## **P12 Lindsay S**

**Evelyn Boodaghians** [00:00:01]  
OK, great.

**Bookmark: Introduction and personal background**

**Evelyn Boodaghians** [00:00:02]  
Lindsey, to start off, could you tell me a little bit about yourself, maybe where you live, what you do for fun or for work, anything you're comfortable sharing?

**P12 Lindsay** [00:00:10]  
Sure. So I live in Vancouver, WA.

**Bookmark: Experience as a preschool teacher**

**P12 Lindsay** [00:00:14]  
I am a preschool teacher and I've been doing that for a long time now. I have two kids of my own, a 13 year old and an 11 year old, which is weird to say that I think they're still babies.

**Bookmark: Family activities and hobbies**

**P12 Lindsay** [00:00:31]  
And we, we love living in the Pacific Northwest. We like to go on hikes a lot. We have a little dog named Stormy that loves to get outside. We love taking trips to the coast. I'm an avid reader. Yeah, I think that's a good summary.

**Bookmark: Years of experience as a preschool teacher**

**Evelyn Boodaghians** [00:00:48]  
Yeah, you mentioned you've been a preschool teacher for a long time. How many years have you been?

**P12 Lindsay** [00:00:54]  
So gosh, so it started in 2007. I actually lived in South Korea for a year and I taught a variety of ages there, including preschool. But all the way up to high school, it was right out of college for me. And then I came back and start working in a preschool setting full time. So I mean since 2007 there was like a break there when I had my kids and I was a stay at home mom for like maybe a year or two and then couldn't stay away for too long.

**Evelyn Boodaghians** [00:01:24]  
Yeah.

**Bookmark: Childcare arrangements and school season**

**Evelyn Boodaghians** [00:01:25]  
How's the school season started already or is it still a little bit away?

**P12 Lindsay** [00:01:29]  
Almost. We have our big back to school staff meeting this Wednesday so I just like the last little bits of summer trying to get that in.

**Evelyn Boodaghians** [00:01:37]  
Yeah. Well, good luck with that. Thank you. I've.

**P12 Lindsay** [00:01:41]  
Become very busy. Yes, for sure.

**Evelyn Boodaghians** [00:01:44]  
So you mentioned your kids are 13 and 11. Tell me a little bit about child care for your kids right now. What does that look like?

**P12 Lindsay** [00:01:53]  
Yeah, so it's really nice. My oldest is very responsible, so we definitely feel comfortable, like leaving her at home for short periods of time. They both are well, will be back in school. My daughter starts next week and my son the week after. And part of my job having summer's off has been really nice because I haven't had to worry about childcare over the summer. You know, I'll, I'll send them to summer camps that they're interested in. But other than that, like before and aftercare, my daughter can walk home. So it's not like a really big deal. It's really nice to kind of have that off the the plate as they get older.

**Evelyn Boodaghians** [00:02:33]  
And then how about your son who's 11?

**P12 Lindsay** [00:02:36]  
Sure. So he he's going to start 6th grade this year. So as last year he went to a school near us and him and his sister could walk home together. Some days I could go and pick them up. It kind of depends how the day was going, but they would do it together. It's not too far. But then this year he's going to go to a school in the next town over because it's like a project based school. So that's going to be a good fit. So I'm going to have to go out there every afternoon and and get and get him. So we're still working out the details. We'll see what happens in two.

**Evelyn Boodaghians** [00:03:08]  
Weeks that makes sense yes and then how about like babysitters, nannies, family that help out anything like that or not some.

**P12 Lindsay** [00:03:19]  
But, you know, more so when they were younger, my parents used to live really close to us and they were really helpful with that. Although they've moved, they live about two hours away now, so we don't have and they're kind of the only family that's relatively close. So we don't have that anymore. And we used to have my one of my cousins would babies with the kids when they were younger and we also had a neighbor do it a few times. But again, as they've gotten older, they can stay home for longer periods of time and we haven't really needed it so much anymore.

**Evelyn Boodaghians** [00:03:49]  
Well, that must be nice.

**Bookmark: Independence and responsibilities of the children**

**Evelyn Boodaghians** [00:03:50]  
Oh, it's very nice. And then, yeah. So tell me a little bit about like, how independent would you say your kids are? How would you describe?

**P12 Lindsay** [00:03:59]  
Them Sure. My oldest, her name's Audrey. She'll so she'll be 14 in November's and she's very responsible and she's very classic, like first born child and checks all the boxes and really craves independence. And then my younger 1, Oliver, he needs a little more of a push to kind of like handle things on his own, but he always feels really good when he does it on his own. It's just he's always a little more like trepidating and a little nervous to do independent things. And you just got to give him like some encouragement. Whereas my daughter like seeks it out. She's like, I can do that, I can do that on my own. I can do this, can I help with this? Can I help with this? And he's a little bit not as gung ho about it.

**Evelyn Boodaghians** [00:04:39]  
Yeah. What kind of things does your daughter like, like to strive for, for that independence?

**P12 Lindsay** [00:04:46]  
Sure. Well, I mean, even just like when she start walking home from school by herself, she felt like really grown up. Over the summer we've start, I start teaching her how to like cook things on her own. So she'll make her own breakfast now she'll make eggs and she's very pleased about this. She made her own cookies and she didn't even really like need my help. She just got a recipe offline and did it. So she's been really just lately has been very interested in learning how to cook for herself, which is just wonderful. She can make me eggs for breakfast. It's just very novel.

**Evelyn Boodaghians** [00:05:22]  
That's nice. Yeah, it is. It's.

**P12 Lindsay** [00:05:24]  
Really nice. It's like, oh, I've spent all this time cooking for you and now you can cook for me. This is great.

**Evelyn Boodaghians** [00:05:32]  
And then do either of your kids have phones on their own or not so much?

**Bookmark: Transition from flip phone to smartphone**

**P12 Lindsay** [00:05:36]  
Yeah, we, they actually just got their first like smartphone. So my daughter had like an old flip phone for when she'd walk home from school the last couple years just because we didn't want to open the door to smartphones yet. But with my son going to the school in a city that's like, you know, one city over, I just felt like, I don't think we can put it off any longer 'cause it'd be really nice to track it if there's like an emergency or anything. So we did just like two weeks ago, give them their first smartphones and we have like a whole contract they had to sign. And we have a lot of strict rules about it. I'm trying not to, you know, it's, it's, there's, you don't want to open the door all the way cuz they're still kids and you don't want to expose them to anything that's, you know, makes them grow up too fast. Right. So we're, yeah, yeah, we're, it's new to us. It's new to our family right now for sure.

**Evelyn Boodaghians** [00:06:33]  
Yeah, tell me a little bit. I think he started to go there, but tell me a little bit more about like why you guys decided to make that switch from the flip phone to the smartphone now?

**P12 Lindsay** [00:06:41]  
Yeah, well, the main concern was for our youngest. So he's gonna be about 25 minutes away at school. So if there's ever an emergency and I can't pick him up or he needs to ride the bus home with a friend or somebody different has to pick him up, which could happen, You know, there's a major highway that I would have to take. So if there's like a big car accident, it'd be really tough to get to him. So I really just thought a smartphone was important for him because, you know, there's so many apps and we all have iPhones. So you can see and like find my like exactly where he is. If you know, if he I was confused and didn't know where to go. I thought those features would be really beneficial. And then I can't give my youngest a smartphone and not give my oldest one. So that was like, and she doesn't need it as much, but like, oh, she would hate us forever. Like, why does he give one? He's.

