# Episode Book

EPISODE #6031

# Why Two Parents Alone Can't Carry a Toddler

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## SYNOPSIS

Daniel and Hannah are both self-employed, raising a fifteen-month-old in a small Jerusalem rental with no family nearby. Daycare runs seven to three, six days a week — and they're still exhausted. This episode digs into why. Time-use research shows it's the shape of the hours, not the count: fragmented work time predicts time pressure independently of total hours. The mental load literature explains what never gets handed off at daycare pickup. The cooperative-breeding anthropology explains why the isolated parental pair is the historical outlier, not the norm. And the ADHD angle flips the usual advice — protect the block instead of getting better at being interrupted. Plus: what's actually temporary (the recovery) versus what's load-bearing (the structure), and five concrete changes ranked by impact.

# TRANSCRIPT



**Corn**

What does it actually take to keep a family running, and why does the answer keep coming back to "more than two people can carry"?



**Corn**

That's the question underneath the prompt Daniel sent this week. He and Hannah are both self-employed, living in a small rental in central Jerusalem with Ezra, who's fifteen months old. No extended family nearby. Ezra's in daycare from seven to three, six days a week, Fridays shorter. And they're still exhausted.



**Corn**

Daniel's framing is deliberate. He doesn't want an episode about who's doing more, or whose fault it is, or a reminder that parenting is hard. He wants a structural investigation. Why hasn't daycare solved it. How much of this is temporary and how much is load-bearing. Whether they're attempting something the historical record says was never meant to be done by two people alone. What ADHD does to the equation. What to do about the sensory assault of a screaming toddler without blocking out the sound of your own child. And he wants to finish with five concrete changes, ranked by impact and practicality.



**Corn**

The last thing he asks is the one that's been sitting with me. Not how to get more efficient at an endless list. Whether there's a version where there's actually room to enjoy being a family.



**Corn**

So let's start with the thing that surprised him most. Daycare didn't fix it.



**Herman**

That's the right place to start, because the obvious explanation is that seven to three isn't enough hours, and the obvious explanation is wrong. Nothing in the research supports the idea that they need more hours. What the time-use work keeps showing is that it's the shape of the hours. Fragmentation, not duration.



**Corn**

Work-time fragmentation independently predicting subjective time pressure.



**Herman**

Yes — that's a UK time-use study, six hundred and twenty people, and the finding is that two people with the same number of working hours report completely different levels of time pressure depending on how broken up those hours are. Somebody with four uninterrupted hours gets more done, and feels less squeezed, than somebody with six hours in eleven-minute slices. And parenting a toddler is the eleven-minute-slice machine. You sit down to work, and eleven minutes later someone needs a snack, or a nappy, or has found the one cabinet that isn't locked.



**Corn**

Which explains why Daniel says it's not about hours. He says it directly — it's about usable, uninterrupted time and mental energy.



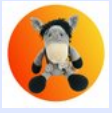
**Herman**

And that's the distinction the whole episode hangs on. Daniel has free hours. What he doesn't have is free hours that survive contact with a fifteen-month-old.



**Corn**

Hold on. Say the mechanism again, because I want to make sure I've got it. The hours exist. The problem is that none of them arrive intact.



**Herman**

And there's a second thing layered on top, which is the mental load. That's the cognitive component of unpaid work — the planning, the organizing, the monitoring, the remembering. There's a systematic review, thirty-one studies, and the point of the definition is that it's separate from the physical housework and separate from the emotional labor. It's the part where you're the one who knows the nappy size changed, and the follow-up appointment is Thursday, and the daycare needs the form signed.



**Corn**

And it doesn't stop when the physical task stops.



**Herman**

That's the whole thing. The mental load is portable. You can hand a child to a daycare and you cannot hand over the knowledge that he's teething, that the appointment is Thursday, that he was off his food yesterday and you want to mention it to the caregiver.



**Corn**

The research on how that splits between parents — that's the Daminger model, isn't it? Anticipating, identifying options, deciding, monitoring.



**Herman**

Four parts. And the finding is that the anticipation and the monitoring fall disproportionately on one parent. The deciding gets shared more than people think; it's the two ends of the loop that don't. Noticing what's needed before anyone says it, and then tracking whether it actually got done.



**Corn**

So the person who's doing the monitoring never puts the task down.



