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Hello everybody and welcome to the Max Frequency Podcast. I'm your host, Max Roberts, and joining me this time, returning to the show, Casey Liss. Hi Casey. Hello. Thank you for having me back. Oh, thank you for coming back. We are here not to necessarily talk about tech the way we did last time, but still somewhat connected. But before we talk about all of that, I wanted to take a moment and let all of you know listening that September is childhood cancer Awareness Month and the fine folks over at relay FM podcast network that I listen to every week pretty religiously and Casey is on relay FM with analog and my curly They are raising money for st. Jude and to research childhood cancer and help kids survive this disease and not have their parents pay For the treatment at st. Jude, but they also share all of that knowledge Just to help kids and I can't think of really anything better like I that's so wholesome and The fact that I have a kid on the way in mere weeks. I think amplifies that feeling within me And so I would just love it if you would go and donate any anything you can would be fantastic You can go to [stu.org slash relay](https://stu.org/slash/relay) and donate there you could you could sign up into your own sub campaign which is something like I wanted to do but then it was I'm having a baby and a lot of stuff's going on. So don't really have To dedicate to that specifically, but if you go to [st. Jude org slash relay](https://st.jude.org/slash/relay) just donate anything I I bought an iPhone Casey bought an iPhone There's a lot of people buying stuff and I think throwing a few bucks that way would be fantastic if you could do so So thank you so much In case he just sent a name title look at this guy he's on the fly he's fast Yeah, I'm doing my I'm doing my best. I'm trying to help out But yeah, just to reiterate what what max is so gratefully gracefully said yeah [st. Jude org slash relay](https://st.jude.org/slash/relay) It's a really really great Cause and and we really do have a lot of fun with it over at relay and at ATP So even if you have just a couple of bucks to send their way every little bit helps So please please if you're willing [st. Jude org](https://st.jude.org) [st J ude org slash relay](https://st.jude.org/slash/relay) the spelling you kind of got a sing-song to it. I like it. It helps me ATP and sing-song but hmm. I invited Casey back because I'm having a kid and he he's actually been a part of my journey to like becoming a parent mine and Abby's throughout this whole process and and we might touch on that later, but Casey is one of the podcasting tech dads that I associate like my brain with and I couldn't think of a better guest to come back and Honestly selfishly have an episode before I have a kid. It's like a pure time capsule of how I feel For the baby to maybe listen to you someday if they care who knows they may never care about anything I've ever recorded but I just thought it would be good to have you here as someone a father of two to Talk through all these feelings I got going on and tech things. I have to buy Yes, yes indeed and I am definitely here for it I I think there's there's a lot of different avenues that we can go down but I know when we were talking before the show That you wanted to at least ask me to justify a purchase of a brand new phone Simply for the camera. Am I not am I right or am I right? the deal Abby and I had was along the lines of when we have the kid you can get a new phone so But the iPhone 14 iPhone 14 Pro Pro Max I I told you before the show I'd be Stupid to not talk about the iPhone event at least a little bit with a member of ATP So I got to get a little bit of that in here. Of course, of course and so I'm coming from an iPhone XS Max. So this is about a four year leap. Oh my word Oh, you are in for a treat my friend. Exactly. Exactly. So I'm stoked when they said 48 megapixel camera, you know 2x 3x I was like think of all the different focal lengths I can take pictures of my child 4k 60 Dolby vision which I think was last year, but I'm like looking at all this stuff I'm

good. I'm so excited to just take an absurd amount of pictures I think you mentioned what you were buying on ATP, but if not, I don't want to spoil that for that audience, but Do you want to share what you sure? Yeah. No, I definitely can so one of the One of the perks of being a professional podcaster at this point in being a professional tech podcasters that I've decided that Every year iPhones are part of the job now and I had other equally slim and tenuous Justifications for it before I did this full-time, but nevertheless here we are So Erin and I are coming off 13 pros and we are we are We actually have three iPhone 14 pros coming and there's a little bit of a spoiler for ATP But when I was ordering I'll try to make this very quick when I was ordering this past Friday as we record I was trying to do in-store pickup Which I've never I think I did when it when it was the only way to get them Very briefly like I did the whole wait in line thing For a couple of years when they didn't ship them to the house on the first day, but I haven't done that since I've always shipped them And I wanted to try and store pickup because I don't know how your UPS or FedEx or whatever delivery services but we we live relatively close to a corporate center and Because of that it seems that all the businesses get all their packages during business hours And then once all that squared away then UPS will come and deliver to us. You know Little losers in the houses near the corporate center. Don't be creepy And so we would never get our delivery since a five six seven o'clock at night And I am many things but patience is not one of them And so I really wanted to do in-store pickup and I was ordering my phone and I don't know why I didn't have them together But that's neither here nor there but I was ordering my phone and I went to do in-store pickup And when I went to Apple pay it just did like the whole exclamation point in a circle thing with no actionable information about it whatsoever So clearly something had failed but I had no idea what I would guess that the pickup window that I had tried to reserve like had filled up in that at that point I don't know but then when I went back to send it through again at this point I'm like thinking oh my gosh I'm not gonna get my phone on launch day which you know it's kind of a problem because I need to talk about it and so I just rammed that order through as quick as I could not realizing that it had somehow switched itself to delivery oh crap so well that's fine but not desirable so I then did the order for Aaron's phone and my iPhone together for in store pickup for like 845 in the morning. And that went through no problem. So now I have three phones headed for me instead of two. And I will be returning the one that is that arrives via UPS and actually was chatting with Apple this morning. I was like, Hey, I'd like to cancel this. And they said, Hey, it's already on its way to you. So tough noogies. And so I guess I'll be returning it to the Apple Store potentially the same day I pick up my other one. But that's that's right. That's neither here nor there. But we both got iPhone 14 Pros, we are not Macs people. I got 256, excuse me, I got 512, she got 256. Hers white, mine black because I was on the color train, but purple is, I have nothing against purple, but it's just not for me. And so I'm back to black, like a boring old man. But what did you, did both of you end up getting new phones or just you? - Just me, she has an iPhone 11 in yellow. So I guess her upgrade will be next year. So this was for me. I am a Macs person, not because of my name, but my uncle does say that I should buy it because it has my name in it. So I went with the iPhone 14 Pro Max, and I went with a terabyte, Casey. - Oh, you got spendy. That's a lot of cheddar. - I might be using my kid as an excuse to buy a lot of things. - As you do. - 'Cause once she shows up, I feel like that tightens up real quick. - Oh yes, yes it does. - So I did go over a terabyte. Now my justification for this was, I'll shoot 4K60, Dolby Vision, HDR, like this will take up space. - It will, it certainly will. - So we'll see how that goes and we'll see how long I record at that resolution and quality, I don't know, but that was the, I decided to go all out with it and I also had to buy a MagSafe charger because I haven't been able to use that. a new case. I went with just the Apple leather. I know they like sealed off the bottom, which is to the chagrin of John and Marco. And I think I will probably also have an issue with it. I don't know. We'll see how it goes. But I like the leather cases a lot. So I went with those. Those will be here tomorrow, actually, the case and the charger. Yeah, we have Erin's pink, what's it, silicone? I always get the name wrong. I think it's silicone. the silicone case for her. I was a devout Apple leather case person and then for the 13 Pro, at launch time I swear that they didn't have a good black or no black offering at all. Now maybe I'm wrong about her, maybe I was looking for blue, maybe that was the issue, I don't

