

PARENTING DECOLONIZED PODCAST



PDP Ep #51

Yolanda Williams: This podcast is brought to you by the Rona, Racism and Radical Parenting Virtual Conference happening on September 23rd to 25th. It is designed to help equip you with the knowledge and practical advice you need to manage your triggers, yell less, connect more and raise liberated, emotionally well children. Click the link in the show notes for early bird registration and save \$40 off your ticket today.

Welcome to the Parenting Decolonized Podcast. I'm your host, Yolanda Williams, entrepreneur, Conscious Parenting coach, and a single mom to one amazing toddler. I'm on a mission to help shine the light on how colonization has impacted the black family structure. If you're a parent that wants to learn how to decolonize your parenting, you're in the right place. Let's do this.

Welcome back to the Parenting Decolonized Podcast. I'm your host, Yolanda Williams, and today, I have with me, me! This is my first podcast after my little siesta, my little break. I really appreciate your understanding, I got so many emails and so many messages from people who, you know, you all are some of the most supportive communities ever! I really appreciate that you care about me, because I care about you, and I hope that you were also able just to figure out where you can find rest, where you can say no, where you can set up boundaries in order for you to be able to get more rest, in the last month or so.

So what has been going on with me since you all last heard is, I have been really forcing myself to sit the hell down somewhere. And that's hard! I have realized really early on in my respite that I didn't know how to just sit the (profanity) down. I really don't know how to just be, you know. What's happening is I would drop Gia off at school and then I will come home, and because I was like recovering from not sleeping so much, I will get back in bed and a little voice would start talking to me like, you know, get up and clean, get up and start working, you have so much work to do, you have a lot of things that you need to be accomplishing, just get up!

So what I started doing was literally forcing myself to stay in bed until 11:00 a.m. And then I will get up and go about my day. Like the programming is so, so, so, so deep and I really didn't have a clear understanding of how deep the indoctrination, the capitalist indoctrination was until I had to start de-programming myself. So I would force myself to lay in bed until 11:00, and then when I did get up, the first thing I would do are the things that I wanted to do such as

gardening or talking on the phone with my friend, and not things that I felt that I had to do to produce. Productivity got us all messed up in the game. I have really struggled, I mean, I have really struggled you all with feeling lazy, with feeling unproductive, with feeling like I was wasting time, like that is ridiculous! I purposely took a break and yet my mind was telling me, you are not doing enough, you should be doing more. And that let me know, wow, you got some work to do sis! I had started this rest because, you know, I have to work, a single parent, I have to figure out how to bring money in and I work for myself. But I also through this process have realized I need to figure out how I can work and not internalize capitalist indoctrination, and I don't know how to do that yet. Right now, I am trying to figure it out, but you know, I am always really transparent with you all about the fact that I am on this journey to decolonizing along with you.

And what I noticed is I kept asking myself, is this rest or it is disassociating? Am I actually resting or am I ignoring problems, you know, traumas that are starting to come up because when you are still, when you are sitting still, things start to come up that you don't want to address, and things started coming up for me and it was really difficult because I don't want to deal with things right now, you know, with the stress of the pandemic, (profanity) monkey pox is kicking off all across the US, and I am sending my kid to school and everytime I drop her off, I am terrified of, you know, active shooters, monkey pox and Covid! Like, these are real fears that I have on top of, you know, adulting, on top of trying to navigate this world as a black woman with ADHD, with depression. I don't want to deal with shit. I feel like I am dealing with stuff all the time, and that some of this trauma is just like I don't want to talk to you right now trauma, but it was coming up and I realized recently that I was just doing a lot of disassociating, a lot of blanking out.

And I am going to give myself some grace because I didn't set out to rest and do trauma work, I didn't, I am just being honest with you all. I really just set out to sit down somewhere because I was so busy I was filling my calendar up with task after task after task and then losing an assistant meant that I had to do a lot of the things that, a lot of the smaller things that my brain, my executive functioning, dysfunctioning, let's just say, it's really hard for me to do those things and so I don't know, I had a hard time, I am not going to lie. It has been restful, but it has been difficult because a lot of things are coming up for me.

