

[00:00:01.290] - Lisa Qualls

Welcome to the Adoption Connection Podcast, where we share resources by and for adoptive and foster moms. I'm Lisa Qualls,

[00:00:08.980] - Melissa Corkum

and this is Melissa Corkum. Don't worry, we get it, and we're here for you.

[00:00:14.290] - Lisa Qualls

Hello, friends. Welcome to episode 103 of the Adoption Connection podcast. Today we are talking about something that is familiar to probably nearly every adoptive parent, and that is the waiting period of bringing your child home or adding your child to your family through adoption. It is a hard time, and I think even for us, Melissa, it was not terribly, terribly long. But right now there are families, due to COVID and restrictions on travel, who have waited a long time to bring their kids home and may still be waiting. So this is a very timely topic for many of you.

[00:00:56.920] - Melissa Corkum

Yeah, we brought in Herbie Newell from Lifeline Children's Services, and Lifeline is a whole bunch of things, but they are an agency. They also have a lot of ministry offerings and services to adoptive families. But he was able to really just give us a big picture of specifically what the landscape is for international adoption, along with really practical tips for how families can use this time well. I was actually surprised. I thought, what are things, like, there can't be that many. And he actually had a ton of really great ideas for families who are in the waiting place.

[00:01:40.990] - Lisa Qualls

Yes, and I liked the fact that he knew how to do some of the big things, like how to reach out to the State Department and things in positive ways. He had a lot of good ideas. It both reminded me that we do have things we can control, even when nothing feels like it's in our control, but also that we can use the time of waiting well.

[00:02:03.840] - Melissa Corkum

Herbie lives in Alabama with his wife and three kids. He is the President and Executive Director of Lifeline Children's Services. And under his leadership, lifeline has achieved international accreditation under the Hague Treaty. They've begun an extensive foster care ministry and started Unadopted, which is a strategic orphan care ministry plan in more than ten different countries. He also speaks nationally at different conferences and events and regularly preaches throughout the world on gospel driven justice. So here's my conversation with Herbie.

[00:02:38.590] - Melissa Corkum

Well, Herbie, welcome to the Adoption Connection podcast.

[00:02:41.550] - Herbie Newell

Melissa, thanks for having me. It's such a delight to be able to be here with you and your audience.

[00:02:46.840] - Melissa Corkum

So we're going to talk about something we don't talk a lot about here at the Adoption Connection because generally we are a post adoption service and resource to families. But we do have folks in our audience and in our Facebook community who are in process, and maybe they're both maybe they're post placement and maybe they're going for another child into another process. It's something Lisa and I are pretty far removed from. Both of, all of our adoptions, totaling I guess like eight kids between the two of us, all happened between 2007-2012. So can you just, I guess, give us a starting point? What are like an update these days? What are the general starting points for adoption and what are the options?

[00:03:29.960] - Herbie Newell

Yeah, I think for one, certainly the good news about international adoption, because I think so many people talk about the bad news of international adoption, and they want to talk about numbers decreasing or there are not as many options to adopt. The good news is, and we've seen it firsthand

as an organization, as a ministry, is that we are seeing a lot more domestic options for children. So you're seeing a lot more domestic adoption happening in countries of origin. Even in the last several months, we've been able to work in the country of Colombia to not only see adoption happen, but now to see foster care happen through local churches. So you're seeing trauma-informed individuals who have gone through TBRI training, who have gotten some of the best care, that are now coming in and fostering children and with an openness towards adoption. And so you really do see this openness worldwide towards adoption. Now, the truth of the matter is still most of these countries are not equipped, and really don't have the same heart that a lot of American families have for older and special needs children. And so really what we see is if a family has a heart and has a burden and has the capacity for an older child, I'd say over like four years old and older, as well as a child with special needs, there's still very much the need for families, for these children.

[00:04:58.310] - Herbie Newell

These children are still waiting for families and need those families. And we see we see a lot of options. So I think the first place for a family to look is, as we would to anything, do you have the capacity, do you have the room? And are you willing to go through the necessary steps to prepare yourself for the child that comes into your home?

[00:05:25.120] - Melissa Corkum

Yeah, what are some of those kind of markers? I know that's a much really bigger question, but maybe in a couple of sentences, right? When Lifelinem is working with families, what are some questions that they're asking in terms of how do we tell if we're, quote unquote, ready? What does capacity look like?

