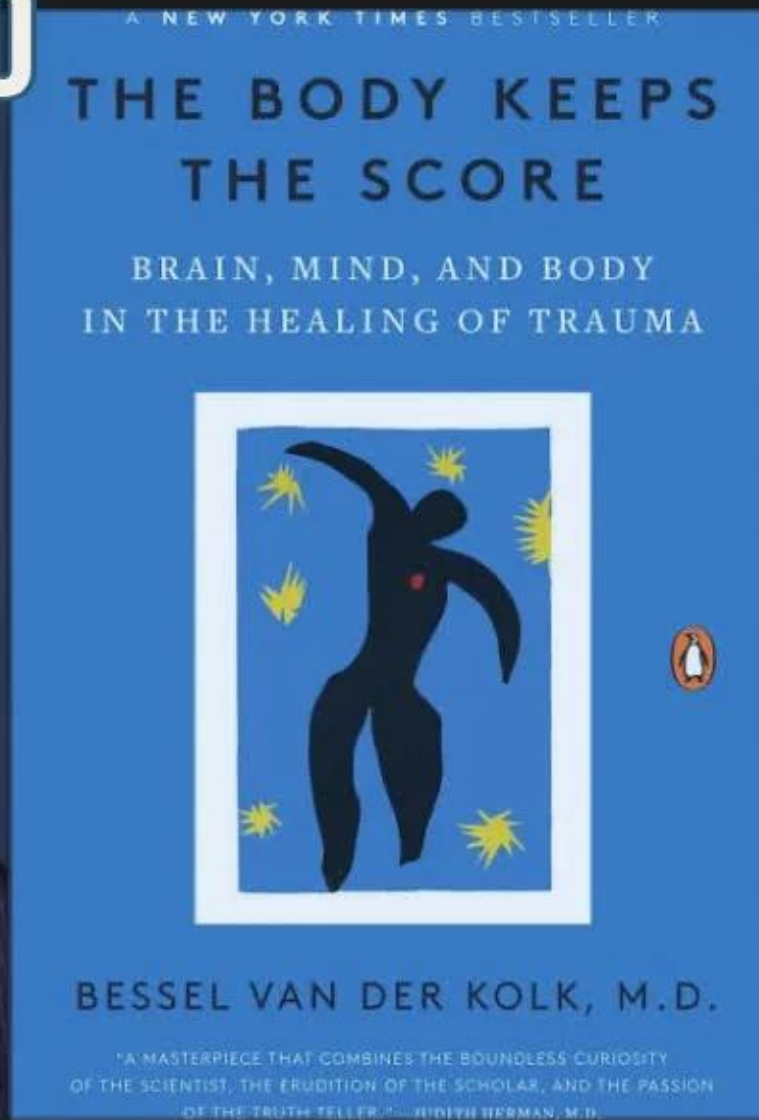


# HIDDEN TRUTH SHOW WITH JIM BRESLO



# BESSEL VAN DER KOLK MD



1  
00:00:05,030 --> 00:00:03,270  
ptsd

2  
00:00:06,869 --> 00:00:05,040  
has kind of seems to me post-traumatic

3  
00:00:09,350 --> 00:00:06,879  
stress disorder has seemed to

4  
00:00:09,910 --> 00:00:09,360  
brought trauma to the forefront of

5  
00:00:11,669 --> 00:00:09,920  
something that

6  
00:00:13,430 --> 00:00:11,679  
people are thinking about it we hear

7  
00:00:13,910 --> 00:00:13,440  
about our soldiers coming back and so

8  
00:00:16,790 --> 00:00:13,920  
forth

9  
00:00:19,349 --> 00:00:16,800  
with this trauma and the various

10  
00:00:22,950 --> 00:00:19,359  
treatments for this trauma

11  
00:00:26,630 --> 00:00:22,960  
but it turns out that trauma

12  
00:00:27,509 --> 00:00:26,640  
is much much much larger issue for our

13  
00:00:29,589 --> 00:00:27,519

society

14

00:00:31,990 --> 00:00:29,599

than just these soldiers coming back

15

00:00:34,470 --> 00:00:32,000

with ptsd

16

00:00:35,350 --> 00:00:34,480

yeah it's all a very political issue but

17

00:00:36,950 --> 00:00:35,360

you know i was

18

00:00:39,670 --> 00:00:36,960

part of the sort of the creation of the

19

00:00:42,150 --> 00:00:39,680

diagnosis and

20

00:00:43,670 --> 00:00:42,160

interestingly before we had this

21

00:00:45,910 --> 00:00:43,680

diagnosis nobody

22

00:00:47,750 --> 00:00:45,920

talked about child abuse nobody talked

23

00:00:51,029 --> 00:00:47,760

about domestic violence

24

00:00:53,189 --> 00:00:51,039

nobody talked about the hell that people

25

00:00:54,709 --> 00:00:53,199

put each other through

26

00:00:56,630 --> 00:00:54,719

it's really astonishing how it was

27

00:00:59,910 --> 00:00:56,640

completely off the map

28

00:01:03,430 --> 00:00:59,920

and so when we first defined ptsd

29

00:01:06,390 --> 00:01:03,440

uh we called it an extraordinary event

30

00:01:07,910 --> 00:01:06,400

outside the realm of ordinary human

31

00:01:10,070 --> 00:01:07,920

experience

32

00:01:12,469 --> 00:01:10,080

and then it turned out that about more

33

00:01:13,990 --> 00:01:12,479

than 70 percent of people in the

34

00:01:16,630 --> 00:01:14,000

have traumatic experiences in their

35

00:01:18,870 --> 00:01:16,640

lives somehow we had been living in la

36

00:01:22,469 --> 00:01:18,880

la land all that time

37

00:01:25,670 --> 00:01:22,479

um and because we are the most

38

00:01:27,990 --> 00:01:25,680

warlike country since genghis

39

00:01:28,870 --> 00:01:28,000

we have large number of soldiers who we

40

00:01:30,310 --> 00:01:28,880

send

41

00:01:32,550 --> 00:01:30,320

all around the globe to bring our

42

00:01:35,109 --> 00:01:32,560

wonderful system around the globe

43

00:01:35,670 --> 00:01:35,119

and because of that a lot of soldiers

44

00:01:38,469 --> 00:01:35,680