recall. But whatever the situation was I didn't find a case, an Apple leather case that I liked. And I went with this other one by Nudiant, which was okay but it's already pretty well destroyed after a year. And so this year I went back to the Apple black leather case and hopefully the sealed bottom won't bother me, famous last words. And so we'll hopefully stick with that. But it's been a long time since I've had a Apple case on my phone. I'm looking forward to that again. My Apple leather case on the XS Max I think has aged fairly well. If you take the phone out, it's flawless. They at least hold up for four years in the flow of heat and humidity. Yeah, that's saying something. Yep, that is absolutely saying something. And so are you super super super stoked for this new camera system then? Oh my gosh Casey. I cannot wait I it's I just I'm the guy in the group with all my friends when we take pictures or a group of anything I'm like who has the best phone and it doesn't matter if that's the newest iPhone or you know The latest Google pixel and like whichever one it is That's the one we need to be taking pictures with people like but it's just a phone like no We need the best so I haven't really used my phone To do anything fun In a long time picture wise and so I am absolutely stoked I I'm happy that this is the year they went they did a megapixel jump For the first time I think in a decade and I know they're bending it down to 12 megapixel still, but I'm just so excited for the range of quality that we're gonna be able to get and I was thinking about this today. I've got a buddy. He's been an Android devout for years and he's been on the Samsung train for a while now. So I always love when he gets new phones because I get to see kind of what's going on outside of MKBHD videos and he loves his like 100 super X zoom. He takes pictures of the moon with it and stuff and that's cool but that's a gimmick right like we're just taking pictures. These lenses on the iPhone seem incredibly practical to me as you know the half was it 0.5 X 1 2 and now now 2 and then 3 that's right so I I'm excited to have a versatile like range of lenses that seems practical especially for low light we're in an apartment not a lot of great lighting in here so I just think the quality of what I'm going to be able to pull out of it is going to be way better than, you know, obviously my XS Max, but just, I'm stoked to just have a really solid, essentially point and shoot, in my pocket at all times now that really kind of steps it all up. Yeah, it's funny, so when I had our first kid, Declan, it was late 2014, and at the time, I don't even remember what phone I was on, I'm not going to try to look it up right this minute. But at the time we had just bought a Olympus Micro Four Thirds camera, an OM-DEM10, the first edition of it. And we got a pretty good prime lens, and this was all in the recommendation of my friend Sean Blanc, because that's what he was rocking at the time. I believe he's a Leica guy now. But anyways, this camera compared to the then current iPhone for sure took phenomenal pictures. I mean, it's not as good as like a full-size DSLR or, you know, a full-frame camera like some of these Sonys that a lot of my friends are rocking these days. But, nevertheless, it was really good. I mean, you could tell. Physics says, you know, when you have enough space to have proper glass on there and, you know, make use of it, it's gonna make for a good picture. Fast forward, you know, Declan's gonna be eight next month, which by the way, I don't know how that's possible, but that's neither here nor there. But you know fast forward a few years and by I think it was a couple of years ago, maybe around two-ish years ago. I started really very rarely reaching for my Olympus and now today I Almost actively avoid using the Olympus if I'm not outdoors because the iPhone cameras Low light or even not sunlight performance is so much better than the Olympus is that And I and I ended up getting a I think a mark 3 body So this was you know, just three or four years ago now that I got a new body for it and and when I'm indoors, it's almost useless compared to my iPhone and Outdoors, it still shines and pardon the pun and and I get some really phenomenal pictures from it outdoors but indoors it's like not even worth it and and outdoors, the iPhone is very good. And in fact, actually, now that I say that, if I'm trying to get something with like the sky where HDR would be useful, then here again I'm reaching for the iPhone, not the Olympus. If I'm doing like a portrait or something like that, I'm going for the Olympus every time, outside that is. But if I'm inside or if I'm going for more of a landscape, then inside the lower light performance of the iPhone is so much better. Outside, if I'm going for a broader wider shot, the HDR performance is better. I guess I could manually HDR, you know, by doing some exposure bracketing and so on, but I don't have the patience or the time for that. And so for my setup, I

found that the iPhone is almost for 90% of the year is the only camera I ever use. And the only time I break out the Olympus is for special events, like a summer vacation or a birthday party or something along those lines. And every other time I'm just grabbing the iPhone. And around the time the iPhone X and XS, I don't think that was really the case, but I am very curious if you even have a big camera, what you find your breakdown to be. And obviously, if you do have a big camera, it might be much nicer than my little Micro Four Thirds, but I think you'll surprise yourself how infrequently you will reach for that. - That's one of my fears. I do have a big camera. I was doing work for my dad in the city of Atlanta that required filming a bunch of training. And so for that job, we bought a bunch of camera equipment and microphones and things like that. And so I got to keep all of that, which is a Canon 90D. So I did just kind of preliminary research, just kind of dug in and was like camera over a video camera seems to make more sense here. I did not realize that cameras for some reason have a 29 minute and 59 second time limit on recording video. - Yes. Yes, there was some reason for this. Yeah, I think it was like some sort of regulation in Japan or something like that, where either import or export or maybe even domestically, they had to classify themselves as like video cameras. I may have this dead wrong, but they had to like classify themselves as video cameras if they could record more than 30 minutes at a time, or 30 or more minutes at a time. There was some like completely artificial regulatory legal thing where they stop at 30 minutes. I think unless you have like an external recorder that you send via HDMI or something like that, I don't know, you probably know better than me. - No, that's, as far as why that's in place, I'm not sure, that sounds about right. That sounds like something a company or a government would regulate and kind of ruin it for everyone else. I do know that you could, jailbreak is probably the wrong term for this, but you can modify the software on the camera, but then that voids your warranty, and I'm not about to void the warranty on a really expensive camera, at least until I guess that expires. You can plug it into like one of those USB camera things that everyone was buying at the beginning of the pandemic so that their video calls were not abysmal. - Oh yeah, yeah. - So you can plug all that in, but then that's cables and you need like a dummy battery so that the camera doesn't auto shut off and it's a whole mess to record anything longer. It made editing those videos very interesting. - Oh, I can imagine. But I've had that for a couple years and I've taken pictures. That's what I've been documenting Abby's Baby Bump with and take pictures around when we go out and things like that. I love having these types of tools. I fell in love with photography and photo journalism and in college. I still say photo journalism was the most useful class I ever took in college because it's skills that I apply everywhere. - Yeah, yeah. - Even though you would think it's just pictures newspapers but I applied everywhere and I'm gonna tie it back here in a minute but so I have that body but it just came with the kit lens and a zoom like a what to 200 millimeter lens and then I'm 18 to 35 just the kit stuff and so I took the baby again as an excuse to buy a nice lens because I've heard Marquez MKBHD one thing he said was, "Date the camera, marry the glass." So I decided to invest in a Sigma 18-35mm f/1.8 zoom lens. And it, I know you love bokeh, the bokeh on this thing is insanity Casey. At 1.8 I mean that is open, so yeah you're gonna get some solid bokeh on that. Yes, and so I've been playing around with that and loving it. It's heavy, but I'm excited to... The justification, again, I'm using this kid to spend a lot of money, but when I talked to Abby about it, my thought process was, "She's only this big once." And to have, I think, just the best pictures you can, at whatever moment that is, I think is invaluable to me as a, you know, someone who likes to take pictures and document things and all that stuff. But the other thing that I learned from photojournalism was the best camera is the camera you have on you. And so whether that is my iPhone or the big camera, you know, I'm going to make do. But if I can use the big camera, I feel like I'm going to want to, but it is big and cumbersome. You got to put the lens on and you know, by the time all that's done, maybe she's done sucking her thumb or playing with her toes or whatever kids do. So it's highly situational and part of me is a little worried about it in the sense that I bought the phone and the nice lens and I'm going to use this, but the lens is still going to be good, you know, for as long as that is. So I feel overall confident in the longevity of it, as it were. But I'm really excited to start using both of them. Yeah, I don't blame you at all. And yeah, I think you'll definitely get great use out of the phone, and I think you're

right about the lens. To this day, again, when we have a special event, I've become the de facto family photojournalist, or even friend photojournalist amongst all of my peers in my family, because I'm the only one with a really nice camera. And again, this Micro Four Thirds camera, the body was somewhere around \$500, which is not cheap by any stretch of the imagination, but it's not one of these \$3,000 Sonys that Marco is buying or anything like that just for the body. And so I'm the one with the nice camera, and typically I'm the one taking the pictures of whatever's happening. And here again, even as I tell you I don't use the big camera but so often, I still think the investment in it was absolutely without a shadow of a doubt worth it. And something I've thought about and think about a lot is something you touched on just a moment ago, which is the kids are only going to be this big once. And I want to document the snot out of this big. Be that infant, be that baby, be that toddler, be that, you know, Declan's in second grade now, Mikaela's in preschool. I want to document the snot out of whatever size they are until they stop growing. And I want to have all the tools available to do that. And that is an excuse to spend a pile of money, which I'm very lucky that I've been able to do over the last eight years, since Declan was born, but having all of these tools in my tool chest is really, really valuable. And having a GoPro that I had originally bought for my brief foray into being a car journalist, that is still useful when we go to the swimming pool because I can bring the GoPro into the pool and not care. Now, granted, hypothetically, I could do that with my phone too, but the GoPro is purpose-built to go underwater. And so I'm not saying you have to buy a GoPro or anything like like that. It's just having these tools in your arsenal is extremely useful, and I sincerely doubt you will regret it. Now you may use... your use pattern may be very different than you expect, but you will not regret it. And when Aaron had the kids, like I had the Micro Four Thirds camera in the hospital, and I used it for both of them. And I wrote a post on my website a long time ago, shortly after Declan was born, that I think the best picture I will ever take in my life is a picture of Erin shortly, I think within 30 seconds of Declan having been put on her for, you know, like skin to skin. And I think this is the best picture I will probably ever take in my entire life. And it was taken with the Micro Four Thirds camera and it was taken with a little bit of bokeh, you know, it's not a lot, but it's indoors and the light is probably, you know, the coloring is probably wrong if you're a professional photographer or whatever. But like, Like for me, this picture is just phenomenal. And I don't remember if we spoke about this on your show when I was here last, but Aaron and I had a lot of trouble getting pregnant with both our kids. And here it was, you know, we, she had finally achieved our, her goal. And here it was, she finally is without question a mom. And if you look at this picture, which I presume Max will put in the show notes, my little blog post about this. If you look very closely, you can see like a tear or the path of a tear having gone down her her eye and her cheek. And it's just such a phenomenal picture. And it would have been good. Might have even been great with an iPhone. But this is one of those instances where, yes, the best camera you have is the camera or the best cameras the camera you have with you, like you'd said earlier. Except when you really need a good one. This is one of those cases where I was really happy I had the good one. And then I had the presence of mind to take the damn picture, which I don't always have. And I try to be good about it to the point that most of my friends and family are like, "Oh my gosh, dude, stop." But you have to have the presence of mind, you have to have the thing next to you, and in this case all the stars aligned and it just worked out really well. When I was doing some Casey dad research for this episode, I came across this post and I will include it in the show notes and Casey, I can't lie, I was reading it and I started crying because I was just like, and part of that is because this is, you're right at the precipice, you know, I'm so close to this. So that's kind of what pushed me over the edge. It is a beautiful photo. Um, well thank you. And you know, and knowing your guys's story, all of that coming in and then I'm right there and basically you just hit me right in the right spot there with this post called "Euphoria." And then reading the follow-up to that, which was, I think you titled it "My Euphoria," that was another just kind of like, "Kapow!" right to me. So thanks, Casey. Well, I appreciate it. It's very kind of you. And, you know, it's one of those things like I don't wish fertility problems upon anyone, really. But there is a little bit of a silver lining to that insofar as I, you, people, someone really learn or have a different perspective on what it's like to be a parent. I'm not trying to say my