[00:05:42.990] - Herbie Newell

Yeah. So, I mean, we want to definitely evaluate how overwhelmed is that family in their current environment. Certainly there are some practical things, obviously, like finances and room in the home, but we also want to really start to vet out motivation. So is there a guilt complex? And I know you guys talk a lot about even in the post adoption, not feeling this guilt, but wanting to make sure family's motivation is not like, I have to. Or for our constituency, well, James 1:27 says to care for widows and orphans under distress, and that's pure religion. Well, it doesn't just mean that you need to adopt. So have you teased out these other callings along the spectrum of caring for orphans and widows? And really trying to vet the out to that call? I think the next thing is, especially when we're talking about intercountry adoption, is there a place or a country that you've already been invested in that you already have a heart for? You know, one of the things we don't want to get into is crusaders that just want to rescue. They saw pictures on a movie screen or they saw pictures on a video, and now they just, oh, I want to go save them from their country.

[00:06:57.550] - Herbie Newell

We want to tell folks, God is sovereign and he's at work all around the globe and in every place. And what we're looking for is families that say there are specific children that have a need, and we want to be a family to one of those children. So one of the things we go through is help the families really understand, what do the children that are waiting, what's the characteristics that they have, and who are they? To prepare that family to say, how would it look like if you go to Colombia, picking on Colombia and you're referred two children? You know, there's a lot of sibling groups that are in need in Colombia. What if you ended up being matched with a ten year old, with a four year old? What would that feel like now? We need to make sure those families have thought through the realistic aspects of those children that are waiting, before they get a call that they're getting a referral. They need to think through those things before they ever fill out the application.

[00:07:52.910] - Melissa Corkum

Those are such good things. Now, we have some folks who kind of are in process, and we're talking about intercountry adoption here. And of course, at the time of this recording, there's still a lot of travel restrictions, quarantine restrictions, even interstate travel, I think, has really cut down, let alone international, inner country travel. So for folks who may be in process or even at the very beginning, they're waiting. They know they have a child in Colombia and China, Ethiopia, which actually I don't even know if some of those countries are still open, but where can folks get updates about quarantine

restrictions? I'm assuming, hopefully the agency they're working with is helping them to know. But are there other ways to kind of find out? Or if you're starting to look at an intercountry process, what's a good way to find out what are the chances that I'll be able to travel or work with the country given the COVID restrictions?

[00:08:47.470] - Herbie Newell

Yeah, well, the good news first is a lot of Latin American countries and a lot of Eastern European countries are opening back up now. Certainly they are requiring either that the family take a COVID test before they leave and bring those results and they are immediately tested in country. Some are still requiring the families to quarantine for 14 days. We did see Taiwan has agreed to open up for a 14 day quarantine for some of those families to come and get their children. And then through it all, Even in China and in India, some of the harder hit countries globally, we still can see referrals given to families during this process. So what we thought was very bleak back in April and May, kind of where will we ever see an end to this and can families ever be able to go and bring home these children that technically and legally, in most cases are already theirs? We're starting to see those open up. Really, the countries that I would say are probably the furthest from receiving families are going to be China and India, just because they have been so hard hit. We have estimations from both the State Department as well as inside of those countries that India could, and again very much a could and if, they could see some travel before the end of 2020.

[00:10:08.210] - Herbie Newell

We're preparing families that are waiting in China that it's going to at least the first quarter of 2021 before we see China open up. But again, good signs in China is they're still asking us for families and dossiers because they're saying they have children that they want to match and that need homes. So, yes, the process has been elongated and it's hard, it's difficult waiting. We always tell families to expect the unexpected, but nobody could have ever begun to expect we'd be under a global pandemic. So, you know, the good news is things are starting to open back up. Things really have never slowed down from a referral process. And I would just tell families that any good agency, which I believe all agencies right now, if they're Hague accredited, the processes are so stringent that it really is. If your agency is Hague accredited, they're probably a really good agency. They're going to have the information. The State Department has done a fantastic job. And I know a lot of times the State Department gets a black eye. They've done a fantastic job during this global pandemic hosting calls that organizations are able to be a part of.