come back

45

00:01:39,429 --> 00:01:38,479

but that's where the money goes but in

46

00:01:41,350 --> 00:01:39,439

fact

47

00:01:42,710 --> 00:01:41,360

for every soldier that gets hurt in the

48

00:01:45,670 --> 00:01:42,720

war there's at least

49

00:01:47,109 --> 00:01:45,680

30 kids who get hurt at home so trauma

50

00:01:50,550 --> 00:01:47,119

is much more common

51  
00:01:51,830 --> 00:01:50,560  
at home than abroad and for women the

52  
00:01:55,190 --> 00:01:51,840  
greatest source of trauma

53  
00:01:58,069 --> 00:01:55,200  
is their intimate partners and for kids

54  
00:02:00,069 --> 00:01:58,079  
the greatest source of intima of trauma

55  
00:02:01,830 --> 00:02:00,079  
is our own parents oftentimes their

56  
00:02:03,590 --> 00:02:01,840  
mothers

57  
00:02:05,749 --> 00:02:03,600  
yeah i was thinking about the fact that

58  
00:02:08,790 --> 00:02:05,759  
if a rugged

59  
00:02:14,150 --> 00:02:08,800  
soldier you know who signs up for

60  
00:02:17,030 --> 00:02:14,160  
war can suffer from trauma

61  
00:02:19,190 --> 00:02:17,040  
then i imagine that a child a

62  
00:02:20,710 --> 00:02:19,200  
one-year-old two-year-old three-year-old

63  
00:02:25,190 --> 00:02:20,720

child

64

00:02:29,110 --> 00:02:25,200  
must be much more susceptible to trauma

65

00:02:30,949 --> 00:02:29,120  
than the rugged uh soldier

66

00:02:33,270 --> 00:02:30,959  
well this is a nice image of the rugged

67

00:02:35,990 --> 00:02:33,280  
soldier of course

68

00:02:36,630 --> 00:02:36,000  
people who join the military are

69

00:02:38,390 --> 00:02:36,640  
generally

70

00:02:41,030 --> 00:02:38,400  
not the most promising members of

71

00:02:44,550 --> 00:02:41,040  
society they oftentimes

72

00:02:47,750 --> 00:02:44,560  
escape violence

73

00:02:50,949 --> 00:02:47,760  
employment difficulties

74

00:02:52,229 --> 00:02:50,959  
poverty in their own backgrounds and in

75

00:02:54,070 --> 00:02:52,239  
fact

76

00:02:55,990 --> 00:02:54,080

people who enlist in the army have a

77

00:02:57,830 --> 00:02:56,000

much higher rate of

78

00:02:59,750 --> 00:02:57,840

early childhood trauma than the general

79

00:03:02,470 --> 00:02:59,760

population so i love your

80

00:03:04,869 --> 00:03:02,480

your depiction of valid soldiers but

81

00:03:06,710 --> 00:03:04,879

that's not quite how it works either

82

00:03:07,990 --> 00:03:06,720

and yeah that's that's a good that's a

83

00:03:10,470 --> 00:03:08,000

that's a good correction and

84

00:03:11,830 --> 00:03:10,480

actually let me let me ask it in a in a

85

00:03:13,509 --> 00:03:11,840

different way the difference but i can

86

00:03:13,830 --> 00:03:13,519

certainly answer your question also oh

87

00:03:17,350 --> 00:03:13,840

sorry

88

00:03:19,430 --> 00:03:17,360

does it see the issue the fact that we

89