perspective is better or worse than anyone else's. It's just different. And it's easier for me to remind myself when I think, "Oh my gosh, would the kids stop killing each other for one freaking second?" Or whatever the case may be. It's easy. It's a very kind of neat get out of jail free card for my own mood and attitude when I can remind myself, "You worked really hard for this and Erin worked even harder. Like more than your average parents. And you got to appreciate this, my dude." And I'm talking to myself here, "You got to appreciate this, my dude, because this wasn't the sort of thing where you just coughed and next thing you and knew she was pregnant. Like, you worked at this. And it is a gift and a blessing that either of our kids exist, much less the both of them. And a lot of times when I'm really frustrated with one of them, I will remind myself, probably not as often as I should, but I try. I'll remind myself, like, you worked for this, dude. Appreciate it. Appreciate the fact that you're getting pissed off about some stupid thing Declan just did. Appreciate the fact that Michaela just spilled apple juice all over the floor and now you got to clean it up. Appreciate that because you might not have had this and there are many people that don't get that no matter how hard they try. They've tried 10 times harder than me and they don't get it. And that's not very freaking fair, is it? So you better appreciate this. Even the crappy times, you better appreciate this because you worked for it, your wife worked for it, and not everyone gets it. And that, I think, having gone through fertility troubles, there's something oddly beautiful about that, especially for someone like me, who I find myself to be inherently extremely selfish. And it's hard, well, maybe not hard, but I try very hard not to be that way, even though that's like my default operating procedure is like, "Why did she spill over the floor? Ah, she's big enough that she shouldn't have done that. Maybe I should make her clean it up. I don't want to deal with this." And no, no, no, no, no. Stop. She made a mistake. It's not a big deal. Just deal with it and be thankful for the fact that you have a kid that has spilled apple juice or whatever everywhere. I don't know. Maybe that's just me. Maybe we'll see how you feel when the time comes. But it changed my perspective. I guess that's many, many words to say. It changed my perspective on things quite a lot. Conceptually, that's absolutely how I feel. At least going into it. You know, it wasn't long ago, it was actually ATP 496. You guys answered a question about like, what first time parents should like do and feel and stuff. It was perfect timing because we were already talked about this episode in particular. And John's like, "You're gonna say you hate this baby. You will, you will. And I'm, you know, I'm sure like it has to happen, right? Like they'll be crying, it's the middle of the night. I don't know. There's all sorts of scenarios. I can't even imagine them all because I've never done it before. But I just know it's like you said, I know how hard we worked for it. We have people in our lives who work at it and they don't get, Like we, she is a gift and I just want to be able to soak it up as much as possible because she's not going to be in the house forever. And I know it's weird to say that, you know, 18, 20 years away, but it's like, I only have so much time and I'm running out of time already and she's not even here yet. Which just really puts you in a total headspace. Yeah, it's a mind screw. And it's weird. A friend of mine said this to me, and it wasn't an original composition, but I remember vividly him saying this to me. And he was the first person to say it to me, although it's a very common phrase. The days are long and the years are short. And I feel like when I just sit back and think, I vividly remember bawling when we were at the fertility doctor's office and we heard Declan's heartbeat for the first time. And not that Michaela doesn't count or doesn't matter, you know, the same thing happened with her, but, you know, there's only one kid that makes you a parent, right? There, you may love them both equally, which I do, although for different reasons, but there's only one kid that makes you a parent. And I remember vividly being in that, in that office, hearing his heartbeat for the first time and just bawling. And I remember it like it was yesterday, and he turns eight years old next month. Like, it's utterly bananas. And it's weird because I will tell you with an honest heart that that moment of hearing that heartbeat was yesterday, and it was 16 lifetimes ago. And both of those are equally true in my mind, which obviously is impossible, but that's That's how it seems. And we've spoken to so many people who are older parents in the sense that their children are much older. I mean, look at my cohost, John Saracuzzi, who just dropped off Alex at college three weeks ago or something like that. And every single one of them says, "Blink and you'll miss it." And when you're dealing

with a fussy baby who maybe has gas but has no mechanism with which to tell you that, when you haven't slept but three hours in the last three days, or Or maybe you've slept 10 hours but you've done it in half an hour clips. You're going to hate that child with all of your being. Like, it will happen. And that's part of parenting. That's normal. But nonetheless, it is a miracle. I mean, every child is a miracle. Every single one. But—and I'm speaking a bit selfishly here and myopically—but children that you need help to conceive are miracles in a slightly different way. It just hits a little different. And I'm not trying to take away from anyone who doesn't have these problems. I wish I didn't. I wish you didn't. But nevertheless, the only thing we can do is try to make the best of it and try to be thankful for this path that you and I both had to walk, even though we really didn't want to. And that's how I do it. I lost my train of thought. Well, it's so much. And it's so much to deal with all at the same time. And it's just tough. And the best you can do, and I'm stealing from your show notes here, and I'm jumping around on you a bit, which makes me a terrible guest, and I apologize for that. But the best thing you can do is prepare the way, right? And some of that is tech. Some of that is what things can I buy? Can I buy a lens? Can I buy a camera? Can I buy a phone? And that's perfectly reasonable. - Those are fun toys. - And those are the fun toys. Those are dad's toys. That's dad preparing the way. But a lot of it is just preparing the way in general. Like, how do I make sure this baby is still breathing? How do I make sure that it's pooping enough and peeing enough? 'Cause let me tell you, never in your life will you be more obsessed with another person's bowels than when you have a child. And that lasts for like the first four years of their life. So it's all preparing the way, and that's stolen from my beloved cohost, John Syracuse, You're preparing the way to have this new thing in your world that, especially early on, is absolutely purpose-built to ruin everything. That is a baby's purpose in life, is to ruin everything. They're by design the most selfish, selfish jerks you will ever meet. So what have you been doing to prepare the way? Well Casey, a lot. We currently live in a two bedroom apartment, so our bedroom and then my office. My office is now a nursery with a desk in it. Yes, yes indeed. So that transformation has been happening. All my stuff's in the closet. All her stuff is out here. And you know, people like, I'll make jokes about it because I think that's part of who I am, but you know, all my stuff's in the closet, like, you know, I can't play this game or have access to this or whatever. But I, I've moved a lot, Casey. I've lived in a bunch of different states, houses all over the place. I'm pretty good at packing up my life and moving somewhere else. And I don't think I've ever been more happy to like put my stuff away and just make room for this person. And it's, it's not fun in the sense that we are in a small space for three people and the amount of junk that I have that my wife graciously lets me keep. But I've never been more excited to put my things away. And so the generic things of, you know, there's a curtain and a changing mat and a crib and I'm looking around the office as I do this, you know, all my art is down and now we have jungle animals up because we're jungle themed people. And I mean, my bookshelf's still there, so I guess it's a little nerdy to that sense, but like, I cleared off room for her books, which baby literature is very interesting. It is. So those types of things, we've gotten... there's been some other fun... fun... like, I geeked out about our stroller, we went... Oh yeah, oh yeah! I realized I became a dad when I geeked out about our stroller. We were extremely fortunate, blessed enough to be given a bunch of stuff. Abby has a friend who had a baby in 2020, but she had preeclampsia and she's okay and so is the baby, but obviously super serious stuff. And so afterwards she's like, "I'm done with this whole having kids thing. I don't really want to almost die again." So she kind of gave us all this stuff. Oh, that's awesome. that they didn't use because they didn't go anywhere. So we got a Britax car seat and two bases. Someone else gave us a Graco car seat and three bases. - Oh my. - Oh yeah, it's nuts. We ended up sticking with the Britax. I just like the stroller more. - That's fair, that's fair. - The rubber wheels didn't look like bicycle tires. I'm not running, I'm just taking the baby somewhere, but I wanted rubber wheels. So I geeked out about that. We bought a sterilizer and dryer for bottles. We just had a, they had a baby like a month ago, and we weren't sure if we were gonna buy one of those, and then we went over to their house, and it's like the coolest thing I've ever seen. - We didn't have an automated sterilizer. What we ended up doing, and I'm not trying to say this is a better or worse than an automated thing, But what we did was there was some company that made