[00:11:16.450] - Herbie Newell

They've hosted several calls for waiting families to give up to date information. And I would tell any family it's a process. The State Department doesn't have all the answers right? But what I am encouraged about is they're communicating, they're communicative, and they are updating us as countries are opened. And then certainly your agency should know, if they're in regular contact with those countries, to make sure that they know what those requirements are going to be.

[00:11:42.760] - Melissa Corkum

Yeah. So we kind of reached out to our community and asked what they would want to know for folks who are in process. And some people asked, do you have recommendations for how they as parents can advocate for their kids during the stall. And my guess is all governments are really they're not unaware of the stall, and they know that there are kids waiting. So what would you say about advocacy? I mean, we're talking big governments, international restrictions. This isn't necessarily like a single case where you're going to call your senator, right, and get approval to travel to China. But are there ways that families can be advocating for their kids during this wait.

[00:12:29.130] - Herbie Newell

Hundred percent. And I think the first thing starts with going ahead and checking with your employer and asking, hey, you knew we were going to be taking this trip to adopt and it was going to be 14, 21, 10 days. Are you okay if I have to add another 14 to 28 days to that? And going ahead and getting their approval, that we understand that you could be called away at any moment and you may have to quarantine there, and you may have to quarantine on the way back. The good news is most employers now are used to remote working and have had to deal with that because we've dealt with that here in

the United States. But I think going ahead and getting that secured because then you can go to your agency and say, I just want you to know I'm ready. The moment that I can travel, I'm ready. That's one of the first things you can do to advocate. I think then, what we're seeing with a lot of countries is they're starting to open up. They're starting to be a lot more willing for those families to come on and to travel. And so just to allow your agency to know we're ready and we're willing. One of the big things that is really a hiccup right now, more than even countries allowing families to come, is securing the airfare or securing the flights to get to those countries and travel.

[00:13:43.240] - Herbie Newell

I think one of the things, if you wanted to call your senator, if you wanted to call your Congressman, is to ask for their help with the airlines to charter flights at good prices to get some charter flights. We're working right now. And again, you're going to think all I do is Colombia, but we're working right now with Delta and with American, and there's been some senators and some congressmen who've made those calls and said, hey, there are 30 families that would gladly jump on a flight, and there are others that would jump on these flights if you would enable these flights. And so I think those are the type of coordination things that are very important. And then I do think writing a note to the Department of State to let them know how important it is, that you're advocating for your child adoption@state.gov. They'll probably kill me, but they've asked for it, to write a letter and just tell your story and to let them know, number one, as believers, we're praying for you. I think that's powerful. We're praying for you. We know your job is hard. We're praying for our country of origin. But we want you to know that no matter the cost, we're ready, willing, and able to go. I think that helps the State Department to even be able to go to tell a country like China, hey, we know there's 150 plus families with children that are waiting. We've heard from these families, and they're all willing to go through any additional steps in order to get their children. And so I think those are some ways that you can advocate. Make sure your agency knows you're ready, make sure your employer is ready, if you have to drop at the moment's notice. Make sure you're talking to your congressman or senators about lobbying the airlines to make sure that they're ready in case a trip like this is needed. And then I think, again, letting the State Department know that you are a family, here's the child, here's your child, here's who you are, here's where you're from, and that you're ready to go if it were to open up.

[00:15:33.460] - Melissa Corkum

Yeah, that's such a good reminder, I think, to remember that there are a bunch of human beings that make up these big monstrosities that we think of as, like, the State Department. And they're probably exhausted and tired. And advocating, especially in a kind, compassionate way, to just say, hey, we're on your side. But also we want to remind you who you're working for, probably is a real morale booster for those folks, which is going to make them have more energy to do the job that they're able to do. So that's great. And I love about lobbying the airlines. I would have never thought of that.

[00:16:11.310] - Herbie Newell

Well, I'll even tell you, we have been able to host two nights of worship and praise for waiting families that are stuck because of travel restrictions and not being able to go. And on the first one that we did, we actually invited two folks from the State Department, from the Office of Children's Issues to join and to just encourage families. And one of the things that they just said is, thank you for letting us know. Thank you for letting us know who you are, and who your child is, because that helps us also get past the bureaucracy, but realize that we're talking about real children. And I don't want to throw the State Department under, what they're not thinking, yes, they're thinking of their real children. But there's so much bureaucracy that I think when you let them know, even sending a picture of your referral picture and saying, here's my little guy, or here's my little girl that we're desperately waiting for. We thank you for what you're doing, but just know we're ready. I think that really puts a human effort to the advocacy that they are doing. I just say also be as kind as possible because there are moving pieces consistently, both in those countries of origin as well as in the State Department. And being persistent but being kind will actually go a long way in your advocacy.