**Herman**

They never put the task down. And the multitasking literature makes it worse, because dual-earner parents multitask heavily and there's about a ten-hour-per-week gap between mothers and fathers. Mothers multitasking more. And multitasking is associated with negative affect and psychological distress — for mothers specifically. Which isn't a morality claim, it's just what the diary data shows.



**Corn**

Ten hours a week is a second job.



**Herman**

It's a second job that doesn't appear on any calendar.



**Corn**

Okay, so I want to push on the ADHD piece, because Daniel's specific about this. He says the task-switching between parenting, cleaning, and focused professional work is the hard part. Not the hours. He's describing the switch cost itself as the enemy, and he'd know.



**Herman**

And the literature there is thinner than I'd like. There isn't a big indexed body of work on ADHD parents and task switching specifically. But the mechanism is well understood from other directions. Cognitive load from multitasking limits working memory capacity — that's in the same review. And the parenting pattern of a toddler is maximum interruption, minimum warning. Every interruption costs you the thread you were holding. For a brain that already struggles to hold the thread, the cost per interruption is higher, and the recovery time is longer.



**Corn**

So for Daniel the recommendation isn't "be more flexible." It's the opposite.



**Herman**

Protect the blocks. A ninety-minute uninterrupted block is worth more than three hours of fragmented availability, and for an ADHD brain the ratio is worse than that. The accommodation is to defend the block, not to improve your flexibility at being interrupted. Flexibility is the thing that's being demanded of him and it's the thing that costs him the most.



**Corn**

That's counterintuitive. Most parenting advice is the reverse — be responsive, be interruptible, be present.



**Herman**

And responsiveness matters. But you can't spend the whole day in a responsive mode and expect to do knowledge work in the gaps. The gaps aren't a work environment.



**Corn**

Right.



**Corn**

The village question. Daniel asks whether they're missing the support that parenting historically depended on, and I'm going to be careful here, because the easy version of this is nostalgia. Grandparents, long tables, everyone together. Is it nostalgia?



**Herman**

It isn't, and this is the part of the research I'd put in front of anybody who says two parents should be able to manage this alone. Humans are a cooperative breeding species. That's the term in the anthropology. Children, throughout our history, were raised by networks — not by the parental pair. Grandmothers, aunts, older siblings, neighbours. The pair raising a child in isolation is the outlier.



**Corn**

And the nuclear family — the male-breadwinner version with a mother at home and a father out at work. That's not ancient. That's industrial.



**Herman**

It's associated with industrialization in Western Europe, and then it gets idealized and heavily promoted in the mid-twentieth century. There's a line in one of the papers from 1959 — the question was whether the isolated nuclear family was fact or fiction, and the



**Herman (continued)**

answer they came to was "mostly fiction." Even then. Kin ties mattered far more than anyone was admitting.



**Corn**

The 1959 answer was "mostly fiction," and we've spent sixty-odd years building policy and expectation on the fiction.



**Herman**

And there's a number that lands it. A UK study found thirty-eight percent of mothers spent more than eight hours a day alone with their infants. Another thirty-four percent spent between four and eight hours. And the paper's language for that level of isolation is that it's "less than desirable in a social species that relies on cooperation."



**Corn**

Thirty-eight percent, more than eight hours, alone with an infant. That's a lot of people doing a thing that no human society was organized around.



**Herman**

And the same paper makes the point that expecting parents to cope with little support is linked to maternal guilt, more postnatal depression, and less breastfeeding. It's not neutral. The isolation has costs, and they're measurable.



**Corn**

Which reframes Daniel and Hannah's situation entirely. They're not failing to do something their parents did. They're attempting to do, as a pair, something that historically took a small crowd.



**Herman**

And they're doing it in a small apartment, which is the other half of it. The absence of a crowd isn't just the absence of hands. It's the absence of anywhere to put the child down that isn't in the middle of the adults' work.



**Corn**

I was going to say — the apartment being small matters in a way that's easy to skip past.



**Herman**

It matters enormously. Independent play needs space, and it needs a space that's been made safe enough that you can look away for two minutes. If the apartment can't give you that, then close supervision isn't a parenting choice, it's a floor plan.



**Corn**

So sit with the temporary-versus-structural question, because Daniel asks it directly and I think it's the one they actually need answered. The move is done. The health scare is resolving. Those are episodic. But they're arguing about whether the underlying arrangement is sustainable, and I don't think the move has anything to do with whether it is.



**Herman**

No. The move is a one-off. The health scare is a one-off, and thank goodness it's resolving. But the developmental stage — a teething, mobile, curious fifteen-month-old who needs close supervision — that's running for another year at least, probably two. And the structural piece, no family nearby, is not going anywhere. That's the load-bearing part.