yellow like microwave bags and what you would do is A friend recommended those. Yeah, and you would put like just a dribble of water I don't remember how much we put a dribble of water in this bag You would put the bottle pieces in that you would seal it and then you would microwave the snot out of it I forget they had a time that you're supposed to do but basically it would cause all the Water in that bag to boil and then they would you know steam clean all the bottle stuff and this was a regular occurrence in our house for a long time. And yeah, again, I'm not trying to say that you've chosen poorly or anything like that. I don't know anything one way or the other about the automated sterilizers, but that's what we ended up doing. And if nothing else, it's a good idea for travel, because if you believe in leaving the house, and I'm not even talking COVID, I'm just saying in general, when one has a baby, their world collapses. Again, by design, that's the way it works. And so you may not, again, leaving COVID aside, you may not want to leave the house for like six months or whatever, but if you choose to, perhaps something portable, maybe you would use the bags like when you're traveling and use the sterilizer at home or something like that. Eventually we'll travel simply because my parents live up in Indiana, so just by defacto, they're coming down when she's born, but eventually we want to go there, obviously. So at some point, then it's traveling of, I don't even know how you travel with a baby, took some friends in the airport and I was like, "Please tell me how traveling with all this baby stuff goes so I can work for it next time, you know, whenever I have to go. It is the worst, because especially if you're trying to like rent a car, if you're trying to rent a car, then you have to bring a car seat because I could go on a three hour tangent. I'm gonna try to keep this brief, but we did a couple of trips when Declan was super young, including to Florida actually once. And I have, I don't think I'll be able to dig it up quickly enough for now, much less, maybe if I remember, I'll put it in the show notes or have you put in the show notes, I should say. But there's a picture of either me or Aaron, I forget which one of us it is, at the airport. And there's the car seat, because we were renting a car. There's the car seat case, because Declan was like 18 months, so he was considered a lap infant. You know, he didn't have a seat on the plane, he just sat on our laps. But we still had to bring the car seat because we had a rental car, and we didn't want to just rent a car seat. First time parents, don't trust other people's stuff, blah blah blah. So we had the car seat in the bag, we had a stroller, we had a diaper bag, we had a breast pump, we had a suitcase for each of us, I think. So that was maybe it was just one shared suitcase for Erin and me and a suitcase for Declan. I feel like I'm forgetting like two or three other bags. It was ridiculous. I felt like a friggin pack animal trying to drag all this to the airport. It was nuts. I hated every moment of the airport on that trip because it was just intolerable to pick all that junk up and carry it from place to place and I think we checked half of it because we just didn't want to deal with it but it was oh it was a pain it was such an incredible pain. Yeah I have no idea sometimes I'm like do we drive but that's 18 hours in a car with a baby which sounds pretty miserable too. Well it depends on the baby but yeah probably. Yeah it doesn't sound too great so yeah I there's so many different factors now just leaving the house is going to be a way bigger journey than it's ever been before. on the third floor there is no elevator. Oh no, don't tell me that. Oh gosh, that's not fun. We'll definitely at least stay fit because we have to carry the baby down, the stroller down, all end up. Oh my gosh, it's going to be a whole thing. I'm interested to see how that goes. No more. After this apartment we will not be on the third floor without an elevator. Yeah, that's not going to be super fun. Oh, yeah, yeah. Oh, that's right. I'm looking, I'm trying to find this picture now, and we had rented a sedan when we got to Florida. I think we flew into Fort Lauderdale. And I forget what it was, but because of the size of the trunk, I think we couldn't fit the stroller. We only had—we brought like our little teeny tiny stroller, if I remember right. We didn't bring the stroller that the car seat clicks into. But we ended up that I would have—I had to sit in the back with Declan because he needed somebody in the back with him because he was the world's worst car traveler. And so I was in the back with him and then we had to like shove the stroller into the passenger seat next to Aaron. Like it was just a mess. It was an utter mess. And not every, not every family's like this. I'm not trying to like scare you off. All I'm saying is it's an adventure and it's part of life. You get through it. I got through it. You will get through it. But Oh, my word is it an adventure. It is such an adventure. Yeah. We We bought a monitor. This is

some ATPD lore. Ever since you guys had the baby monitor discussion in, I honestly, I just searched baby monitor in the episode list so I'll have to find it later. 398, I pulled it up earlier. The state of your baby. Very good use of title. But I just saved that because I like the idea of you don't want some app that's going through the internet like you you need to know what's going on immediately yeah so I bought one of those I'll tell you what the picture quality on it is like not fantastic at all it isn't usually the point is not like to have 4k streaming quality of your baby in a crib it's to hear and see the baby and get into the room as fast as possible so it really doesn't matter what it looks like to a certain degree exactly right so we bought one of those I'm looking around We got a humidifier. We bought one of those diaper pails. I mean we got everything it's all over the place man it's spread out and Here in the we're 31 days away from the due date of October 13th, and I Feel like we've kind of done We're as ready as we're ever gonna be the room is set the bags are packed Like as well as they can be for five weeks out everything's in place and now we're just waiting and I feel like that's the worst not the worst part but I wish there was more to do to kill the time because you don't know when it's gonna happen it could happen any day now realistically I keep saying that she's gonna be a full cook her man keeps thinking that she's gonna be born any day now but that's because pretty much everyone in her family is born in September. Ah indeed okay. Yeah so it's I'm like nah she's gonna be in there the whole time she's coming out in October but you know I before we got married I was living with a buddy and I was I want to say I was out of work at the time and so I had nothing to do. The wedding was all set I was just waiting to get married and I I couldn't keep still and I feel the same way with the baby to you know that extent it's like is there more I can do to like does she have everything she needs are we really ready for this as the do we have all the clothes do we have blanket like what up and I can't think of anything and maybe I'm just drawing a total blank but I I can't I don't know I'm kind of fidgety as I'm antsy antsy is probably the better word for it I'm antsy for her to show up, but I want her to show up as You know as late as possible as an over time not right now No, I totally hear that and yeah, this is the very tough part in plus at at this point especially as a first-time parent Everything is oh is this it like you know for me anyway if Aaron maybe it's just cuz I'm a hypochondriac react. But, you know, Aaron would cough twice and be like, "Oh, that's it. It's time. Let's get the bags." I mean, I'm exaggerating some, but not a lot. And so it becomes very difficult because everything becomes a trigger. Everything is, "Oh, is this bad?" At this point, I think it's fair to say that barring some true utter catastrophe, like Abby would be fine, your little girl would be fine short of a major, major, major, you know, issue. But nevertheless, you don't think about that when, like, you don't, when Abby doesn't feel her kicking for an hour or something like that, you know what I mean? And so everything becomes an earth-shattering, world-ending issue. Because when that, when she shows up, it is kind of earth-shattering and world-ending. And I don't mean that in a bad way. It's just, that's kind of what it is. That's just the way it works. And so, yeah, this waiting game, it's not a fun game. And, and it's tough. And it's also doubly tough because, you know, if Abby is anything like Erin was at this point, you know, she's not sleeping, she's visiting the restroom every four minutes, she's not comfortable. Getting up and down, no matter how fit she was before getting pregnant, getting up off the couch or, gosh, if she's on the floor for some reason, getting up or down is physically challenging, if not painful. Like, I mean, her body is not hers. It really hasn't been hers for several months, but really not hers now and and it's it's I mean I can't I can't fathom what that feels like I was actually talking to some friends of ours over the summer and I don't know why this didn't occur to me for a long time and I think I think I had this epiphany while Erin was pregnant with Declan although I don't remember exactly when it was but when a woman ends up pregnant like she has I mean the husband doesn't either but she has no idea how this pregnancy is going to go and particularly the delivery is going to go. And there's a pretty solid chance that that Abby or whomever will end up having some sort of fairly invasive surgery. Maybe could be entirely possible. We we have talked about it. Her mother had two C sections. It was way different circumstance with with triplets and twins. But it's totally possible. And then, you know, there's other things that they could do if you're not dilating they like for a lack of better terms and medical understanding and they can put a balloon help expand things it's