[00:17:34.810] - Melissa Corkum

Yeah, good words. Good words. Okay, so I remember our trip to Ethiopia. Two trip process went and met our kids first trip, and then you come back and are able to travel and bring them home. That wait is excruciating once you've started that relationship, and then you're waiting. I can't imagine a

pandemic landing in that in between time. So if families are waiting for kids, but especially older kids who may already know that they're going to be adopted, maybe they've already met their family, maybe there's already been some communication. Do you have any recommendations on kind of what and or how to communicate to older kids, who may or may not understand why they're still waiting?

[00:18:23.960] - Melissa Corkum

Hey, friends, we want to pause the interview to make sure you know about our free Compassion challenge for the discouraged adoptive parent. This is an on demand video training so you can rebuild your compassion for your child and enjoy parenting again.

[00:18:36.860] - Lisa Qualls

In this free video training, we'll introduce you to Blocked Trust and Blocked Care. We'll help you understand why your child pushes you away, while you're not a bad parent because you're losing patience and shed the feelings of shame and guilt. There is hope. You can regain compassion for yourself and your child. To grab this free training, head to [theadoptionconnection.com/Compassion](http://theadoptionconnection.com/Compassion). Now let's hop back into our interview.

[00:19:06.410] - Melissa Corkum

Do you have any recommendations on kind of what and or how to communicate to older kids who may or may not understand why they're still waiting?

[00:19:16.570] - Herbie Newell

Yes, and that's a real thing that we're seeing. I think one of the things is, again, go back to the agency you're using and ask if they have mechanisms to be able to send gifts or to send letters to their children. And I think just communicating in the best way that we're coming. And, you know, especially older children, they have a cognitive understanding that things are not the same as they were before. They may not understand COVID-19, they may not understand the whole world's broken down, because they do have a small tunnel vision, but they do know things are not the same. And I can tell you from first hand evidence in orphanages and homes around the world, things are not the same. Things are different. Things that they're used to are not what they're used to. I think just saying, we're ready as soon as we can, but there are big things going on in the world. But just know that we're thinking about you, we're praying for you, and we're anxious to come and see you. I think making sure again with those agencies, please, is there a way, is there a mechanism to be able to get a note, to get something to my child?

[00:20:29.620] - Herbie Newell

I think then the second thing is, if they go, well, no, can you send something then to their orphanage? Can you send something to those homes and let them know, to let our children know that we're coming, that we're waiting, and that we're anxious to get there? I know for us, the harder and the most excruciating wait thus far have been our China program. And one of the things that has been sad, but has also provided an opportunity to communicate, is that we have kids now, they're having birthdays. Because we've had families that were supposed to travel in January and February and couldn't because China was dealing with the Coronavirus, and now we're dealing with the Coronavirus, and they're not letting us in. So you've had so many families that have watched their children from afar have a birthday, but we've been able and honestly, again, I'll give credit to where credit is due. China has been willing to allow these families to throw birthday parties virtually for their children. And both send pictures as well as receive pictures of their child being celebrated. And letting them know, hey, that family that you've seen pictures of, the family that you have that scrapbook of, or that family that is supposed to be coming, they're sending this for you.

[00:21:45.410] - Herbie Newell

And we've had really good success on the, I think we're up to 85 families waiting right now in China, most of them who had birthdays, being able to send birthday cakes and just send something to celebrate that child, which, you know, it's been a good thing. And then, you know, it sounds trite and it sounds like a really Christian thing to say, but I really believe God's word when he says that God is the father to the fatherless, and he has a protector of the lonely and the protector of the widow. And just

pray that the lord would wrap around your child while they're lonely And you can't be there, to know that the God of the universe, the God of heaven, can wrap around your child in ways that you can't right now. And I know that that feels distant, and I know that doesn't feel like you're really doing something, but I promise families, especially families that believe in the God of the universe, in Christ Jesus, he will send His Holy Spirit to wrap around the child and give peace where there seems to be no peace.