**Corn**

So the honest answer to "how much of this is temporary" is that the recovery is temporary and the structure isn't.



**Herman**

And that distinction matters because it tells you which problem you're solving. If it's temporary you ride it out. If it's structural you have to change the arrangement, because the arrangement doesn't know it's a phase.



**Corn**

Now. The part of Daniel's prompt I've been looking forward to, because it's the part where the answer is a product and I get to watch Herman try to be neutral about a product.



**Herman**

I'm not going to be neutral about a product.



**Corn**

You've never been neutral about a product in your life.

L

**Larry**

Are you tired of being tired? Introducing Calmhaus — the first family wellness solution clinically inspired by the science of not being screamed at. Calmhaus is not a sedative. Calmhaus is a gentle, homeopathic recalibration of your household's emotional atmosphere, taken once daily with a glass of water, or any liquid you can reliably lift while holding a toddler. In trials, parents reported feeling up to forty percent more patient, seventeen percent more present, and a marked reduction in the sense that the walls were closing in.

L

**Larry**

Calmhaus is well tolerated by most parents. Side effects may include mild drowsiness, moderate drowsiness, the sensation that your child's name has temporarily been replaced by a soft static, an increased willingness to pay for things, a faint ringing in the left ear that resolves when the child stops, phantom crying heard from a quiet room, a strong urge to alphabetize the fridge, and in rare cases, brief episodes of believing you have already eaten. Do not take Calmhaus if you have ever been a parent, if you may become a parent, or if you have opinions about the television volume. Ask your household whether Calmhaus is right for you. Your household will say no.



**Corn**

Herman.



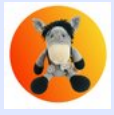
**Herman**

Wasn't me.



**Corn**

That was written by someone who has spent time in your head.



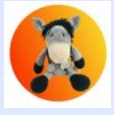
**Herman**

It categorically was not me. The dosing language was wrong, first of all. "Once daily with a glass of water, or any liquid you can reliably lift while holding a toddler" — I wouldn't have written that, because nobody reliably lifts any liquid while holding a toddler, and I'd have been more careful with the qualifier. Also I'd have used a diurnal onset window, and I'd have put the ear-ringing side effect before the alphabetizing, because alphabetizing is funnier after something clinical, and there's a pacing argument there that nobody seems to appreciate.



**Corn**

You've thought about the pacing.



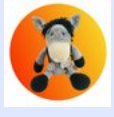
**Herman**

I've thought about the pacing. Which proves nothing.



**Corn**

It proves quite a lot, actually.



**Herman**

Right.



**Herman**

Where were we.



**Corn**

Earplugs.



**Herman**

Filtered earplugs. And this one has real substance to it, because Daniel's constraint is precise. He wants the intensity reduced without losing the ability to hear Ezra when he needs something or to talk to Hannah. That rules out most of the category immediately.



**Corn**

Walk me through what the options actually are.



**Herman**

Start with passive protection. Foam plugs, muffs. Those block too much. They're designed for a workshop, and they take speech down with everything else. For a parent who needs situational awareness, they're wrong in both directions.



**Corn**

And noise cancellation.



**Herman**

Active noise cancellation is designed for steady-state noise. An airplane cabin. A fan. A hum. The whole technique is sampling a constant waveform and inverting it. A toddler's scream is intermittent, broadband, and unpredictable, and cancels poorly. It's the exact shape of sound that ANC is worst at.



**Corn**

So the premium option.



**Herman**

Electronic hearing protection with adjustable ambient sound. Those exist, they're used in shooting sports and they work — they compress loud transients while passing quiet sound through amplified. The problem is complexity. Two devices, batteries, gain settings. It's a lot of machinery for a household with no slack in it.



**Corn**

Which leaves the filtered category.



**Herman**

And here the specific product is Loop. The Engage line — those are the ones marketed explicitly for parenting. Sixteen decibels of reduction on the SNR scale, ten on the NRR. And the mechanism is the interesting part: instead of a solid plug, there's a channel with a mesh filter. Low and mid frequencies go through. The high frequencies get attenuated.



**Corn**

Which is the frequency band that matters.



**Herman**

That's the design logic. Crying is high-frequency-heavy. Speech intelligibility lives more in the low and mid bands. So you cut the aversive part and leave the communication part. Which is exactly the shape of solution Daniel's describing.