**Evelyn Boodaghians** [00:07:31]  
Two years younger than me.

**P12 Lindsay** [00:07:33]  
So that was it, just had to be part of it.

**Evelyn Boodaghians** [00:07:37]  
You mentioned this idea of being able to like track and see where he is. What apps have you thought about for using for that? What have you like put in place so you can do that?

**P12 Lindsay** [00:07:47]  
Sure. So the find my app on iPhone is really helpful. And then I was talking to a friend's parent and they suggested life 360, which we got. And I mean it's, it's kind of crazy. I put it on all our phones and I can see like how fast my husband like drove to work that day and it's kind of wild, but it's it's cool too. So I got that almost as like a, a backup. It seems a little to track a little bit better than the Find My on the phone, but then we have both. So those are the two we're kind of using right now. And then I use like parental controls on their phone as well.

**Evelyn Boodaghians** [00:08:27]  
Yeah, tell me about the parental controls.

**Bookmark: Parental controls and smartphone contract**

**P12 Lindsay** [00:08:29]  
Yeah, just the built in ones with Apple. So I made them child Apple. I DS I said my daughter was younger so you could still use some of the features because I think when they turn 13 it like phases out of a bunch of them. So I I fudged on her birthday so that we could still do that. And they're fine with it. They're just tickled. They have a smartphone, so it's like.

**Evelyn Boodaghians** [00:08:51]  
Okay.

**P12 Lindsay** [00:08:52]  
So I enabled it to. I pretty much turned on all the things they suggested, limiting adult content and checking texts for adult words. They have to ask to get any apps. So I really like that feature. And then there's like quiet hours at night. But in addition to that, we also as part of their like cell phone contract, we said they can only use their phones on the first floor of the house. They can't bring it to their rooms and they can only use it for certain hours. And they've been very agreeable to all of that. So we've been lucky so.

**Bookmark: Cell phone contract and rules**

**Evelyn Boodaghians** [00:09:27]  
Far, that's really good, yeah, contract a couple times. So tell me more about like what was in that contract?

**P12 Lindsay** [00:09:35]  
Oh yeah, why?

**Evelyn Boodaghians** [00:09:36]  
You decided to do that.

**P12 Lindsay** [00:09:37]  
Yeah, so there's this campaign online called Wait Till 8th, which is encouraging people to wait till 8th grade to get their kids smartphone. And it's something I followed since the kids were little. And they have a great contract template on their website. So it talks about things like, you know, what happens if you violate any sort of house rules with the phone? It has a place for them to write all of their username and passwords. It says that, you know, we can look at their phone anytime and we want to, you know, we don't want to violate their trust, but it's about keeping you safe. And a lot of it that's in the contract. But also that we talked about is, you know, there's just so many dangers and we're not trying to not give you independence. We're just trying to make sure that you're safe because there's a lot of people out there that don't have the same ideals and values of you as you and want to take advantage of you. And it's kind of just opening that door. So a lot of it's that it's the contract also had like the hours they can be on the phone, where they can use the phone, what the expectations are during a school day, what the expectations are, you know, when they're out with friends, that sort of thing. So just kind of all the rules that we have with the phone and then understanding that there are consequences if you break the rules.

**Evelyn Boodaghians** [00:10:59]  
OK.

**Bookmark: Observations of kids' phone usage**

**Evelyn Boodaghians** [00:11:00]  
And what have you seen in the two weeks like your kids use their phones for? What have you like observed?

**P12 Lindsay** [00:11:06]  
Well, it's kind of funny because I feel like they've barely used them. My daughter did like a couple times. She went out to see some of her friends and she bought her phone and she used it to take pictures. But like a lot of this time, like in the summer when they're not like going out and doing a ton of stuff, especially as we ramp up towards the school year, we don't have as many plans. They just kind of leave them on the charger and they haven't used them as much. But I make them take them with them if they go to friends houses. But other than like, I guess the track tracking where they are and taking photos, they aren't really like I thought they'd be like on them a little more like playing games and stuff. And they're not. And I kind of love that. I think, I think we're in the honeymoon period for that, but I'll take it for as long as it lasts.

**Evelyn Boodaghians** [00:11:54]  
That makes sense. So they're not like using it for games like you thought they would.

**P12 Lindsay** [00:11:58]  
No, no, not really. And they you know, cuz we have like a family iPad. So like a lot of times if they want to play a game they go on there or on their like Nintendo Switch. So it's like not the first point for games I guess.

**Bookmark: Family iPad and shared usage**

**Evelyn Boodaghians** [00:12:13]  
OK, so there's the family iPad. When did that come into?

**P12 Lindsay** [00:12:18]  
Play. So we got that right the Christmas during the pandemic, so 2020. And we found that with like remote learning, they really needed something to connect with, but we didn't want to get them like their own iPad. So we just got like a shared one. Like I even used it for work 'cause I was doing distance learning at my job. And so that, yeah, the December 2020 and they'll play games on it. And you know, I, I edit videos for my school's YouTube page, so I'll use it to take videos and edit it and stuff. So it's really, it's pretty communal. We all use it pretty regularly.

**Evelyn Boodaghians** [00:12:55]  
Watch out, OK, your kids are too young to drive.

**Bookmark: Considerations for rideshare services**

**Evelyn Boodaghians** [00:12:58]  
So that eliminates a lot of questions there. I guess the one thing being have your kids ever used like any of the rideshare or taxi services or not so much?

**P12 Lindsay** [00:13:10]  
No, yeah, I heard about that. But we haven't had a need for it, so no.

**Evelyn Boodaghians** [00:13:15]  
What were your thoughts when you heard about it?

**P12 Lindsay** [00:13:19]  
I mean, I have a lot of questions because I just probably in the last couple months saw I think Uber has one like for teens, like Uber teen or something. And I was like, well, I mean, my husband and I were like joking, like imagine like coming up to school in an Uber like, Oh my gosh, she'd be so fancy. But we haven't really needed it. Although I could see a need there, especially as my oldest, she is going out like with her friends more and maybe, you know, they're not quite at driving age. I could see there might be an area or need if they were like wanting to go to the fair by themselves or do something else by themselves, but usually there's a parent around to drive so I don't know if it'll ever become something we need to use so it.

**Evelyn Boodaghians** [00:14:01]  
Sounds like usually there's a parent around. It could become a need, but not somewhat.

**P12 Lindsay** [00:14:04]  
Yeah, yeah, we're open to it, but we don't see a need for it yet. But maybe I could say it happening.

**Evelyn Boodaghians** [00:14:13]  
What is kind of like the baseline of what you would want from that to feel comfortable using it if when the need comes up?

