comes. The unfixed guilt, what on earth have we done wrong? What did we do wrong? Could we have done this better? Could we have done? And how do we handle that?

Paul Willis ([39:36](#)):

Almost an inverse case of that. We mentioned in our discussions before this session, and that's the case of David Hicks and his dad and the fact that they, you had a father who was doing 100%, what a father should do, and that standby his son, no matter what. And the public pillaring that that man suffered the public, the parental guilt was heaped on him from the prime minister down was unconscionable. So you know, as far as I was concerned, David Hicks, bad Terry Hicks. He should've got father of the year. In fact, he should got father of the decade. So I don't, I said, Come at your answer a different way. I think there has to be a point where you have to allow your kids to be responsible for their own actions. So if they go off and join one nation, that's no reflection on you.

Jody Glass ([40:44](#)):

I think we're almost out of time. Is there anyone else who would like to ask a final question.