like a lot of stuff can go on yeah it seemed it is incredibly painful from what I understand and have seen like I it's painful it's not comfortable at all and it could we had friend the friends I mentioned earlier with the sterilizer They were in the hospital for five days just trying to- she was induced and it just took five days. Like that's a long time. Yeah, Erin was in active- well I don't know, active is a loaded term when it comes to labor, but Erin was laboring, I guess I should say, for about a day with each kid and yet her younger brother just had their first month ago, a month and a ago. And I'm exaggerating some, but my sister-in-law, the mother of the kid, basically said, "Oh, she just slid right out." And I mean, it wasn't quite that easy. But nevertheless, as compared to Erin's day of laboring for each child, and plus, both of our kids were relatively large. Declan was like eight and a half pounds and Mikayla was darn near 10. And so that has all sorts of issues associated with it as well. And then the woman, no matter how the baby is delivered has to recover and depending on the delivery mechanism and how big the baby is that recovery can be more or less difficult and it's just why did why do women sign up for this man like if it were up to us the human race would die out because there's no way i'd sign up for that uh-uh no sir nope no thank you but it has been it's the most incredible thing to watch - It absolutely is. - Just see it Abby grow and everything just happen. It's so cliched, it's like, she's never been more beautiful, I've never been more in love with her, I just, I can't, I didn't know it was possible and I'm not, I don't feel emotionally prepared for however I'm going to feel when I see our daughter because you can tell someone, you know, it's gonna change your world, never knew you could like you can write it all out and it conceptually makes sense but I've never felt it before and I know how I feel now and I don't know what she looks like you know yeah all I know is what she sounds like and like where she kicks that's about it I just can't wait but I'm also like wiggling out a little bit and I'm just excited to see it all happen and be there to help out as best I can because I feel like I haven't done a lot. I mean I've set things up and built things and done that side of stuff but I'm excited to actually contribute to the care of the human and yep yep yep I've never changed a diaper I'm like weirdly excited about that and to dress her up my cousin just bought me a max for Stappin onesie and she'll be born kind of toward the tail end this f1 season mm-hmm I'm so pumped I'll be decked out in the Red Bull she'll be decked out in the Red Bull we'll have this great bonding experience she knows what it sounds like when I chant Red Bull Red bull in the house. So I'm excited to share that with her. I know Max is not your favorite person. No, not much. That's alright though. I'll allow it. This is definitely the season for her to pop out. That's all I'm saying. Yeah. Barring any dramatic downturn in the quality of the car. It's the season for her to be born. Yes, that's that. You're right. You're right. So I'm excited. She'll only fit in the onesie for like a few months probably. If anyone, what people have told me, they grow rapidly and clothes don't even fit. But you know, I have an ATP onesie. I actually also- Aw, wonderful. I also convinced her to let me buy a relay onesie, so like she'll fit in those for like a week and then, but I'll keep them. I'm excited about it. This is the way. You know, it's funny you say, you know, you're kind of just along for the ride right now because you're right, you know, I don't want to be uncouth, but suffice to say that, you generally speaking, men get to have the fun parts of growing the baby, which is to say, you know, we're involved in the beginning and then basically just cruise for nine months, whereas the woman is literally growing another person inside of them. But when the baby is here, it's a very delicate and odd balancing act, no matter who you are, right? Like, you know, you and Abby will find your own rhythm probably after a few weeks. Hopefully it'll only be a week or two, but realistically after a few weeks. But you'll find your own rhythm. And one thing that I found helped me a lot to feel even more connected with the baby, and this is true both of them, is trying to do what I can to be more active in, I almost said the upkeep of the baby, which is terrible, but like, but try to be more active in the things that, that the mom is more uniquely equipped to do. So as a direct example, um, Erin breastfed Declan, she tried to breastfeed Michaela, but Michaela ended up having some sort of a food allergy. And so we had to switch to like this really god awful formula. Um, you, you guys may choose to just skip breastfeeding entirely, or maybe you'll do some combination. None of this is wrong. Her plan is to breastfeed. We actually have an appointment with a lactation consultant. My parents bought that for us. They wanted Abby to have that. So the plan is breastfeeding. But we also

understand that that may not work out. So we're, like, I think mentally prepared to pivot as needed, but the plan right now is breastfeeding. Yeah. So I mean, ultimately, the best baby is a fed baby, and that's all that matters. Yes. Well, it's alive. Yep, exactly right. But one thing that helped me a lot is, after the first month or two, the consultants that we had spoken to, and I'm not saying this is right or wrong, but the ones that we had spoken to had said, you know, for the beginning, if you can, try not to introduce a bottle right away. Now, other lactation consultants might tell you that that's dead wrong, and I'm not here to pass judgment one way or the other. I'm just telling you what we were told. We were told, try not to introduce the bottle right away, because the bottle is comparatively easier to extract milk out of, and the baby is just going to want food as easily as it possibly can get it. So if you introduce a bottle early, they're gonna be like, "Well, the heck with this, you know, breast, I don't want that. I want the bottle. That was so much easier, so much faster." And so it took a while before we introduced a bottle to either kid, but one of the things that we had done was, you know, Erin would pump and then, and she didn't do this all the time, but you know, occasionally she would pump and then basically hand me that milk immediately and then I would feed the baby with a bottle with breast milk and maybe this is me but I found that a really powerful and important bonding moment for me because even when they're out, yes I can change diapers and I changed a lot of diapers, but there's not a lot, particularly if you're breastfeeding, there's not a lot that I can do or that you can do to be directly involved with, again, for lack of a better term, the upkeep of the baby. Like, the baby will be fine if the diaper isn't changed immediately. The baby will not be fine if it's not fed when it wants to be, especially when it's brand new. And so having the ability to help with that sort of a thing, for me, was really profound and really useful. And you might find it not necessary at all, but it was very helpful for me. And once you and Abby and your team, your consultant or whomever decides that it's appropriate to do so and maybe that'll be day one maybe it'll be day 30 but whenever you decide it's appropriate to do so I strongly encourage you to try to do that and whatever it is it doesn't have to be just feeding but whatever you can do to be involved with more than just changing of the diapers you know one of the things that Aaron and I did with Declan was for the first couple of nights you know I was I said to her when you're up I'm up I'm gonna stay in solidarity. If you're going to be awake, I should be awake too." And I think she appreciated that at first, but you can already tell the folly of this plan, which is that now two people are losing sleep for no good reason, and the first two months of baby are survival. And so the best thing you can do is survive. And that means whenever either one of you can sleep, you better freaking sleep. And that may mean napping, it may not, it may mean just doing what you can overnight, but do what you can to sleep. And so the rhythm we fell into the best of my recollection was, Aaron would feed and then I would come in and change and burp or I think that was right, something along those lines. So Aaron did the thing that Aaron is uniquely and only Aaron is qualified to do, at least now with Declan and early on with Michaela. And then I would do everything else. And that was helpful because that meant, that's probably overselling my involvement, But you get my point. That made it easier for Erin because she did the thing that she had to do, and I did all the stuff that I could do. And I was more involved, and I felt like I was doing more than just changing poop diapers, which is fine and helpful. And honestly, it's pretty easy when they're newborn. It's when they start eating real food that it gets a little interesting. The more involvement I had, the better I felt about it. And that seems obvious when I say that out loud, but it, again, it's a very profound and useful thing to get you and this baby to really get to know each other and really understand that you are intertwined in all the good and bad ways. Yeah, that's being able to help in any way is kind of one of my concerns is probably the right word. So Abby Gitt is a teacher at a private school. And so basically what that boils down to as far as once the baby's born is she basically goes on short-term disability and that based on when the babies do that basically would take her through Christmas. So she kind of gets the end of the year off from work to take care of a human which is full-time job. It's not on vacation. Nope. But I have got a new job in May and so when I was was working at Disney, the policy was three months paid paternity leave at Disney. Wow! That's incredible. Sounds really great. It would have been really great. That is not an option at the new company. It's a smaller company and