**P12 Lindsay** [00:14:21]  
So I'm not sure kind of the safeguards in place for drivers at this point. But it seems like when you're dealing with youth and kids that there should be probably any of the same safeguards that would be in place for someone trying to get a teaching job or even now somebody trying to work in the church because they've had to put up a lot of safeguards. You know, you'd want to see background checks. You'd want to, you know, I, I don't know, maybe do like a mental health survey. I mean, you'd want to have not just anybody picking up your kids. And I think that would be the concern is the safety. I mean, it doesn't happen a lot, but every once in a while you'll hear about like some Uber driver who like, took someone to the wrong place and left them in the woods or tried to do something harmful to them. And I think that would be my biggest concern with those kinds of services.

**Evelyn Boodaghians** [00:15:14]  
OK. Yeah, that makes sense. OK, great. So I want to talk not great in terms of what we're talking about.

**P12 Lindsay** [00:15:23]  
I get it, it's fine.

**Evelyn Boodaghians** [00:15:26]  
I want to hear a little bit about like how food works for your family.

**Bookmark: Meal planning and grocery shopping**

**Evelyn Boodaghians** [00:15:30]  
So tell me a bit about what like does a typical week look like? And if there isn't a typical week, that's OK too.

**P12 Lindsay** [00:15:37]  
Well, for my sanity, I have to make a grocery list for the week, so I will. In the summer, the schedule's a little different, but right now it's like on Wednesdays, I kind of look at what we have. I look at the weather for the upcoming week because I don't want to use the stove a lot if it's really hot and kind of plan some meals. I usually plan 5 meals for the week and two leftover nights. And that's also based on like our schedules. If I know we have like an evening event, that's going to be a leftover night because I don't know, or we might go out to eat or we might get delivery or something. So that kind of encompasses the leftover night. Then I'll make a grocery list and I'll usually on Fridays I'll do a pick up order at the grocery store with everything that we need for the week.

**Evelyn Boodaghians** [00:16:25]  
OK. A couple things there. I want to dig in. So you mentioned that it's a little different during the school year and then not the school like the summer.

**Bookmark: Different meal planning during school year and summer**

**Evelyn Boodaghians** [00:16:33]  
Tell me about how then it changes based on sure.

**P12 Lindsay** [00:16:36]  
So in the summer I have more time on my hands so I can maybe cook a few more elaborate dinners. It's the balance of like, do I want to use my stove when it's hot or not? And trying to figure that out. During the school year, I tend to do my planning on the weekends just because I'm working during the week and I'll try to pick up the order like after work one day during the week. So that's how it changes. Also a lot more quicker meals. You know, I try to make things that are really quick and easy because we're just all so much busier during the school year.

**Evelyn Boodaghians** [00:17:11]  
I see and then you mentioned it's like usually 5 meals that are cooked leftover nights. Tell me about like how cooking works in the family who does it?

**Bookmark: Cooking responsibilities and schedule**

**Evelyn Boodaghians** [00:17:26]  
When do you cook like that?

**P12 Lindsay** [00:17:28]  
Yeah, sure. So I, I'm usually the, the cooker, although we are branching out a little bit here and there and I have helpers in the kitchen and that's good. But it's that responsibility has always kind of been on me. My husband tends to work long hours and he commutes. So a lot of times he's not even here when dinner's done, he eats it later. So yeah, I usually start cooking between. I plan to have dinner ready between 5:00 and 6:00 usually if we have something going on but I still want to cook or we have like a really busy week and I don't want to spend a lot of money on take out, then we might go later. Or there's been a couple times we've just had like an earlier meal and then like a snack later because the schedule was so wonky.

**Evelyn Boodaghians** [00:18:16]  
OK.

**Bookmark: Frequency of cooking and using leftovers**

**Evelyn Boodaghians** [00:18:16]  
And how many nights of the week are you cooking versus not cooking today? Sure.

**P12 Lindsay** [00:18:22]  
So, yeah, the typical week, I, I, I mean, it's usually that like four or five days I'm cooking. Sometimes if it's towards the end of the week and like we're getting to grocery day and we don't have a lot, I might, I might throw in another day where I cook. I try to put what we have together and cook something because nobody knows what to eat.

**Evelyn Boodaghians** [00:18:43]  
That makes sense. I wanted to talk about your grocery shopping a little bit. So you mentioned you like plan and then you order for pick up. So tell me a little bit about how do you figure out what you need to buy for the week?

**P12 Lindsay** [00:18:58]  
Sure. So I'll look in our cupboards, I'll look in our fridge 'cause there's definitely like basics that we get every week. There's certain like snacks during the school year, something that changes is more kind of like portable or easy to pack in lunch type stuff. So that's important, like basic sauces or milk or that sort of thing. And then I figure out what meals I want to make for the week and then I'll add those to the list. Any ingredients I need for those?

**Evelyn Boodaghians** [00:19:28]  
And what does ordering online look like for you? What is?

**P12 Lindsay** [00:19:32]  
Sure, Yeah. So I just go on the Fred, I Fred Meyer. It's our local Kroger. I'm not sure where you're located, but I go on their website. It's really easy and I, I stick to them because generally their prices are lower and you get like gas rewards. And I'm sure if I finagled the sales, I could get a better deal. But no time, no time for that, especially during the school year. So I just go on their website. I also I take look at the coupons. Sometimes they have free to items or if there's like a sale on me, I might stock up and put it in the freezer. And then the next week when I'm looking in the pantry and I'm looking in the freezer, I'm like, oh, I have this meat. One of our meals should be. Around that for the week. So yeah, I just go online. It's really nice 'cause they have like the things I usually get every week. So that's usually the staples. And I'll add to cart, add to cart, add to cart. And then I go down the list and, and that I've written, I hand write my list. If that's valuable information. Millennial, geriatric millennial. I write my list and then I'll I'll find those items on the website. Pick the day to check out. Use PZ.

**Evelyn Boodaghians** [00:20:39]  
And then you mentioned that you'll sometimes try to put it together on Wednesday and then pick it up on Friday or something like that. So tell me about like, how far in advance are you placing the order? What days are you trying to pick up?

**P12 Lindsay** [00:20:53]  
Yeah. So usually it's just a couple days ahead of time. You usually get more fuel rewards if you pick up on a Friday, Saturday or Sunday.

**Bookmark: Grocery list and ordering process**

**P12 Lindsay** [00:21:02]  
So I generally try to have like a during the school year, I'll put together kind of a rough grocery list on Sunday on the weekend, and then Wednesday I'll kind of revisit it and make sure it looks good and then place the order for pick up on the Friday so I can get the bonus fuel rewards. So that's usually what I do during the summer. I'll just do the whole list on Wednesday and then place the order for Friday 'cause I have a little more time to do so.

**Evelyn Boodaghians** [00:21:33]  
I see. So you put the list together on spring school, you're on Sundays, recheck Wednesday, and then you place it on Wednesday for Friday or yes, OK.

**P12 Lindsay** [00:21:43]  
Place on Wednesday for Friday, yeah.

**Evelyn Boodaghians** [00:21:44]  
Monday and place for Friday pick up, but during the summer you mentioned it might be a little different.