**Corn**

And the honest caveat.



### Herman

The honest caveat is that the marketing says speech stays crystal clear and the independent lab testing doesn't quite say that. The testing rated the top Engage model a B and the specific note was that it reduces speech clarity more than ideal.



### Corn

So "I can hear you but you sound slightly underwater."



### Herman

Something like that. And there's no clinical trial on this, which is worth saying plainly. Nobody has run a controlled study on filtered earplugs and parental cry-tolerance. What you've got is a clear mechanism, product specs, and a lot of testimonials. Testimonials from people in exactly this situation, using affiliate links to sell you the thing, which is a conflict worth noticing.



### Corn

The mechanism is sound, the evidence is thin.



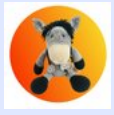
### Herman

And it's thirty-five dollars. For a household with no slack, the cost-benefit is still good. It's just not the same kind of claim as the burnout research.



### Corn

And one thing I keep coming back to — Daniel says he doesn't want to block out sound, he wants to reduce intensity. That's the entire design brief for the Engage line. He described the product before he knew it existed.



### Herman

He did. Which is fine. The problem is that reducing the noise is the smaller half of it, and I think that's where this episode has to be careful.



**Corn**

How so.



**Herman**

Because the noise is not the problem. The noise is the alarm. And there's a piece of research here that I'd put in front of every parent in this situation, and it's about cognitive load.



**Corn**

The handgrip study.



**Herman**

Mothers carrying a memory load — holding something in mind while doing the task — showed more excessive force and harsh response intention when they heard an infant cry. Loaded working memory, harsher response. And it was moderated by genotype and childhood adversity, but the main effect is the load.



**Corn**

So protecting uninterrupted attention isn't self-care. It's a safety mechanism.



**Herman**

That's the implication. If being cognitively loaded increases harsh responses to crying, then the thing that reduces harsh responses is not being cognitively loaded. Which means the protected block isn't a productivity tool. It's protective on the days that matter.



**Corn**

The honest version of the earplug recommendation is that it buys you a couple of decibels of composure at the exact moment the composure is lowest.



### Herman

It buys you the gap. It doesn't reduce the load. It just means that when the load is highest, the alarm is quieter.



### Corn

Now the cascade, because that's the piece of Daniel's prompt that's specific and I think the most interesting. He describes three people distressed at once. Ezra screams. Hannah or Daniel gets stressed by the noise. The other parent gets stressed by the combination of the screaming and the visible frustration. He's describing it as a system, not two people having a bad evening.



### Herman

And there's a real basis for it, though not under that exact name. The closest thing is the cry-response work. Ninety adults listening to a four-minute cry bout, tracked second by second, and the finding is that personal distress and perceived aversiveness interact with empathic concern in real time. Meaning: distress escalates through the cry bout, and as it escalates it crowds out the empathy.



### Corn

Crowds out. So the capacity to feel for the child is the thing that goes first.



### Herman

That's the sequence in the data. And there's a line in one of the reviews — impaired maternal empathy, most notably due to high personal distress, is associated with risk of neglect or maltreatment, and it's partially explained by the mother's aversive response to crying.



### Corn

So the cascade Daniel describes — that's not an unusual household. That's the documented mechanism, running in real time, in a small apartment.



### Herman

And the second-order piece is that once one parent is visibly stressed, that's a second stressor for the other one. The child is the first-order stressor. The partner's visible frustration is the second-order one, and it arrives at exactly the moment when the first parent's capacity to regulate is lowest.



### Corn

Which explains why the second parent gets stressed too. They're not just hearing a scream. They're hearing a scream and watching someone they love run out of rope.



### Herman

And neither of them is doing anything wrong. That's the point. This is the system functioning as designed, and the design is bad.



### Corn

What actually interrupts it.



### Herman

The research points in one direction: the source is the aversive stimulus plus the load. So you reduce the aversive stimulus — earplugs — and you reduce the load, which means one person isn't simultaneously parenting and holding four other things. But there's a third thing, and it's the one that's hardest, because it's about the parent's own appraisal.



### Corn

Go on.



### Herman

A 2026 study, twenty-two hundred mother-child dyads. They found two distinct burnout profiles. One profile tracks child sleep disturbance — that's a load story. The other tracks general parenting stress. And when they looked at what predicted membership in the higher-risk profile, the strongest factors were maladaptive beliefs. Shame. "I am a bad



### Herman (continued)

parent." "My child cries because I do not meet his needs."