basically it's just PTO. There's no sick days, there's no like vacation, sick day separation. It's just one thing and I've only accrued by the time she's born four days. So those four days are gonna be eaten up at the hospital, realistically, right? You know, say she's in labor for a day, they keep you at the hospital for a day, roughly, is my understanding. If she has a c-section, it's two days. So, thankfully, I can work from home and that's my plan. Quite honestly, boss, if you're listening to this, I don't know how productive I'll be then, because there's gonna be so much going on that I just have never done before. So I'm kind of nervous just about figuring that balance out because at some point, like, I have—I can't afford to take unpaid time off. Our rent goes up the same month by \$520. Oh my word! Yes, it's ridiculous, Casey. That is bananas. I'm sorry. Yeah, but it's also I don't want to move the same month I have a brand new baby, so the apartment owner wins. And I'm not here to complain about like, "Oh, woe is me. I have to pay for this and that and all this stuff." Honestly, if I was still at Disney, we would not be able to afford this apartment and the kids. So like I'm at the place I need to be right now and I'm incredibly fortunate to be able to keep this human alive, supply for this family in the best way that I can. And I'm able to work from home, which isn't, I guess saying that in 2022 isn't really like that big of a shocker. Most people can work from home now. Sure. But also some can't like Disney, you know, at least at our team working at home was not really an option anymore. And so I'm just, I'm I guess nervous about learning that balance because I want to be present and help as much as possible. My dad worked at his own company while we were kind of in elementary school and going through middle school and that sort of stuff. So my dad was around, he was working, kind of like you Casey, you're home and you know you're working, you've got stuff to do, but the kids are there. I guess Declan's at school, last two years they've been home, you know how it's all been. And I found my dad being home was super important. I look back incredibly fondly on that. I know it was difficult, especially, you know, my dad's company ended up failing, forcing us to move, there's a whole thing there. Like it was hard. As an adult, I understand what they were going through as adults. You know, there were days they couldn't buy groceries And we were oblivious to that. Like our parents protected us from all the stuff that was going on incredibly well. And it wasn't until we were adults that we even knew that sort of stuff was going on. And having, being around is important to me and so I wanna be involved as much as possible and I'm gonna, I'm, part of me is concerned about the challenge but I'm also excited about it in the sense that I get to learn to do something new and really strike a balance and tackle, it feels weird to say it, like a new project. Keeping a person alive is not really a project, it's a life. I'm gonna be doing this for the rest of my life on some level. I wanna just be around as much as possible. And my brain is like, how's this whole baby thing, working from home gonna work? how am I going to do podcast now granted she sleeps in the room for the first few months of her life six months however long it's supposed to be it's like we share a room now like where do I move so like I'm I'm excited to learn how to balance all these challenges and things but also I just don't know how it's gonna go and one of the things I said about our wedding Obviously Casey you weren't there but like I gave a speech at a right and the gist of it was You know, I kept saying the whole engagement No one teaches you how to get married like what you've got to do how much it cost. No one teaches you that But then my like zener or whatever to make everyone feel really good was but you all the people there have taught us how to Love each other and like be married Yeah, it feels good a good speech man. That's actually my profile picture pretty much everywhere is me giving that speech I don't look anything like that. Now. I have a beard and like my circle glasses and I look but that was the gist and coming into Becoming a parent. I'm feeling a somewhat similar train of thought in the sense that it is a rare That you know Granted with a baby you don't know exactly when but you know when your life is going to change forever Like when I met Abby, I didn't know my life was going to change forever right away You know like figured it out not terribly long afterward, but in the grand scheme of things But I didn't know when we saw each other at Kmart or she would say when we watch The Walking Dead together That would completely change our lives. Yeah, but this baby she is going to change our lives for the rest of our lives and It feels Good to know that before it happens Weirdly, you know, I don't know. No, I totally get what you're saying and it's very astute and and you're exactly right But the thing is what do you what do

you do with that in knowledge? Right, like what what how is that actionable and and I don't have a terribly good answer for that I think the best you can do is prepare the way and it sounds like you have You can try to have conversations with Abby and with friends and family to establish what you want to happen but Inevitably like what you want will not happen and I don't mean that to be negative far from it it's just that this is an a life-changing event for both of you and No matter how much planning you put into it there will be things that don't go the way you expect it not even necessarily worse could be better, but they won't go the way you expected and That's tough and the best I can recommend Is to do the thing that I think all of us have found very difficult to do over the last few years And you know you could send me on an ok boomer rant about how phones are ruining everything and so on and so forth which I don't actually believe but The best thing that I think you can do is just be present and be present for your little girl be present for Abby And be present and that doesn't mean Never touch your phone or or anything like that, but it does mean give Attention preferably undivided whenever you can Try to pick up on what Abby needs Because she may not be in a place that she can effectively verbalize it And I think maybe part of the reason that most men I know, and I'm this way, are predisposed to try to fix it, is maybe sort of kind of training for when you have a kid. Because, especially early on, your job is to do whatever you can to keep the child and the mom happy and healthy. And neither of those things are going to be terribly easy. Possibly impossible. But you gotta do your best. And you gotta fix it however you can, wherever you can, in the best way you possibly can. Now in some ways that's something that can be dumb things. Like make sure you grab some food on the way to the hospital, because that's probably the last time your wife's gonna be able to eat for anywhere between 8 and 30 hours. And maybe the last time you'll be able to eat, depending on whether or not you have people nearby to bring you food or if you can run over to the hospital, you know, cafeteria or whatever. also bigger stuff. Like, you know, if Abby is struggling with postpartum depression, tell her or get her help or whatever the case may be. If you're having trouble breastfeeding because you're normal and everyone freaking has trouble breastfeeding, but nobody ever tells you that, then figure out a lactation consultant and get that squared away and make the appointment or whatever the case may be. And you don't know what it will be. And you don't know, you know, you were saying earlier, you guys were planning on breastfeeding, but who knows, you know, maybe that won't work out. You're exactly right. I think it's good to have a plan. It's good to you guys have reached an agreement of what you would like to happen, but who knows what will happen. And, and so you just got to roll with it. You might want to podcast in the nursery while you know, while Abby and the baby are sleeping in the master bedroom. But it may end up that you find that reserving a conference room at the local library and bringing all your equipment down there is a better fit. Like, who knows? You never know. And so you just got to survive. And that's the first few months is just survival. That's a really good idea. And then I thought I'm gonna have to leg my iMac. Oh, yes. Well, that's that's gonna be less fun. Doable, but less fun. I just pictured myself walking around with a red iMac. Take me library. Take me. Yeah, yeah. It is a guy here. I hear sell carrying cases for these things, so I've been told. You would think, I mean, it would have to be fairly easy, they're so thin. I have an M1 iMac, so it's like, you know, as thick as a pencil, I would think something's got to be, and it's on a VESA mount, so it definitely could just slide in somewhere. That's a good point, but anyway, you get my point, and I think it's just, you just got to do what you can to be there, be present, be aware. I guess it's not only being present, present, but being aware. Because neither of you will be capable of effectively and efficiently messaging to the other what you need or want. Because you will be—your world is upside down, you are not sleeping, you are at best like co-workers for a while because you've got this project in front of you, and you just have to manage it and survive it. And so you gotta be present, you gotta be aware, and try to be aware of the things that either the baby or most especially Abby needs, potentially before she can put that together. And I don't care if you've been married 10 minutes, 10 years, or 10 days, that's a challenging thing to do. But you just gotta try. But then once you get through the first couple of weeks, maybe a month or two, then you start getting into, like, the comparatively easier times when you're no longer in survival mode, you're now able to sit back and enjoy. And that's when