**P12 Lindsay** [00:21:49]  
Yeah, summer schedules are always a little little loosey goosey.

**Evelyn Boodaghians** [00:21:53]  
Yeah. And how do you feel that that has been going this process for the groceries?

**Bookmark: Benefits of grocery pickup**

**P12 Lindsay** [00:22:02]  
It's actually really easy and it's so funny because my husband for years would talk about like, Oh yeah, all my Co workers do pickup orders and I was going into the store at like every week doing it. And I thought it was better because I could kind of see the deals. I could check the clearance rack. It was, you know, it was kind of an experience. And I always thought like, I don't know, I just like old and I didn't trust you felt like you get older. You're trusting like grumpy. But then I tried it. It was the first time we got COVID. And so I didn't, we needed food, but I didn't want to, you know, spread it to anybody. So that was the first time we did a pick up order and it was so easy. And I just was like, it's free. There's no extra charge to do this. Why? What have I been doing? So it kind of like opened my eyes and I've been doing it ever since. And it's just, it's so nice to break up the time spent 'cause it, I mean, maybe it takes about the same amount of time as going to the grocery store, but you can kind of break it up. And so it doesn't feel like such a demanding task. It's really nice having the order ready when you get there. And yeah, I mean, it's just really quick and easy. So I've really come to enjoy it. It's a great feature.

**Evelyn Boodaghians** [00:23:21]  
Yeah. Does anyone else in your family like utilize this grocery order pick up independently from you or not so much?

**P12 Lindsay** [00:23:30]  
No, not really.

**Evelyn Boodaghians** [00:23:32]  
OK, Oh, we're starting to talk about it. We talked a lot about dinner and what dinner looks like, but tell me a little bit about what breakfast and lunch look like for the family as well.

**Bookmark: Breakfast and lunch routines**

**P12 Lindsay** [00:23:44]  
Sure. So those meals, especially now that my kids are older, are very independent so I don't have to make these big batch breakfasts anymore. Sometimes I do, like, sometimes on the weekends, I might make pancakes for everybody, but they're very independent. I let my kids pretty much pick what, you know, whatever breakfast they want. And they're really good about diversifying and not having the same thing every day. So it hasn't been a worry. And then my husband will, you know, make breakfast before he goes to work and whatever he wants, and I just check in. We have a dry erase board in our kitchen and so they can write like what they need. So if they had like the last of the oatmeal, they can write it on the board and then I'll add it to the grocery list. So that makes it pretty easy. So if they remember, which are 95% of the time they're good at remembering to tell me they used the last of something, but not always things slip through the cracks. It makes it really easy. So I just try to get the things, you know, that they like to eat, you know, they like oatmeal, they'll have cereal, toast, you know, and just have it available and then they can, they can pick what they want.

**Evelyn Boodaghians** [00:24:51]  
And then how about lunch? How is that?

**P12 Lindsay** [00:24:54]  
And lunch is very similar. It's kind of whatever they want. You know, sometimes I might make something or as a treat, we'll go out for lunch. But you know, I give them a lot of freedom.

**Bookmark: Packing school lunches**

**P12 Lindsay** [00:25:04]  
They start packing their lunches a few years ago on their own for school. So I just, you know, I, I always said, you know, try to have like a protein, like a carb and like a fruit or vegetable. And they're good at following that and and picking what they want.

**Evelyn Boodaghians** [00:25:18]  
OK, so they're packing their own school lunches you've just given advice on?

**P12 Lindsay** [00:25:23]  
What should Yeah, yes, yes.

**Evelyn Boodaghians** [00:25:27]  
OK, great.

**Bookmark: Lunch for working adults**

**Evelyn Boodaghians** [00:25:28]  
And then do you take your own lunch as well when you're working or?

**P12 Lindsay** [00:25:32]  
I usually do so our our schedule's a little wonky so there's a couple days a week I don't need to bring a lunch with me because I usually make it home by like 1:00. But the rest of the time I do. I tend to pack more like snacks because when you're on your feet in a classroom setting, it's hard to sit down for a meal. So I try to do like healthy snacks, like a little some nuts, some grapes, like I portion them out so I can just grab them and eat them when I can. So it's very erratic to eating during the school year.

**Evelyn Boodaghians** [00:26:01]  
And then how about your husband? What do you? What does you think lunch looks like for him?

**P12 Lindsay** [00:26:06]  
Sure. So he packs his own lunch and he so he goes into the office like three days a week and works from home two days a week. So the two days he's at home, he, he just comes, makes whatever he wants. And then when he goes to work, he usually packs his own lunch. They like will have a, they love to come up with reasons to take the staff out to lunch, which is phenomenal. So a lot of times he'll go along with that, which I'm not at all jealous about.

**Evelyn Boodaghians** [00:26:34]  
That sounds quite nice.

**Evelyn Boodaghians** [00:26:39]  
OK, that makes sense.

**Bookmark: Food ordering from restaurants**

**Evelyn Boodaghians** [00:26:42]  
OK, tell me a little bit about what food ordering food for either delivery or pick up from a restaurant looks like for your family.

**P12 Lindsay** [00:26:51]  
Sure. So gosh, we've gotten so into delivery since the pandemic started. It's I never thought I would be have so many delivery apps on my phone. It is ridiculous. So we default for our delivery orders, we default to Grubhub because we have a Prime membership. And so we get the free Grubhub plus with that. And it makes a lot of sense. So we do default to that. And usually it's, it's almost always on a whim. It's like, well, like my, my family, we just got through COVID, although my husband's the last one to get it. So he's not feeling well. And just last night we ordered Panera and he wanted soup. Like he was like, I want some soup because I don't feel good. So that's like, it's like, oh, or on those leftover nights, it's like, well, we don't have a lot. Maybe we'll just order out or somebody did well on the test in school. Why don't you pick out where we get delivery from? So it's kind of those those types of situations. And we do default to Grubhub, although last night we ordered from Uber Eats because we had a 40% off coupon. So that's usually how we decide between like the apps is we default to Grubhub. But if we haven't ordered from, excuse me, if we haven't ordered from Uber Eats in a while, they'll usually send like a 40% off coupons and then we'll use that. Sometimes we will go pick up subways when we pick up a lot 'cause it's pretty close and I'm trying to think where else we've like picked up at. We most of the time we get it delivered, but oh, there's a Domino's down the street, so we'll pick up from there. We'll walk down and pick it up. So, but I'd say overwhelmingly when we use those kinds of services, it's delivery over pickup.

**Evelyn Boodaghians** [00:28:35]  
And so how often if you were to estimate, would you say you're doing either a delivery or pickup order, but ordering for food?

**P12 Lindsay** [00:28:44]  
It's definitely wildly varies. I'd say probably on average maybe twice a month. But this past month since we had COVID, it's probably like three times in the past week. So when we're like sick, or you know, well really when we're sick, we get it a lot more often.

**Evelyn Boodaghians** [00:29:04]  
That makes sense. OK. And then tell me a little bit about how does the family decide like where to order from like, and if it's easier to think back to a time like, what does that process look like in the family?

