



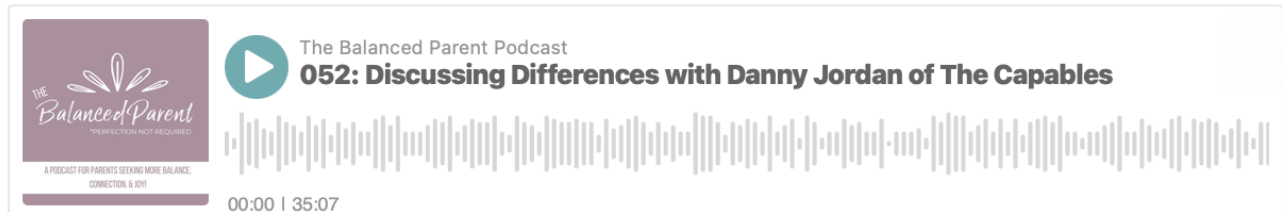
## Welcome to the home of The Balanced Parent Podcast!

Parenting is often lived in the extremes. It's either Great Joy or chaotic overwhelmed. In one moment you're nailing it and the next you're losing your cool I want to help you find your way to the messy middle, to a place of balance. You see, balance is a verb not a state of being, it is a thing you do not a thing you are. it is an action a process a series of micro-corrections each and every day to keep ourselves feeling centered. We are never truly balanced. We are engaged in the process of balancing.

Hello, I'm Dr. Laura Froyen and this is the Balanced Parent podcast, where overwhelmed stressed out and disconnected parents go to find tools, mindset shifts and practices to help them stop yelling at the people they love and start connecting on a deeper level, all delivered with heaping doses of grace and compassion. Join me in conversations that will help you get clear on your goals and values and start showing up in your parenting, your relationships, YOUR LIFE, with open-hearted authenticity and balance. Let's go!

## Episode 52: Discussing Differences with Danny Jordan of The Capables

April 03, 2021



As I'm sure you're aware, kids are SUPER good at noticing differences! They are primed to be noticing them, it's part of normal child development, which can be kinda... uncomfortable for us parents who have been kind of conditioned to downplay differences ("shh! That's not polite!") rather than celebrate them. Differences can refer to race, gender, class, development, disability, and other forms.

However our children are natural curious beings and at times, they will point out the differences they see. I know questions such as "Mom, why is his skin color like that? Dad why is her arm shorter than the other?", can make us feel uncomfortable. And so, I want to help you address those queries by bringing in Danny Jordan in this podcast episode.

Danny Jordan is a proud husband and dad of a beautiful daughter who was diagnosed with an upper limb difference back in 2018. He's here to share with you his story and how he became an advocate for inclusion and accurate representation of disability in media.

We talked about:

- What we should do when our kids point out a difference
- How to address limb differences
- *The Capables* (The book Danny wrote for her daughter and others like her to see themselves represented on a page. IT'S OUT NOW! You can order your copy at [www.TheCapables.com](http://www.TheCapables.com).)

Let's create a world that is more loving and accepting. Tune in and don't forget to follow Danny on Instagram. You can find him [@dannyjordan](https://www.instagram.com/dannyjordan) and [@thecapables](https://www.instagram.com/thecapables).