you can worry about the things like, have I taken enough video or am I taking too many pictures? So as a silly example, I tend to lean toward a photograph, or reach for a photograph so to speak, when I'm documenting the kids' lives. But Aaron is very good about taking video, and I wish in retrospect for both kids that I had taken more video, and maybe not fewer pictures, but at least had the presence of mind to take more video. And I still have problems with that, and I try to do better with it. It's silly stuff like that you can start to worry about after you're no longer in survival mode. And survival mode, it's so hard, because for me anyway, and for Aaron, it was mostly about sleep. And our kids, they didn't sleep spectacularly overnight, and they never do at first, because they have to feed every three hours or whatever. But they did pretty well. Now of course, Erin was up all the time breastfeeding, and there was not a lot I could do about that. And particularly with Declan, I think more, she was quicker to punt, or I should say she was quicker not to punt and take all of the overnight responsibility on because I went back to work quicker with him than I did with Michaela. And so once the baby can do like a four hour stretch, like I kid you not, I have had, I think the best sleeps I've ever had were the first sleeps where the baby went more than like two or three hours. When they cross like the four hour threshold and then like the six hour threshold, it was like you're a new freaking human because you've never felt better in your whole life. And these are just milestones that you just got to get through. And like you had said a couple of times earlier, you conceptually know what it's like to be on little sleep. You conceptually get that concept. You conceptually get what it's like to arrive in a new place, maybe physically or geographically, maybe you know, figuratively speaking, to arrive at a new job, to arrive in a new home, to arrive in a new town where you're going to live. Those are all life-changing events that totally alter your existence in your day-to-day world. You conceptually understand that, but you know nothing about what you're about to embark upon. And I know you recognize that. I'm not trying to like scold you. I get that you are fully aware. I have no idea. Yep. And it's just, and I wish there was some way that I could say to you, this is exactly what to expect. And I think it sounds like your friends and family have done that. I'm trying to do it, but it's exactly what you said, Max. Like there's nothing you can, one can do to properly prepare yourself. But once you get to the point that you're starting to understand, you're starting to get a rhythm, and all three of you are starting to form a joint together rhythm, when you get to that point, you're no longer in survival mode. It's magical. And it's frustrating, and it's hard, and it's difficult, and it's challenging, and it's infuriating, but it's always magical. And to see yourself in another human, if you're like me, sometimes that's a little frustrating and scary, but generally speaking, that's incredible and so powerful and so amazing. And then, for me anyway, when you get to see little bits of your wife in these little people, that's like the coolest thing in the world. Because my wife is my favorite person on the planet, like bar none. And to see like little specks of Aaron in them. Well, I mean, they're both spitting images of Aaron physically. wise, you know, to see little specks of Aaron in them is just like the coolest thing in the world. And, and, and to get to try your damndest, you'll have, you will fail because everyone does, but to try your damndest to right the wrongs of your parents. And I say that as someone who's very close with my parents, like my parents are great people. I love them to death. I don't think that there's a laundry list of wrongs that they have committed, but you still do what you can to right the wrongs of your parents and to be better than your parents. And it's just, it's so much fun. It's such an incredible experience watching your wife give birth I don't care which way it happens like that it is it is otherworldly seeing your spouse go through that and empower through that and and Overcome it like it's it's it's Stupefying it leaves you speechless and it is incredible again. I don't care what the mechanism is It is incredible to know that for nine months They have grown a human inside of them and brought it into the world and you two did that together I don't care if you had help or not I don't care if you coughed and had a baby if you had IVF or Anything in between if you had a surrogate or whatever. I mean, I don't care the two of you made that together And it's so incredibly powerful and I for one I'm not a particularly religious person But it is one of the most moving experiences of my life. Just watching watching my wife create birth and Bring this project of how or here's I mean that a good way not a just a Dismissive way to bring this project of ours into the world and then to go through The next 18 to you know, whatever

however many years together you and you and Abby me and Erin Trying to figure out the best possible way to do right by them and screwing up left and right I screw up daily every day I make a mistake but every day I try to be just the teeniest bit better than the last and sometimes I do better sometimes I don't sometimes I'm on an upswing sometimes a down but it's such an incredible journey and it's such a Just a wild new frontier that you get to conquer and you get to do it together and that's so incredibly powerful I couldn't be more excited to do all of that and figure it out. The hard stuff, like getting no sleep, and the cool stuff, like seeing specs of Abby in This Little Baby Girl. I, you know, you talking about that, it reminded me of, my favorite comedian is Mike Birbiglia, I don't know if you're familiar with him, Casey. I know of him, I don't know much of his stuff though. So he is one of the comedians that is like a storyteller with his jokes. Like his shows have a whole theme and vibe but he pieces bits together. Anyway, he has a show called The New One which is about him and his wife having their baby. And they also had trouble getting pregnant and he shares that in this story but it's on Netflix and it was on Broadway and stuff. It's a great show. I highly recommend it. I'm kind of spoiling the heartfelt moment at the end of it, but he talks about the moment where the three of them became one in that sense like you were talking about, where you're this unit and it's just this magical thing. I watched it a couple of months ago because I'm getting ready to be a dad, so I was like, "Good excuse to watch Mike Birbiglia and I can't wait for that moment, the first time, and for the rest of my life. And I think that, you know, there are two main things I guess I'm excited about, like conceptually about this child. The first thing is selfish and sharing things that I love. I have tons of stuff that I cannot wait to share and most of them require her to be older. But I'm excited to, you know, share different games and movies and things that I care about. But as I've, I suppose, matured and it's not like it's happened in the last few months, this is over years of, you know, someday I'll have a kid and we'll share this. But I'm more excited to see the things that she's into and falls in love with because she's gonna do things and be into things that I've never been into or could think about or she'll be into the same things I am but discover them in new ways and do things that I've never even dreamed of. And I think to watch that happen is gonna be the coolest most wonderful thing outside of Mary and Abby. Like I can't... I'm stoked to see that happen. And I know it takes time. She's not gonna pop out and be like, "Yo, I like this stuff." It's gonna take a lot of time, right? Years. I was listening to the recent episode of Analog Today, actually, and you talked about Mikayla doing this after-school art class thing. I'm like, that's cool that she's into that and wants to do it and it sounded like she's really enjoying it. And I can't wait to see that type of thing happen. I am not an art person at all, but maybe my kid will be. And that'd be awesome because I'm really bad at it and if someone in my life could be good at it, that'd be dope. So, that's the part I'm really looking forward to no matter how long that takes. And you know what? In the grand scheme, two, three months, four months, years, however, if she's a super terrible you know that'll eventually go away and I'll be getting my eight hours back or six or six this is really more realistic for me probably once eight but you know in the grand scheme it's it's fleeting the that the struggle part of it I think at least physically I understand raising kids is conceptually I understand it's a struggle totally I know what I did to my parents so I can only imagine what kind payback I'm gonna get now. Yep, yep, yep. I think you're exactly right. You've got your head on your shoulders. And it is fun. Like lately, because with Mikayla going to this art thing after school, like it's preschool and you're exactly right. Like this is something that's very outside my wheelhouse, but nevertheless, it's still early. Like she's not even five years old yet. So, you know, her art is very rudimentary and fundamental. A lot better than mine was at, you know, four and a half years old, but still it's rudimentary. But the thing that's really been weird for me lately, good weird, but weird for me lately is that Declan has out of nowhere at the end of last school year got hugely into Pokémon. And I know almost nothing about Pokémon. And I'm trying to do my darndest to learn. Like, there's not a lot about Pokémon that really appeals to me because I'm old and boring. And it was new when I was in like high school so I'd like miss the window on it. But nevertheless, I'm trying very hard to build a genuine interest in it because he's interested in it. And I want to be involved in his life, and I want to be interested in the things that he's interested in. And I'm not doing the greatest job of it. Like, I'm doing better than crappy job, but I wouldn't say I'm doing

a great job. But I'm trying, and I'm trying to do what I can to be involved with it. And this is the first thing that he's had an active interest in. He'll find something that he enjoys, like Paw Patrol is one of the kids shows he really liked, for example. But there wasn't that much-- he would play with the toys a little bit, and that would be that. But this is an all-encompassing obsession for him right now, and this is the first one that I think he's really brought to us that we were not at all familiar with. And that's cool. It's cool. It's extremely cool. But it's new territory for us. And, you know, it's something new that we're going to have to conquer. And I don't mean that again in a flippant way. You know, it's fine. It's not necessarily a bad thing at all. It's very cool. But it's something to manage. And we're trying to navigate, "How do we do that?" And it's just wild. And that's what you do at eight years old. At eight days old, you just want to figure out a way to get more than four friggin' hours of sleep at a time. You know, so the challenges are always different, but there are always challenges of some sort. - Yeah, if you ever need any Pokemon tips or pointers, I'm always available. - I appreciate it, yeah, I need like the 101 course from either you or Mike or both. - Yeah, I would be happy to help. There was one thing I wanted to ask you specifically, I think before we wrap up is, and I think we've touched on it maybe a little bit, but just being a, for a lack of a better term, a girl dad. Like you have a son and a daughter, but I obviously have none. I'm not, is there girl specific stuff I should be prepared for? I only have a younger brother. I didn't grow up with girls. My wife on the other hand grew up with two sisters. Their dog was a girl. Like they've just been surrounded by women. So I'm like girl dad stuff. any pointers or anything specifically to selfishly ask you? - You know, I'm gonna fail you because I don't have, I don't think I have any really useful tidbits or tips. Like I know plenty of people, like the friend of mine that said, you know, the days along the years are short. He has a boy and a girl, the boy is the elder. And he has said for the longest time, like his little girl owns him and, you know, he's wrapped around her little finger. People keep telling me that's what I'm gonna be like. I'm like, hey. - Well, and I'm gonna be honest with you. I don't feel that way, and that's not, it's not because I don't love Mikayla to death. She is such an incredible little girl. But, and I know this sounds like I'm just saying it because I'm on a podcast, but really and truly, like I love both my children equally, but in very, very, very different ways. And I don't view the fact that she's my little girl or my little princess or anything like that. Like, she's my youngest kid. Like, I don't really think of her, and I'm not trying to be like all woke about, well, it doesn't matter if she's a girl or not. Like, I'm not saying that at all. It's just, I feel like both of my kids provide very unique challenges and very unique, I don't know, perks isn't the word I'm looking for, but like, maybe opportunities, but they're both their own people in very, very different ways. And I love that about both of them. And the fact that Mikayla's a little girl doesn't really weigh in to me. Again, I feel like I sound like I'm trying to be on a soapbox or something. I wish I had a better answer for you than that one. But it doesn't matter, I don't think, whether it's a boy, a girl, or something else entirely. Like it's your kid, man. And that's all that matters. And that kid is, especially when there's only one of them, that kid owns you. Like there's no matter how terrible they are as an infant, and some of them be real bad, that kid just owns you. And that there's nothing else to it. Like nothing else matters. They just absolutely own you. I heard somebody say, I don't remember if this was a famous person or not, but I heard somebody say that when you have a child, it's kind of like your heart isn't in your body anymore. And I think there's a lot of truth to that. Like, I still, I don't want to get into this right now, in part because we've been running long, but I still think that Aaron is the most important person in my world. And some people would maybe say that's selfish, and maybe it is. Some people would say that may make me a bad dad, maybe it does. But for me, Erin is still the most important. There's nothing for me without her. But even though I love my children very differently than the way I love her, quite obviously, I love them just as much. And it's weird, and this is coming back around to what I was starting to say, I heard somebody say, like, when you have a kid, your heart kind of leaves your body and it's carried in this other person or other persons. And it's a very odd thing to come to terms with, that it in some ways you only get to be happy when they're happy. And there's a negative interpretation of that, but what I mean by that is your happiness is so inextricably linked to whether or not they're happy. And when it's an infant, that's kind of true because then they're screaming or