**Bookmark: Decision-making process for food orders**

**P12 Lindsay** [00:29:18]  
Sure. So a lot of times it'll be based on why we're getting delivery. So if we're sick, like my husband's like I just really want some soup from Panera, then we're ordering from Panera. If my son did really well on a test that he studied hard for and we're proud of him, we're going to let him pick. You know, in general, if it's not for a specific purpose like that, it's between me and my husband. We'll we'll talk about it. I mean, well, if if they hear us, if the kids hear us, they'll be like, oh, can we please get Wendy's? It's like the favorite. And we'll be like, we'll take it under advisement. You know, we're going to decide here where the picky is. So, and I'm like, I'm not like a real picky eater. So if my husband's like, oh, I really want to eat, you know, I really want sushi. I'm like, cool, like let's get sushi. So I'm not super picky. Sometimes my son is a lot more picky though. So sometimes in those situations he we don't get anything for him and he just eats something at home.

**Evelyn Boodaghians** [00:30:13]  
OK, so if your son is picky and doesn't agree with the choice he eats up.

**P12 Lindsay** [00:30:18]  
Yeah, yeah.

**Bookmark: Family preferences and compromises**

**P12 Lindsay** [00:30:19]  
I mean, we always offer, like, here's the menu, do you want something? He's like, now I'll have my bagel with cream cheese. That's his favorite. I mean, yeah, it's comfort food, right?

**Evelyn Boodaghians** [00:30:32]  
Such a good snack. OK. So how often would you say like that happens where the family like aligns on a place versus like someone doesn't like it and there's a Plan B?

**P12 Lindsay** [00:30:47]  
So my my son's favorite food is chicken Nuggets. And you can get some variation of chicken Nuggets and chicken strips like anywhere. So luckily it doesn't happen too often. We can usually find those on a menu. But there are those times like if it's my husband's birthday or our anniversary and we want to like get something special, you know, we're going to pick maybe something he doesn't like. My daughter, on the other hand, is a lot more open minded. So she'll usually eat something from most places. So he like my son is very, he knows the drill. He's like, no, it's OK. Like I'm, I'm OK. I don't want any sushi. I don't want any rice or any of that. I'll just make a bagel. He's like, he's happy in that decision. Like, so it's not like it's not, I feel like as I'm saying it, it's like, that sounds cruel. We don't like him.

**Evelyn Boodaghians** [00:31:39]  
Some food, but we do.

**P12 Lindsay** [00:31:40]  
Offer. No, no, no. That's what.

**Evelyn Boodaghians** [00:31:42]  
You're saying, have you guys ever like had to order from two places to satisfy people or is that not even like a?

**P12 Lindsay** [00:31:51]  
We did like once a long time ago and I'm trying to I'm trying to remember the reason. I think it might have been like. It might have been like for like my birthday, but it was like a week night because a lot of times if the birthdays fall on the weekend, we'll go out to a restaurant to eat. But if it's on a week night when we're busy, we'll just order delivery. And my husband didn't want me to have to make anything for the kids when they were like younger then. So we did order from like two different places to like save the work. But I think that was maybe that's the only time I can think of because usually it's like you can get what you want from where we're going or you can make something else. We have food here.

**Evelyn Boodaghians** [00:32:30]  
Yeah, that makes sense. Okay.

**Bookmark: Responsibility for placing orders**

**Evelyn Boodaghians** [00:32:35]  
And who actually ends up placing the orders when you guys are doing these deliveries?

**P12 Lindsay** [00:32:41]  
It's always me, the food czar, I guess around here. I don't know.

**Evelyn Boodaghians** [00:32:47]  
Why do you think that is kind of come to be?

**P12 Lindsay** [00:32:51]  
My husband is comically bad with technology and he is very like homogeny and resistant to learning technology. Like he will not do it unless he has to. He didn't get a smartphone until his work made him get a smartphone. Like he's like that kind of guy. So you know, with the apps and stuff, he has no desire to try to figure out how they work. He's like, you can just handle it. So I just, and I'm also like I like to, you know, I, I have ways to like look for coupons and stuff. So, you know, I can, I can get on top of that and try to get a better deal too. So OK.

**Evelyn Boodaghians** [00:33:28]  
So he like, doesn't want to learn the technology and you kind of figured out ways to look for coupons.

**P12 Lindsay** [00:33:34]  
Yeah, yeah. And I'm a little better at technology than him. I'm at least more open to learning.

**Evelyn Boodaghians** [00:33:41]  
OK. And then I'm just looking at my questions. Do your kids ever order food delivery or food for pick up independently or not so much?

**Bookmark: Kids ordering food independently**

**P12 Lindsay** [00:33:56]  
Once I think I had them do Domino's on our laptop by themselves and it was like, gosh, maybe it was like last summer. I had like our back to school meeting and I didn't have any where for them to go. So I had them stay at home and I, I tried to make it exciting with the delivery. So it was, yeah, probably about one time they did it on the Domino's website. I had signed in already before I left for work. And then I told them to, you know, order, you know, don't go crazy. Try to keep it under like 20 bucks OK?

**Evelyn Boodaghians** [00:34:33]  
How do you feel that experience went?

**P12 Lindsay** [00:34:36]  
Oh, they did great. I mean, the kids are so good about like seeing, they're not afraid of technology, like they're such sponges and they're growing up with it. So it was very easy for them to use and very easy for them to figure out. Especially my son is very into technology. So navigating websites and all of that is not a big deal for him. So it was, it went very smoothly. They did a great job.

**Evelyn Boodaghians** [00:35:02]  
In that situation, I know it came up once, but if it was to come up again, for instance, where your kids kind of have to do this on their own, what kind of oversight or like management would you want of that?

**Bookmark: Parental oversight and control**

**Evelyn Boodaghians** [00:35:14]  
Are there any things that you'd like want to be able to do in that situation?

**P12 Lindsay** [00:35:20]  
For me personally, at this point in their lives, I think I would give them pretty clear instructions. Like if I gave them access to one of these delivery apps, I'd say, you know, we're going to agree ahead of time on when you use it and how much you can spend and where you can get it from. And it would be nice to have, I mean, almost like parental controls on your phone, like you'd have some sort of control over the amount they could spend some, I mean, maybe you could even like deposit a certain amount of money ahead of time for like the month and then they can use it whenever they want. But when the money runs out, they can't place an order. I think that'd be really hard to monitor because you have like tips and all of that. So I'm not sure how that would work, but it'd be really nice to have a limit because I, I feel like it's really easy for kids to not have a total totally rational concept on money yet because, you know, they're not going out and ordering meals for her family yet. They're not cognizant of that. So to have some sort of like stop on there or maybe like approval, like the apps, like, you know, hey, your child is trying to place this order on Domino's or Grubhub or whatever, you know, do you approve it? That might be something good too. I don't know, some sort of limit. So you can't give him free rein on it, Not yet.

**Evelyn Boodaghians** [00:36:36]  
Yeah. You mentioned like some type of like Max spending for the month or the approval process. Any other ideas or thoughts of like things you'd want in those cases?

**P12 Lindsay** [00:36:50]  
Let me think, I mean, I try not to like restrict the types of food they get. I've really tried to I'm trying to give them like a healthier relationship with food than maybe like I grew up in diet culture like heavy, heavy. So, you know, I wouldn't want to put restrictions on that, but I could see other parents maybe wanting some restrictions either for food allergies or something. So it might be good if if you had control over maybe what type of food they could get or the restaurants they could choose from, some sort of approval for that maybe.

**Evelyn Boodaghians** [00:37:26]  
It sounds like you're trying to have them be open minded and like a healthy healthier mindset with regards to food, less dieting culture.