### Corn

Stronger than the external stressors.



### Herman

Those beliefs outweighed a lot of the external stressors in the model. And the strongest protective factors weren't techniques — they were resources that reduced demands or aided recovery.



### Corn

I'll admit this one landed for me, because I expected the sleep story to be the lot and it isn't.



### Herman

It's both. But the belief layer is the one people skip, and it's the one with the biggest coefficient.



### Corn

So the cascade isn't only acoustic. It's interpretive. The parent isn't just hearing a scream. They're hearing evidence about themselves.



### Herman

That's how it reads in the data. And it explains why the "accept that parenting is hard" framing fails. If you tell a parent that this is normal and they should be coping, you've just fed the belief.



**Corn**

Right.



**Corn**

And that gets us to the actual deliverable. Daniel asked for five concrete changes, ranked, and I don't think we get to skip this one.



**Herman**

Nor should we.



**Corn**

Start with the cheapest.



**Herman**

Start with the transition. The daycare-to-evening handoff. That's zero cost and it's the highest-friction moment in the day, because both parents are arriving from work mode and neither has shifted into parenting mode, and there's an ambiguous fifty minutes where both people feel like they're failing at something. Make it a shift change. One parent is on, one parent is off, the exchange is explicit, and the off parent is off.



**Corn**

Define the shift. Don't negotiate it at the door.



**Herman**

That's the point. Negotiating it in the moment means both parents are doing the mental work of the negotiation at the worst possible time, on top of the child.



**Corn**

Fastest fix in the house.



**Herman**

Then the earplugs. Thirty-five dollars, immediate, low risk, clear mechanism, and it addresses the moment rather than the load. Call it the second because it's the one that gives you a tool at the actual point of failure.



**Corn**

Third.



**Herman**

Paid cleaning. Or meal preparation. It's the moderate-cost one and it's the highest-leverage dollar in the whole list, because it's the category that's hardest to hand over. Nobody has to be emotionally available to a person who cleans the bathroom.



**Corn**

You're paying to not have the argument about whose turn it is.



**Herman**

You're paying to delete a category of negotiation entirely. And the reason it ranks above the scheduling changes is that it reduces the load rather than reorganizing it. Rescheduling the same amount of work doesn't reduce anything.



**Herman**

Scheduled off-duty blocks. One evening a week each. Off. Not "on call, but the other one's doing bedtime." Off. Zero cost, but it requires both parents to hold the line on it, and that's the hard part, because the first time one of them takes an off-block and the other one's evening goes badly, there's an incentive to abandon it.



**Corn**

Which is where it breaks.



**Herman**

Which is where it breaks in most households. The block has to survive the first bad evening.



**Corn**

And fifth.



**Herman**

A reciprocal arrangement with another family. Moderate effort, highest ceiling. Swap evenings, swap Saturdays. It's the one intervention that touches the isolation itself rather than the load, and the isolation is the part that's structural. Everything above this is load management. This is the one that puts a second adult in the room.



**Corn**

And it's the hardest to set up, which is why it's fifth.



**Herman**

It's the hardest to set up, and it's also the one Daniel and Hannah can't do alone. It requires another family, which is a different kind of task. And it's the closest thing on the list to rebuilding the thing that got lost.



**Corn**

Okay, but I want to be honest about what that list is and isn't. Four of those five are load management. One of them is a village.



**Herman**

Four of them are triage. Triage is what you do when the structure is wrong and you can't fix the structure this month.



**Corn**

Ranked by impact and practicality. Which is what Daniel asked for. But I don't want to pretend triage is the answer.



**Herman**

It isn't. The answer is that a household has finite capacity and this one is over it, and the honest read is that reducing the load is more effective than any amount of reorganizing it.



**Corn**

Which leads us to the part of this I've been circling.



**Corn**

The rest piece. Daniel says they treat relaxation as something that happens when everything else is finished, which means it never happens. And he asks whether downtime should be scheduled as deliberately as work.



**Herman**

Yes. And the reason isn't efficiency. It's that "rest when everything's done" is a rule that can never fire, because the list never empties. If rest is conditional on completion, and completion is unreachable, then rest never arrives. Which means the schedule for rest has to be decided in advance and defended against the list.



**Corn**

It's not a reward. It's infrastructure.



