



You're on a Plane. You See a Baby. What Goes Through Your Mind?

Hi,

There is a comedian I love, Nicole Byer. She hosts the cooking show *Nailed It* (on Netflix) and has multiple podcasts. She's fat, proud, and funny. I think she's great. I even follow her on Twitter.

One day she **live tweeted from a plane** where there was a crying baby on board and made a joke about wanting to chant "Lock her up"—whether that was about the baby or the mom, I'm not clear. It hurt me, because I've been that mom on the plane with a crying baby, and it is horrible.

So, this week's episode is my response to everyone who has wanted to throw a tantrum when they've seen a baby seated anywhere remotely near them on a plane. In it, I share our worst kid-related plane-travel debacle, that DOESN'T involve a screaming child—it's worse than that.

Love,

Kate

Episodes You May Have Missed:



How to Think Differently About the Tough Stuff That Happens



Don't Be a Bagel, Be a Croissant



What Is Your Body Trying to Tell You?



What to Do About Crying Babies on a Plane



Repair Before You Replace



A Sneak Peak into Next Week

This week coming up is:



With episodes on: how to have a greater acceptance of the things about your partner that drive you crazy, the secret ingredient to fighting successfully, what you need to STOP doing in your relationship, how to communicate more authentically, and why you need to remember that ultimately, the best way to take care of a relationship is to take care of YOU.

Your Stories

"This [What to Do About a Crying Baby on a Plane] is a wonderful episode! 7 minutes that made me think, made me laugh loudly (the milk straw story!) and suggested 3 specific responses to channel when seated near baby on airplane." – Judi, on Twitter (where... are we connected?)

-- I'm so glad that milk straw story is coming in handy now, Judi, because it was not fun to live through!

Parting Thought



Funny how you can think you're basically a good person and then something happens (like you see a baby seated near you on a plane) and you get all judge-y/rage-y.