00:03:22,149 --> 00:03:19,440

have a ptsd diagnosis

90

00:03:23,030 --> 00:03:22,159

is sort of gross over simplification

91

00:03:27,110 --> 00:03:23,040

it's about

92

00:03:28,550 --> 00:03:27,120

an event but we have really become much

93

00:03:31,830 --> 00:03:28,560

more sophisticated about it

94

00:03:33,270 --> 00:03:31,840

in that we know that for children having

95

00:03:37,350 --> 00:03:33,280

a predictable

96

00:03:40,550 --> 00:03:37,360

loving reflective

97

00:03:45,110 --> 00:03:40,560

and non-scary environment is critical

98

00:03:49,509 --> 00:03:45,120

and so probably the greatest source of

99

00:03:52,550 --> 00:03:49,519

pathology in our society probably

100

00:03:53,830 --> 00:03:52,560

at the end more expensive than cancer or

101  
00:03:56,149 --> 00:03:53,840  
heart disease

102  
00:03:57,190 --> 00:03:56,159  
is children getting exposed to abuse and

103  
00:03:59,509 --> 00:03:57,200  
neglect

104  
00:04:00,550 --> 00:03:59,519  
and to domestic violence which has

105  
00:04:03,990 --> 00:04:00,560  
far-ranging

106  
00:04:04,390 --> 00:04:04,000  
and pervasive effects on their brains

107  
00:04:09,910 --> 00:04:04,400  
their

108  
00:04:12,309 --> 00:04:09,920  
stress hormone systems etc etc

109  
00:04:13,270 --> 00:04:12,319  
and the centers for disease control

110  
00:04:16,789 --> 00:04:13,280  
calculate

111  
00:04:20,069 --> 00:04:16,799  
uh that it's more expensive than these

112  
00:04:20,870 --> 00:04:20,079  
leading causes of death and uh that in

113  
00:04:23,749 --> 00:04:20,880

fact

114

00:04:25,189 --> 00:04:23,759

it has very pervasive effects on

115

00:04:27,590 --> 00:04:25,199

people's medical states

116

00:04:28,950 --> 00:04:27,600

on their mental states on their physical

117

00:04:31,909 --> 00:04:28,960

states their employment

118

00:04:33,430 --> 00:04:31,919

capacities their learning capacities etc

119

00:04:34,950 --> 00:04:33,440

etc

120

00:04:37,909 --> 00:04:34,960

yeah thanks so yeah i was going to

121

00:04:41,510 --> 00:04:37,919

restate the question to just talk about

122

00:04:42,790 --> 00:04:41,520

the developed adult brain versus the

123

00:04:45,270 --> 00:04:42,800

developing

124

00:04:46,469 --> 00:04:45,280

child brain right does it take a rocket

125

00:04:48,469 --> 00:04:46,479

scientist to to

126  
00:04:49,749 --> 00:04:48,479  
guess i'll guess and hopefully confirm

127  
00:04:51,749 --> 00:04:49,759  
right that

128  
00:04:53,110 --> 00:04:51,759  
a a child's brain is much more

129  
00:04:56,230 --> 00:04:53,120  
susceptible

130  
00:04:57,189 --> 00:04:56,240  
to being damaged by trauma and the

131  
00:04:59,350 --> 00:04:57,199  
amount

132  
00:05:01,250 --> 00:04:59,360  
of quote unquote trauma does not need to

133  
00:05:03,350 --> 00:05:01,260  
be near as much

134  
00:05:05,350 --> 00:05:03,360  
[Music]