**Bookmark: Promoting a healthy mindset with food**

**P12 Lindsay** [00:37:33]  
Yes, yes, for sure. Like so I don't want to restrict them. I just want them to like listen to their bodies and how it how's your body feeling like? Are you full? Do you feel energetic when you eat this? Do you not like, you know, make your choices based on that?

**Evelyn Boodaghians** [00:37:49]  
How do you try do that right now? Like to kind of instill this mindset in them.

**P12 Lindsay** [00:37:56]  
So from at a young age, from, well, when they both started eating, I would always have fruits and vegetables available with every meal or out on the counter for them. And they still, it's really great to see it because now that they're making their own meals, a lot of the time they will like purposefully like, oh, I don't have any fruit on my plate, I better get something. And I think it just became kind of habit and normal. And it's something even I've had to like talk to my husband, like when he eats like, you know, make your plate look how you want their plate to look. You know, he wasn't a big fruit or veggie eater. He's getting better. He's growing and just kind of show modeling that, you know, talking about how like, so, you know, we're going to go on a hike today. So I think I'm going to have like some like peanut butter on my banana because the protein will help me and it'll feel me for the hike. And just kind of saying it out loud. We don't try to, you know, we try not to like impose like you can't eat this, you can't eat this. We try to just really point out how we feel when we eat certain foods and and model the behavior instead of, you know, we don't want them to feel bad about anything they eat because that's how you encourage, you know, all sorts of, you know, erratic eating behaviors.

**Evelyn Boodaghians** [00:39:09]  
It's a lot to think about being a parent. There's all these.

**P12 Lindsay** [00:39:12]  
Things. Oh my gosh, yes.

**Evelyn Boodaghians** [00:39:16]  
Yeah. OK. And then thinking like generally, how do you feel about your kids right now when you order food delivery, eating that food? What are your like feelings towards that?

**P12 Lindsay** [00:39:29]  
So, you know, I think it's good, you know, I do have some friends who like will not eat out or will not eat at certain restaurants because the foods maybe not nutritionally dense, but it's kind of part of our, you know, philosophy of showing that like, you know, you know, sometimes when you're sick, you just feel like junk food and that's okay. Like it's not gonna hurt you long term. It's it's food. You're nourishing yourself with the food you have available, right? So, you know, it's kind of just part of that. You know, we give them whatever choice they want off the menu. It's not like we're like, don't order this or don't order that unless it's like, you know, don't order the like package of burgers for 50 people. You do not need that. You know, it's just whatever meal you want. And you know, we, we try not to judge them for that. Like we just let them choose what, what they want for the day. Cuz again, we're just really trying to move away from like diet culture and disordered eating and that sort of thing.

**Evelyn Boodaghians** [00:40:34]  
Yeah. We talked a little bit about like, at some point if they were to have food delivery apps like these different, just like limitations, the amount of money, things like that. Yeah. When would you be comfortable with them, like ordering independently, if ever?

**Bookmark: Appropriate situations for kids to order independently**

**Evelyn Boodaghians** [00:40:50]  
It's OK to say never to.

**P12 Lindsay** [00:40:53]  
I the main time I see it being used is anytime they're like home alone and you know, it's not like a ton to ton, but there's definitely days when they have like in service days and they're home from school and I have to go into work for a couple hours. You know, those times would be really great for dinner or lunch or even if like my husband and I want to go out to dinner one night ourselves to celebrate something like our anniversary and you know, we don't want the kids tagging along. You know, that would be a really great time for them to utilize that service, especially because so many of the apps they have that like no contact, you know, delivery. I think that's valuable because we do tell them, you know, don't answer the door for anybody when you're home alone. And so it, it doesn't overstep that rule at all to, to have it, you know, be delivered right there. So yeah, I think those kind of situations would be probably the best. Yeah.

**Evelyn Boodaghians** [00:41:49]  
But no contact delivery is interesting because it like keeps the rule of don't answer the door.

**P12 Lindsay** [00:41:54]  
Yeah, yeah, yeah.

**Evelyn Boodaghians** [00:41:59]  
OK, I'm just gonna take a look at my questions. I think we covered everything there. Some Sometimes something will spark me later on so I might bring us right back, but no worries.

**P12 Lindsay** [00:42:13]  
Yeah.

**Evelyn Boodaghians** [00:42:14]  
Into a little bit of a different topic.

**Bookmark: Kids' relationship to money and financial autonomy**

**Evelyn Boodaghians** [00:42:17]  
So you for your kids, I want to talk a little bit about like their relationship to money. That sounds a little broad, We'll get into it. But currently, do your kids have access to their own money in any way?

**Bookmark: Allowing kids to make choices with their own money**

**P12 Lindsay** [00:42:30]  
So it's we've certainly went to get them their own bank accounts for a long time, but we've really dropped the ball on that one. So they hoard their money in their rooms. They have piggy banks they don't have. We don't give like a steady allowance, but you know, they get plenty of money for like birthdays and holidays and that sort of thing. So we pretty much let them choose what they want to use that money for. We don't put any restrictions on it. And you can see it because my daughter is more of a saver and my son's more of a spender. So my son doesn't have very much money because he spends it right away and my daughter has a whole crayon Piggy Bank full of money that she does not want to spend ever. So it's kind of, you know, we kind of look at it as it's their money. They can choose what they want to do with it. And as their children, it's a very low stakes environment to see the consequences of your actions. You know, it's not like you're out on your own and you really have to budget. It's, it's like, well, if you spend all your money, you won't have money for things later. And it's starting to really click, especially with my youngest, who is like never has money for anything. So he's like, oh, maybe I should save it next time. And then vice versa. My daughter's starting to spend some of her money a little bit. So it's sinking in. It feels very low stakes to give them freedom at this age.

**Evelyn Boodaghians** [00:43:52]  
Yeah.

**Bookmark: Kids' spending habits and interests**

**Evelyn Boodaghians** [00:43:55]  
What do you see your kids spending on when they do spend their money? Like what are the things they gravitate towards?

**P12 Lindsay** [00:44:02]  
My son definitely buys a lot of like digital things for whatever game he's into at the time. So he might buy like on Roblox, he'll get Robux with his money to buy new outfits or new games or whatever. So he definitely does more of that. My daughter, she's actually really into solving Rubik's cubes right now. So she buys a variety of different Rubik's cubes because they've all different ones that she can turn. She does like competitions and stuff, so she likes to buy the best ones. It's kind of a random little hobby we got into, so that's what she's Oh, and she's also really into basketball, so she'll buy basketball cards on occasion as well.

**Evelyn Boodaghians** [00:44:44]  
You mentioned that your son uses things like buys things digitally, so how does that since the money's in a Piggy Bank?

**Bookmark: Digital purchases and cash transactions**

**P12 Lindsay** [00:44:51]  
Sure. So he'll just ask and he'll pay me cash and I will, I will purchase it for him cuz again, I don't want to like give them free rein quite yet of that because I feel like it would add up very quickly. Like I don't think they do it on purpose. I think it'd just be like, oh, I made all these microtransactions and added up to like so much. So they'll usually say hey, can I buy this app or can I buy this? And I'll check it out and say, OK, and he'll give me the cash and then I'll buy it from my account.