[00:22:45.540] - Melissa Corkum

Yeah, these are those times that really try our faith, right? When we really say, we believe in prayer. We believe in this power. We believe in his omniscience, his omnipresence. That it's hard, right, when the rubber meets the road. And we're in these situations, and we just want to be there physically. To trust that there are a lot of unseen hopes and promises that we can hang our hats on for our kids, especially during such a weird such a weird time. Kind of on that piggybacking, are there any other words of wisdom that you would have for laying the groundwork for attachment and bonding while being separated?

[00:23:28.230] - Herbie Newell

Yeah, I would tell families, and a lot of this is what we tell our adopted families already, is when you're moving to a new house, you don't wait until the last minute to start packing up your house or you're going to be in a world of trouble. Scripture says the wise man plans the steps. Go ahead and review bonding and attachment techniques. Go ahead and read *The Connected Child* again or *The Connected Parent*. Go ahead and read these resources again. And be preparing your home. Be preparing your hearts. Be preparing maybe children are already in your home, together mentally, as a spouse, with your spouse, just getting ready for this journey, that this child is going to come home. And realize that unfortunately, there may be some extra work, that has to be done because especially with children that knew you were coming and it was delayed, it's going to feel like another loss to them. Not a major loss, but another loss. And so be prepared to say, how are we going to do that? And while it seems like such an inconvenience, see it as one of God's sovereign blessings to give you enough time to continue to prepare your home and your hearts and yourself for these children coming.

[00:24:49.840] - Herbie Newell

Dear friends of ours who are waiting right now, they're in that waiting time and they could have traveled back in April, and they're still waiting, lord willing. We believe they're going to be able to travel in September. This will be their first child they brought into their home, a little three year old boy from Colombia. And one of the things that we've been encouraging them to do is, first of all, spend as much time together as you have because that's going to go. But also start grieving the loss of what you have now, right? Because you don't want to grieve that once your child comes, you want to go ahead and grieve that. So we've talked to them about go ahead and grieve the loss of what your family looks like right now so that you're prepared and excited for what's coming. Go ahead and start getting as much information as you can about the child and what their circumstances have looked like in COVID-19 so that you're ready to respond to some of those things that they may have experienced as well. So, again, I think there's a lot of things you can start to do, in the analogy of your moving homes, to start packing your stuff, to start getting everything ready, label the boxes so that you're ready for it when go time happens.

[00:25:59.660] - Melissa Corkum

Yeah. And in the adoption community and world, we talk a lot about kind of this cocooning, kind of making your world really small, especially when your child first comes home. And I kind of poo-pooed it when we had older kids coming home. Thinking like they had this cognitive part of understanding that we were their family. But kind of in hindsight, wish we had done things a little bit more simple in those first couple of months. I think you're right. Thinking ahead and planning what that could look like, you know. And actually, I think we actually did a podcast on this. I think maybe 41 and 42, if you want to scroll back in the feed. Even just silly things like make sure your dentist appointments are up to date, make sure that there's nothing else that can really distract you in the first couple of months. Get anything done that you can do ahead of time to just be able to clear your schedule. It's really great advice.

[00:26:55.170] - Herbie Newell

I think another thing, too, is to realize that your extended family is also waiting, but they're going to have to wait longer when you bring your child home because of the cocooning. And so going ahead and having those conversations with grandparents, with aunts, with uncles, with friends that are like family. And letting them know, hey, I know you're going to be excited for us, but we may actually have to cocoon a little bit longer just because of the situation we've been through. So plan ahead, have those conversations be ready. In a sense, international adoption has not been like this, where you have your bag ready by the door, knowing you can get the call at any moment because usually you kind of know ahead of time. But I would say for families, go and have your bag by the door ready to travel at any moment. So go ahead and have everything prepared so that when you get the call, you're ready.

[00:27:45.260] - Melissa Corkum

Yeah. So any last words of wisdom on this waiting game that families are doing? Besides kind of making space for attachment and bonding, prepping with your employer, all those things? What else would you tell a family that's waiting? How do they make the best of this time? You've talked a lot about kind of the silver linings and a lot of things and the good news. So kind of what can families look forward to with this extra time that they've been given?