**Herman**

It's infrastructure, and it's the same argument as the work block. The four-hour block gets protected and the twenty minutes of doing nothing does not, and so the twenty minutes disappears, and then a month later you cannot remember what you used to do for fun.



**Corn**

I don't think that's a small thing. That's the thing Daniel's last question is about.



**Herman**

It's all of it. If the arrangement produces two people who are technically solvent and have nothing left over, that's not sustainability. That's a functioning machine with nobody in it.



**Hilbert**

How much did Hannah's set cost you?



**Hilbert**

The earplugs. Your sister-in-law's set, you bought them twice, what did that run you.



**Herman**

No, I think you've got the wrong —



**Hilbert**

The Engage. The ones that came out before they marketed them to parents. I bought a pair in the first year, back when they were sold as concert plugs for people who still want to talk to their friends. Twenty-nine ninety-five in euros, thirty-four ninety-five in dollars, and I paid the dollar price because the site defaulted to it.



**Corn**

You were an early adopter.



**Hilbert**

I wore them to my niece's christening. My sister-in-law asked me to take them out because I was being weird about the baby. I told her no.



**Corn**

You told her no.



**Hilbert**

I told her the baby was crying at a frequency that would have been a reportable exposure in a workplace. She said that was the worst sentence she'd ever heard in a church.



**Corn**

She had a point.



**Hilbert**

She had a point about the church. She did not have a point about the frequency.



**Corn**

Is the frequency thing true?



**Hilbert**

The point is that you undersold the occlusion. You went on about speech clarity. Speech clarity is not the problem. The problem is you can hear your own breathing, and you can hear your own chewing, and that is worse than the crying.



**Herman**

The occlusion effect. It's the low-frequency resonance that builds in a sealed ear canal.



**Hilbert**

Which is why I hum.



**Corn**

I'm sorry.



**Hilbert**

I hum. Low, steady, under the breathing. It cancels it out and then all you've got is the room. I worked it out on a job where we wore protection eight hours a day. I hummed so consistently that a man on the line named Dermot asked me if I'd found religion.



**Corn**

Dermot.



**Hilbert**

Dermot Kealy. He could tell you to the minute how long a shift ran without looking at a clock. Forty-seven minutes was his number and he was never wrong.



**Corn**

And the humming.



**Hilbert**

I still do it. My wife has asked me to stop. She says I do it in the queue at the pharmacy. I don't think I do it in the queue at the pharmacy.



**Corn**

Herman, is the humming doing anything?



**Herman**

I mean, if the hum is in the same low band as the resonance, there's an argument that —



**Hilbert**

There's an argument.



**Corn**

There's an argument, he says.



**Hilbert**

The point stands. You got the problem wrong. It's not the speech. It's the breathing.



**Corn**

The village is the answer. It's the one thing on the list that isn't load management, and the bit that makes me want to leave the audience with it rather than the five-step plan — a household with a set of earplugs and a rota and no third adult in the building is still a household doing alone what used to take a crowd. You can't retrofit grandparents into central Jerusalem. You can build something adjacent to it — one other family, one evening a week, one Saturday a month, on the calendar and defended like a work meeting. That's not the village. It's a proof of concept.



### Herman

And the piece I'd want Daniel and Hannah to take away isn't the product, it's the framing. The strongest risk factor in the newest research isn't the schedule. It's the belief that this is a personal failure. It's not. The structure is wrong and has been for seventy years, and the interventions that work are the ones that reduce the load or add someone. Not the ones that make you better at carrying it.



### Corn

The five changes are a starting point, not a solution. The structural problem stays structural.



### Herman

It does. A family with a smaller list and a second adult in the room has more room to be a family. That's the answer, and it isn't a technique.



### Corn

Well. If you enjoyed this one, try episode nine thirty-nine, Custom Earplugs for Parental Sanity; episode thirty-four sixty-four, OT vs ADHD Coach; and episode twenty-five ninety-five, Baby-Proofing a Small Rental. This has been My Weird Prompts. If you're a parent in the middle of this, the most useful thing on this whole episode might be the reframe. You're not failing. You're doing, as two people, a job the record says was designed for a group.



### Herman

Our producer is Hilbert Flumingtop, who has views about earplugs and will not be elaborating further.



### Corn

If this episode was useful, leave us a review. And send us your own prompt on Telegram at t dot me slash MWP listener bot. We'll be back soon.

# SOURCES

What the research for this episode read before the script was written. Primary sources first.

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3. **Loop Earplugs**
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4. **HearingTracker Loop review**
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