**Evelyn Boodaghians** [00:45:19]  
OK. If it's not digital do they still come and ask or is there like no need to ask?

**P12 Lindsay** [00:45:27]  
It's mixed, so it kind of depends on what they want to buy. So like these cubes my daughter likes, you have to buy them online. Like you can't go to a store 'cause they're all different varieties. So, you know, that's kind of a similar process where I'll use my card but she'll give me the cash, but she will go to the store and buy basketball cards on her own with cash. So it's a mix for sure.

**Evelyn Boodaghians** [00:45:48]  
So it sounds like if it's online, it kind of is a necessity because you need to put your card down. Yes, yes, in store they can kind of do.

**P12 Lindsay** [00:45:55]  
Whatever they want, yeah.

**Bookmark: Reasons for no rules or restrictions**

**Evelyn Boodaghians** [00:46:00]  
You mentioned like there's not rules or restrictions, so tell me a little bit about why have you chosen that path for how they spend their money?

**P12 Lindsay** [00:46:12]  
I'm, my parenting style has been very much based on natural consequences. So it's really just giving them the freedom. I feel like it's such a low stakes time. You know, if they spend all their money on something and then they see something they want later, it's more of a lesson and you know, what can I do differently next time to get what I want? Whereas if you are, I, I, I'm afraid if I'm too restrictive, when they grow up and get out into the world, they're going to be so excited to not have these restrictions in place that they'll overspend and they won't know, you know, what those feelings are. And it's kind of a natural way to get them interested in budgeting. They've asked, you know, like questions on like what they can do to save up for something. And, you know, when they're naturally curious, I feel like they're going to learn it better. And you know, again, just that like low stakes mistake environment is really what we've tried to provide them as they've grown up in all areas.

**Bookmark: Kids' curiosity about budgeting**

**Evelyn Boodaghians** [00:47:10]  
You mentioned that they like naturally come and asked about budgeting. Tell me a little bit more about that.

**P12 Lindsay** [00:47:15]  
What? Sure. So there's, you know, definitely those times when, well, particularly my son, he'll want something and he doesn't have enough money for it. He'll come to me and like, try to ask like, you know, what can I do to get more money? What you know, and we we'll come up with like a plan together. So it's like, OK, well, I've got some extra chores. If you finish them every week, we'll give you this much. And then, you know, sometimes along the way, these other things all creep up. And I'll say, well, are you still saving for X or do you want to spend it on Y now? Like just a little reminder. And usually he's like, oh, yeah, you're right. You know. So sometimes or sometimes he'll be like, well, you know, I'll just spend a dollar now on this like Roblox outfit I want, but I'll save the $4.00 for the bigger thing. So it kind of is just a natural conversation.

**Evelyn Boodaghians** [00:48:12]  
That makes sense. Just looking, OK, You mentioned that you were thinking of doing like a bank account, but just haven't gotten around to it yet.

**Bookmark: Consideration of opening bank accounts**

**Evelyn Boodaghians** [00:48:31]  
Why were you guys thinking about doing your bank account? Like what were the motivations for that?

**P12 Lindsay** [00:48:37]  
It's a good way to learn just about how banks work. You know, getting your own like deposit or checkbook would be really helpful. Just not keeping a bunch of money in a giant Piggy Bank is probably a safer thing to do. And it's something we've mentioned and absolutely dropped the ball on. And it's funny that this came up because it's something I'm going to have to talk to my husband about. We got to get them 'cause we've talked about it for years. It's one of those things that just slipped through the cracks. But I do think it's valuable to know how a bank works because you need to, you do need to use the bank for quite a bit of things as you get older and certainly less in person stuff now, which is great, but still stuff you need to know, you know, you need to know how to deposit a check or write a check and, and those things. So I think that those are important life lessons we should be teaching our kids and got to get on it when.

**Evelyn Boodaghians** [00:49:31]  
Whenever they do get a bank account, what kind of things are you hoping will be in place?

**Bookmark: Desired features for bank accounts**

**Evelyn Boodaghians** [00:49:37]  
So it makes managing it on your end easy, on their end easy. What kind of the ideal?

**P12 Lindsay** [00:49:43]  
Yeah, I do know cuz we've, we've looked into it a little bit and like there's a lot of like child savings accounts and that's probably what we would go with because you know, you don't necessarily get it like a debit card you can use all the time. It's usually just like a deposit withdrawal straight from the bank card. I think you know, there's so many there, it's so easy to like check your bank account now, like having an app so that they can see how much money they have. It'd be really great for them to like look at it and um, yeah, I mean, just just something, some sort of safeguard in place where they wouldn't overspend. And I don't know if that would mean just not having a debit card and it's just savings or if they did have a debit card, some sort of warning or just like our transaction doesn't go through so that they don't overspend because you don't want to affect their credit permanently during this kind of like learning process on how to use a bank.

**Evelyn Boodaghians** [00:50:40]  
OK.

**Bookmark: Safeguards for overspending**

**Evelyn Boodaghians** [00:50:41]  
So it sounds like with the debit card kind of one concern is that they might start over or they might overspend using that.

**P12 Lindsay** [00:50:47]  
Yeah, yeah.

**Evelyn Boodaghians** [00:50:48]  
And so having some type of safeguard either if they have the debit card or not, just so they don't overspend. Yeah, yeah, OK. What would you want that safeguard to look like? Like what? Given how you want a pair and how, what would that?

**P12 Lindsay** [00:51:04]  
Look like for you? Sure. You know, I'd love if there was maybe especially with like a kids account, maybe there's a set amount that you agree on that should stay in the account that shouldn't be spent, that's saved for later. And then if they do have a debit card and they're purchasing things and it's getting to that point where like, say they need to keep $100 in their account, but they have 120 and they're trying to spend 30, like it doesn't, like it just doesn't go through. Like you try, you know, like, I don't know, whatever warning happens when you try to use your credit card and you've like reached your limit or something like that. Just, you know, just a little buffer. Because while I do believe in natural consequences, I also don't want to like rack up a bunch of like bounced checks. I don't think they're going to be writing checks, but like a bunch of fees because they're trying to overdraw, right?

**Evelyn Boodaghians** [00:52:01]  
That makes sense. OK, OK, that makes sense.

**Bookmark: Allowances and chores**

**Evelyn Boodaghians** [00:52:07]  
And then you mentioned that you don't have allowances for your kids. Get it from maybe doing a chore or like money. Tell me a little bit about how that came to be, like what the motivation or why that is.

**P12 Lindsay** [00:52:20]  
Sure. So there's chores that we all do to keep the house running and that's kind of the mindset we want to get give them because when they move out, nobody's going to pay them to make their beds. They should hopefully just do that. So that's kind of something we do. We've done since from a young age. Like there's certain things we expect you to help out with in the house because you live here, because that's what we all do together. Like we're all keeping the house orderly and tidy and clean. So we never really gave an allowance for that. And there hasn't been like a lot of instances where they're like, I really want X or I really want like, why? Like not every week. So we haven't really seen the need for an allowance. When my daughter especially, I refer to her a lot. She's very independent now. And she's like on the cusp of, you know, she's hanging out with her friends all the time. So we'll just like, give her a little money to go hang out with her friends. Like we don't feel like we need to give an allowance every week. We can just be like, OK, you're going to the fair. Here's like 20 bucks, you know, have a good time and you know, everybody's pretty happy with that. So we just kind of, you know, we'll provide when things creep up if if they're valuable. There hasn't been any sort of thing that's come up where we've been like we don't want to give you money for that. So it's been pretty easy so far with that knock on wood.