[00:28:13.760] - Herbie Newell

Yeah, and that's one of the things our nuclear family has even talked about is, as much disappointment as there has been over the last five months, six months with sporting events canceled, our daughter's recital canceled, folks not being able to graduate in person or finish out their senior years or finish out whatever they were doing. There's also been this great gift of family. We've had more family time than we would normally have. As our family, we've been very intentional to memorize scripture, and we're able to recite it every night because we're having dinner together every night, although that's been a priority. Life is busy in normal times, life has been slower and it's given us those times to enjoy. And I think what I would encourage families is this is a time even as we said, pray and it's really testing your faith, but to get ready in your relationship with the Lord. Because adoption, foster care, orphan care, caring for the vulnerable, it is spiritual warfare. And Satan wants to attack you in it because you're shining light into some of the darkest places where there's been trauma, where there's been neglect, where there's been abuse.

[00:29:31.390] - Herbie Newell

It's not natural. It's not a part of God's creation for a child to be separated from their biological mom, their biological dad. And so part of that, Satan wants to win the game, and you're going to be stepping into spiritual warfare. And so when we talk about getting emotionally prepared, when we talk about getting mentally prepared, when we talk about getting physically prepared, when we talk about advocacy, don't miss getting spiritually prepared as well. Seeking the Lord while he can be found. I think about Romans 8, and we like to quote that as we match Romans 8 with our own adoption. And oh, we're adopted as sons. But in Romans 8 it actually says that God waited for our adoption. So God waited and was patient and patiently waited for at the right time to send his Son to bring us in as sons and daughters of the most high. Preparing, prepare yourself spiritually during this wait. Be ready spiritually, so that you are physically, mentally, emotionally and spiritually prepared for this journey. Because once you get to go and once you go, as we all know, this is not the victory. Like you're not through. This is just the beginning. So once you're able to travel and go bring your child home, it's the beginning of your journey, not the culmination of your journey. And spiritually, you need to be prepared for that.

[00:30:56.290] - Melissa Corkum

It is tempting to think that this long process, all the paperwork, the home study, now this incredible wait, that all you want to do, the Holy Grail becomes like travel date, getting your child home. But you're absolutely right. We're a decade into this and I wish I had appreciated kind of the ease of what waiting was now that we're into the actual ultramarathon of being a family to these kids. So wise, wise words. That the journey, the travel and all of that really is kind of the beginning, not necessarily the end. Well, Herbie, thank you so much for your wisdom, for your time, for just speaking encouragement to our families who are in process. We really appreciate you taking this time. And just

for all the services that Lifeline offers, and just for your guy's heart corporately for families, for kids, for orphans. So thank you so much for joining us.

[00:31:58.590] - Herbie Newell

Thanks for having me. And I would just extend any families that do need help. It doesn't matter if Lifeline is your agency or you've used us, we'd love to help you during this wait or equip you in any way we can.

[00:32:14.360] - Lisa Qualls

I appreciated this conversation with Herbie. He had so many good ideas and so much compassion for parents who are waiting. And Melissa, you referenced a couple of episodes that we've done. So if you're in that waiting period and you're looking for practical things to do to continue preparing, we have a couple of episodes: one on preparing mentally for adopting and one on preparing in practical ways. And those are episodes number 41 and 42. We will have those in the Show Notes. Also, we invite you to join our Facebook group, which has lots of adoptive and foster parents, people sharing information and supporting each other. You can find information about that at [theadoptionconnection.com/Facebook](http://theadoptionconnection.com/Facebook).

[00:32:58.910] - Melissa Corkum

Yeah. And so Herbie was really generous at the end of the interview to offer Lifeline as an additional support, specifically to waiting parents. And so you can reach out to [Lifeline@lifelinechild.org](mailto:Lifeline@lifelinechild.org). Of course, we'll have all the links to episodes 41 and 42 to Lifeline, to our Facebook group, all in one place at the Show Notes for this episode, and you can find those at [theadoptionconnection.com/103](http://theadoptionconnection.com/103).

[00:33:28.460] - Lisa Qualls

Before you go, we'd love to connect with you on social media. You can find us on Facebook or Instagram as [theadoptionconnection](http://theadoptionconnection).

[00:33:36.160] - Melissa Corkum

Thanks so much for listening. We love having you. If you enjoyed this episode, please leave a quick review over on iTunes. It will help us reach more moms who may be feeling feeling alone.

[00:33:46.240] - Lisa Qualls

And remember, until next week, you're a good mom, doing good work, and we're here for you!

[00:33:53.360] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.