crying, but when they're Declan and Michaela's age, like seeing them play with friends and navigate what that is and the give and take of playing with a friend, especially for us because we were pretty aggressively locked down during COVID and they didn't get those opportunities for the last couple of years. Now we are able to play with friends again in the way they should have been able to, all things being equal for the last couple of years. And when you see that smile in their faces when they get to do a game with their friends and they're having so much fun, or if we take them on a trip and they're loving every second of it, or when we give them the special treat that they've always wanted, or whatever. Like, that makes your heart happy because they're happy. And that sounds so trite and so silly, but I don't know how else to verbalize it. But it's like this other human is holding onto your heart, and when they're upset, or if they're mad at you, it's like they just crushed it and there's nothing you can do. Like, maybe you just got to figure out a way to make them happy again. And I don't know, I don't think I'm verbalizing it well, but it's just, it's an incredibly powerful thing. And I'm so excited that you get to experience it. And I'm excited that you get to, to the degree that you want to get to record what your thoughts are about it because as creepy and weird as I think it would be to Hear my parents talk about what it was like to bring me home because I'm the eldest of three boys There's something to be said for that record existing if if your little girl wants it or if future you wants it You know I haven't listened to these episodes that I recorded and I think you have hinted if not said that you're gonna put a lot of these in the show notes, but At some point I will go back and listen to this and laugh at how ignorant I was because there's no other way to be But I got myself on a tangent is there any difference with girl being a girl dad? I mean at this age No, not yet, but ask me again when Barbies become a thing, right? You know, I mean we'll say we wanted a girl so You know like it first of all, we wanted a kid so it didn't matter. Yeah, totally totally if we got to choose We wanted a girl so we're happy that that you know, that's what we've ended up with. So we're just stoked about that in general But you talking about that honestly Feels like not a weight lifted. I just sounds great like I don't And not have to worry also sounds wrong because I am going to worry yeah, I'm excited just to Have a girl and that and just have a human around that we made that she made that's what I'm really stoked about and everyone's like she'll be I'll be wrapped around her finger and I don't I will love her obviously like with all my heart but right now I don't feel like that really is gonna be the case. It feels, this may be strange and strongly worded, but it feels dangerous to a certain degree of like doing anything for one little person feels a bit like we have to draw a line and like teach them some stuff at least conceptually And that may be aggressive wording or it's not the right thing. No, no, no. I'm with you. I'm with you. So we'll see how that goes, but my plan is not to just be anything you want. Here you go. Yeah, exactly. Exactly. We'll see how that goes. I did go back and listen to those episodes that you were talking about. I've dubbed them... I was trying to come up with a C alliteration and I've come up with the canonical Casey caregiver chronology. Ah, nice, nice. So I don't know, it will be a very long show, Doc, notes, Doc, if I put all of them in, but I kinda like want to, I don't know, I haven't decided in the moment yet, but there is, it is cool to go back and listen to you figure this out, especially with, you know, pre and post Declan immediately, but then also pre Michaela, where you have the context of Declan as well, I think is really neat, you know, and whenever you go back to them, I think you'll enjoy this little period, those periods of your life. And you know, if your kids decide to listen to it, I think I personally would find it cool, but also I don't know if I'd wanna listen to my parents talk about me like that. So I don't know. - Yeah, yeah, exactly. - It's all to figure out. But I definitely wanted to have this, like I said at the top of the show, selfishly for me so that at the very least I have it. I've turned into a very selfish person with this kid and she's not even here yet. So I don't know if that's healthy either well, and you'll find that quickly that she will ruin all of that and Beat it right out of you both both in the sense that you have no choice But to be unselfish when she first pops out But then you know, you'll find ways many many ways to be less selfish as as time goes on and it's as silly as you know Leaving the the last cookie that maybe you would have left for Abby or maybe it or maybe it's the last two cookies You're leaving one for Abby and one for her. It's as silly as that and then as big as, well, no, maybe I'm not gonna get a phone this year because the little girl really wants a fancy bicycle or something like that, I don't

know. But you'll find that gets fixed real quick, don't you worry, Max. - Well, I've noticed some stuff. Like I've definitely tailored back game purchases. And I know it sounds silly 'cause I just bought a \$1600 phone and a very expensive camera lens, but that's kind of it for a while, so. I'm already adjusting to that and I'm so happy to do so. But I think that's going to wrap it up for this episode. Casey, thank you so much for basically just talking to me for two hours and giving me advice. Really, that's what this is and how I wanted it to go. So thank you for giving your time and your insight. I truly appreciate it. What would you like to share with the listeners, Casey? Uh, yeah, if you wanted to listen to me, you can go to ATP.fm or Relay.fm/analog, spelled the correct way or the British way. Nice. You can also find my writing on my website at caselist.com. I don't post that terribly often anymore, maybe once a month. That's not a rule, just kind of what's ended up happening. But yeah, going and spelunking through some of those older posts is quite funny and quite interesting. do one quick final shout out for stjude.org/relay. S-T-J-U-D-E dot org slash relay. If you have even but a dollar to send their way, it would be much appreciated. So please check that out. Absolutely. Please, please do if at all possible. And, you know, if you have extra money after giving to St. Jude first, you know, you could always go to ATP.fm/join. Sign up for that as well or go to relay.fm/analog and sign up. Do you have a membership? Is there a membership? We don't for analog actually. Not for analog. But I've wanted to but we need a shtick and we haven't come up with a shtick yet so you never know. If it appears it will be at relay.fm/analog/join. So if you listen to this in 10 years maybe it'll be there, who knows. Quite possibly. But you definitely should at least go listen to those two shows. And ATP, by the way, as we're recording this, getting ready to go into episode 500. So congrats on that, guys. Yes, thank you, and we have some surprises in store, sort of, kind of. I'm already overselling it, but we have surprises. So it's exciting. Surprises are fun. Yeah, it's exciting. I'm looking forward to it. Well, thank you so much. You can also follow Casey on Twitter @CaseyLiss, or you could sing the song. I'm not going to sing it right now, but you could sing, which is what I do in my head every time I have to search for Casey or John or Marco. So you can follow him over there. You can follow me on Twitter @MaxRoberts143 and my writing over at maxfrequency.net. I've got this podcast and Chapter Select, which is a seasonal podcast. We bounce back and forth between a series exploring its evolution, design, and legacy. Season four is going on right now, which is The Fast and the Furious. And then season five is going to be Resident Evil and that's spring 2023. So keep an eye out for that. You can check out past seasons and stuff too over there at chaptersselect.com. Thank you so much for listening. Until next time, adios! And good luck. Good luck. Oh my gosh. Oh, he lost power. Oh my gosh. No, no. Copy. Okay. Time to scroll Twitter. Nothing? Look at this. Little excitement. Little drama. I guess I need time to collect myself, I suppose. Ugh. [singing] Greatest acceptance ever. What? They announced a Disney, Santa Clauses? What? What? No. A series? Tim Allen? Oh hi, hello. Oh hello. Oh my sweet baby Jesus. Disdependent adventure. Well, oh no. Oh no! Hello? Hello? Can you hear me? Do I sound normal? You sound great. I command queued the raw nam. Okay, good. Alright, alright. I am recording again. I'm so sorry. This is gonna be a nightmare for you to edit. My apologies. It's not. You know what? Really? I haven't had to do an edit like this before, so it'll be a good learning experience. It's a learning experience! Exactly! Hooray!