**Evelyn Boodaghians** [00:53:41]  
Yeah, it's interesting. So like there's no like set allowance each week, but if like your daughter's going out, it sounds like here's 20 bucks, go have fun things like that.

**P12 Lindsay** [00:53:51]  
Yeah, yeah.

**Evelyn Boodaghians** [00:53:52]  
OK, that makes sense. Do, do, do.

**Bookmark: Family subscriptions and usage**

**Evelyn Boodaghians** [00:53:56]  
Also just looking at the time, OK, in the last five minutes here, Lindsay, I just want to chat about subscriptions like as a whole. So we'll talk. One part of that is food delivery and we'll talk about it, but let's first start more general. It can be outside of food delivery. So off the top of your head, what subscriptions do you currently have or does your family currently have that you guys are using? Sure.

**P12 Lindsay** [00:54:22]  
So as far as like streaming subscriptions, we have like a package with Hulu, Disney Plus and ESPN. So we do that package. We also have Netflix. We have Express VPN on our computer. That's a subscription. We have Amazon Prime and I do have like some subscribe and save items on there like mostly like toilet paper, paper towels or coffee K cups, like just things we need every month. And through that we get Grubhub for free. And then let me see, what else do we have? I'm not sure. I'm. I'm blinking. I'm not sure if we have anything else. Oh, Nintendo Online. OK, there's another one. No problem.

**Evelyn Boodaghians** [00:55:09]  
Yeah, this is great for us to just talk about. OK, who? So maybe we can start with the streaming ones since those together who in the family like uses these, who doesn't? What's that look like?

**Bookmark: Managing streaming services**

**P12 Lindsay** [00:55:25]  
We can all the streaming services, I'd say we all use a little bit. We, you know, my son loves watching Pokémon and Netflix. My daughter got really into like Wednesday when it was on ESPN. My daughter watches basketball games. Me and my husband usually we watch something together every night before bed. And right now we're watching Fresh off the Boat on Hulu. So we we all utilize the services, probably some more than others. I'd say my son's downtime is more gaming than watching videos, but he will watch like a movie here and there. So yeah, we all, we all do it.

**Evelyn Boodaghians** [00:56:02]  
And how do you manage having everyone in the family kind of sharing these streamings?

**P12 Lindsay** [00:56:09]  
Yeah. So we have a lot of times. So we only have one TV in our house. So a lot of times we're either watching all together or it's being monitored what my kids are watching. We do have the apps on the iPad, but we have their own accounts on each thing that is a child account. So they can only watch certain things. Wednesday, which my daughter want to watch, we all watch together so that we could kind of monitor it. And it was a little gory, but well, it was one of those things. It's like all your friends are watching that. I guess we're going to open that door.

**Evelyn Boodaghians** [00:56:43]  
I see, so Wednesday was like not on the kids account but she wanted to watch it so you watched?

**P12 Lindsay** [00:56:49]  
It all together, yeah, yeah. So sometimes if there's things that she wants to watch because it's usually her that are not on the kids level, a lot of times I'll look into it ahead of time or I'll watch it ahead just to make sure it's not too bad. If it's just like a couple of curse words, I'm usually like it's fine. So yeah.

**Evelyn Boodaghians** [00:57:10]  
And how do you feel like the parental controls on those apps are working or how do you think it's going?

**Bookmark: Parental controls and oversight**

**P12 Lindsay** [00:57:18]  
I think, I think they work pretty well. I think they filter out a lot of that, you know, adult content that maybe we don't want them to see yet. And it's kept, you know, things pretty open with me and my kids when they ask, you know, that they'll ask to watch something. And especially when we're usually saying yes, you know, there's they're not like frustrated by it.

**Evelyn Boodaghians** [00:57:41]  
In those cases, are there any things you wish you could manage that you can't can't currently, or anything you change so you could get more oversight?

**P12 Lindsay** [00:57:50]  
I don't think so. I think I'm pretty satisfied with it.

**Evelyn Boodaghians** [00:57:53]  
OK, OK. And then you mentioned Amazon also.

**Bookmark: Amazon usage and purchasing**

**Evelyn Boodaghians** [00:58:03]  
OK. Is Amazon who primarily uses Amazon or who uses Amazon I guess is the question.

**P12 Lindsay** [00:58:09]  
I mean, I'd probably say the majority is me because a lot of it is like that, like monthly. Some of our groceries are through that and then excuse me, like gifts and stuff. I'm kind of that primary contact. My husband will certainly use it too. But yeah, usually me or him. And then if the kids wanted something off of there with their own money, it'd be the kind of that same thing where they give me cash and I'll buy it for them. So.

**Bookmark: Purchasing on Amazon for kids**

**Evelyn Boodaghians** [00:58:35]  
In those cases where they're going to give you the cash and things like that, did they go into Amazon themselves or do you do that for them? Like what is the actual?

**P12 Lindsay** [00:58:43]  
Purchase so are we this family computer? It's I'll usually just sign into Amazon for them and then they can add things to cart and then I'll just like make check it before we check out. Make sure sure that they picked everything because yeah, a lot of times too, my kids will do that and they'll be like, I thought it was free shipping, but it's like a third party seller and it's not. And they're like, I don't want that anymore. I don't want to pay $4.00 for shipping. So it's a good last minute like check.

**Evelyn Boodaghians** [00:59:11]  
Interesting.

**Bookmark: Learning about online shopping**

**Evelyn Boodaghians** [00:59:12]  
OK. So they're like starting to learn about these things like free shipping versus.

**P12 Lindsay** [00:59:16]  
Not they are, yeah. That's that's the goal. That's the hope of giving them a little bit of this freedom, is that they figure that stuff out.

**Bookmark: Sharing subscriptions with family**

**Evelyn Boodaghians** [00:59:26]  
And then do you guys share any of your subscriptions with other family members or not so much?

**P12 Lindsay** [00:59:32]  
Not so much.

**Evelyn Boodaghians** [00:59:34]  
OK, great. I think that brings us to time here, Lindsay and I want to make sure to get you out of here on time. I really appreciate all your feedback. This has been super helpful. I will go into user interviews, check off that you're here. They handle all the payments, but please feel free to reach out if there's any issues. And then I always last ask like to end with seeing if there's any questions for me. If not, happy to let you go, but.

**P12 Lindsay** [00:59:56]  
I don't think I have any questions but it was so nice chatting with you this.

**Evelyn Boodaghians** [00:59:59]  
Is wonderful, I hope you have a good rest of your day and a good start to the school year.

**P12 Lindsay** [01:00:02]  
Yeah, have a great day. Take care.

**Evelyn Boodaghians** [01:00:05]  
Thanks. Bye.

**P12 Lindsay** [01:00:06]  
Bye.

## **Notes**