That said, moving forward, I am still going to force myself to get started with work later in the day. There is nothing that is so pressing that can't wait till after 11:00 a.m. You know, like I am not a surgeon, there is nothing that I really need to rush to this computer for. I am going to prioritize leisure, I am going to prioritize my pleasure. I am going to prioritize my rest. And I am going to start listening to my body because even now going back to "work", if I am hungry, I need to stop and eat. If I am exhausted, because Gia was up at 3:00-4:00 in the morning, I need

to go and lie down. There is nothing that's super pressing that can't wait when it comes to the work that I do, so I am going to start honoring myself more.

I also realized through this rest that I really need community even though I was, you know, sitting the hell down somewhere, my mood swings and all that stuff, it didn't change and it didn't change the fact that I am still a single mother, living under these oppressive systems, right? So I was still really snappy, I was still really impatient and I realized through this process of taking a break that it's not just that I am tired, it is not just that I am a single mom and it's not just that I have a lot of unhealed trauma that I am working through, it's that I need community more than ever. All of us do. All of us need community now more than ever. You know, we are seeing news about food shortages, about gas was (indiscernible) (00:08:21) 11 dollars, things are just so stressful and we just need each other, we need to figure out how to form communities, mutual aid, all this stuff, so we aren't out here, you know, being impatient and snapping on our kids, because we will have extra help.

That's kind of where I am at, you know, I am forming the community with several other black women, we are called the BFF Collective, Black Fem Freedom Collective. And the goal is to center the safety and liberation of black children, black women, and black marginalized genders, Black Is Hell as you can hear. And we are actively searching for farmland out in Georgia and we fully plan on moving on to this farmland by June of next year. And I cannot (profanity) wait, like I am so excited to finally have not just, you know, my family is out here and they actually help a lot. I don't want to discount them. My sisters and my mom, they are so helpful to me. I do have a community where I am. But I am talking about like close-knit, like, all of us are with the intention of helping each other raise our kids, with the intention of helping each other unschool, farm. The intention is community. So they are on the same path, they are not struggling to figure out how can I make this work, they are on the same path as me, that's who I am going to be in community with.

We are going to have more space to heal our trauma without also being, you know, feeling like we are under the thumb of these oppressive systems because we are going to be, even though we are still living in the United States, we are going to be sheltering ourselves from some of that, we are forming a solidarity sort of community around anti-capitalism, bartering with people, decentering whiteness. It's going to be beautiful and I can't wait. And I am going to definitely give you all more information. We are documenting the whole process because finding information about how to form these communities is really hard outside of it being white centered. There is not much for us to pull from, so we are documenting this whole process in order to help other people form intentional communities. Right now, we are seeing the effects of capitalism, the effects of individualism, we are seeing what happens when we sort of give our power away to the government and to the 1%. These folks do not care about us and so we have to start caring about ourselves and take our power back and what that looks like for

me is forming this intentional community with like-minded people and it looks like having this podcast, where I talk about dismantling, how to dismantle these systems of oppression, but also to discuss how we can imagine a more liberated future for these kids. Radical imagining is a big part of this whole thing, community building, mutual aid, right? Making sure that we are checking our privileges and all of us have them, and how we use those privileges to help other people.

So I am back, I just wanted to pop in real quick, let you all know that the podcast is coming on back. The conference is pushed back as you all know and that is Sep 23rd to the 25th, virtual conference, the Rona, Racism and Radical Parenting Virtual Conference where I am bringing in together 20 plus educators, community activists, parent coaches, psychologists to discuss how we move forward as a community to help our children have a more liberated life, how we help ourselves with deprogramming our minds from the indoctrination of, you know, patriarchy, white supremacy delusion and capitalism. Tickets are on sale, I will make sure to leave the link in the show notes. Right now, it's early bird tickets, \$40 off. I am telling you all this is going to be an amazing, amazing event. So I hope you will join me. Alright you all, I will see you soon and until next time, keep it conscious!