135  
00:05:09,749 --> 00:05:05,360  
you're getting a call oh there you go no

136  
00:05:16,070 --> 00:05:13,029  
well see a child's brain

137  
00:05:18,230 --> 00:05:16,080  
is not formed so a child's brain forms

138  
00:05:21,510 --> 00:05:18,240

in the context of

139

00:05:25,510 --> 00:05:21,520

the system that it lives in and

140

00:05:26,629 --> 00:05:25,520

if a child is being terrified by its own

141

00:05:29,430 --> 00:05:26,639

caregivers

142

00:05:30,390 --> 00:05:29,440

that child develops a brain that is set

143

00:05:32,950 --> 00:05:30,400

that is

144

00:05:33,990 --> 00:05:32,960

geared towards dealing with terror and

145

00:05:37,590 --> 00:05:34,000

fear

146

00:05:40,469 --> 00:05:37,600

and trying to do as well as it can

147

00:05:42,870 --> 00:05:40,479

and so the child develops a brain that

148

00:05:45,350 --> 00:05:42,880

becomes very alert for danger

149

00:05:46,469 --> 00:05:45,360

that is ready to fight that's ready to

150

00:05:48,710 --> 00:05:46,479

see

151

00:05:50,390 --> 00:05:48,720

problems everywhere it's not a brain

152

00:05:53,749 --> 00:05:50,400

that likes to play

153

00:05:56,870 --> 00:05:53,759

and to just basically explore the world

154

00:05:58,390 --> 00:05:56,880

so if you live in endangered

155

00:06:02,469 --> 00:05:58,400

surroundings you develop

156

00:06:05,110 --> 00:06:02,479

by a larger brain that has a hard time

157

00:06:07,390 --> 00:06:05,120

focusing concentrating and that

158

00:06:10,309 --> 00:06:07,400

oftentimes gets

159

00:06:11,430 --> 00:06:10,319

misdiagnosed as attention deficit

160

00:06:18,550 --> 00:06:11,440

disorder

161

00:06:19,990 --> 00:06:18,560

meaning that these kids have developed a

162

00:06:24,309 --> 00:06:20,000

mind and the brain

163

00:06:27,029 --> 00:06:24,319

that is pretty good in surviving extreme

164

00:06:29,029 --> 00:06:27,039

danger and abandonment but is not very

165

00:06:32,390 --> 00:06:29,039

good in becoming a member of a

166

00:06:34,150 --> 00:06:32,400

civilized society so

167

00:06:36,870 --> 00:06:34,160

compare what it does to the brain for

168

00:06:40,390 --> 00:06:36,880

instance to be left alone

169

00:06:41,830 --> 00:06:40,400

for 10 days and and and not knowing

170

00:06:43,990 --> 00:06:41,840

where you are you're you're a

171

00:06:45,189 --> 00:06:44,000

two-year-old you're a six-year-old

172

00:06:47,270 --> 00:06:45,199

you're a 12-year-old you're a

173

00:06:50,070 --> 00:06:47,280

22-year-old you're a 32-year-old

174

00:06:51,110 --> 00:06:50,080

i would imagine that the impact of that

175

00:06:54,790 --> 00:06:51,120

varies

176

00:06:57,350 --> 00:06:54,800

dramatically based on age

177

00:06:58,150 --> 00:06:57,360

that's true to a large degree but being

178

00:07:01,430 --> 00:06:58,160

left alone

179

00:07:02,070 --> 00:07:01,440

is very hard for people of any ages said

180

00:07:07,189 --> 00:07:02,080

that

181

00:07:09,189 --> 00:07:07,199

wired for

182

00:07:11,830 --> 00:07:09,199

getting along with each other talking to

183

00:07:15,029 --> 00:07:11,840

each other preparing meals together

184

00:07:18,629 --> 00:07:15,039

making uh zoom calls with people we are

185

00:07:20,390 --> 00:07:18,639

a connected species and so for people to

186

00:07:22,950 --> 00:07:20,400

be disconnected

187

00:07:23,909 --> 00:07:22,960

since time immemorial people have noted

188

00:07:26,070 --> 00:07:23,919

if you really

189

00:07:27,909 --> 00:07:26,080

want to punish somebody you put them in

190

00:07:31,270 --> 00:07:27,919

solitary confinement

191

00:07:34,469 --> 00:07:31,280

and i think that people don't talk

192

00:07:38,070 --> 00:07:34,479

nearly enough about the extreme cruelty

193

00:07:40,390 --> 00:07:38,080

of solitary confinement that is widely

194

00:07:42,390 --> 00:07:40,400

practiced in their jails

195

00:07:45,510 --> 00:07:42,400

of course if you leave a child all by

196

00:07:47,589 --> 00:07:45,520

itself that child is a developing brain

197

00:07:49,510 --> 00:07:47,599

and that child doesn't develop the

198

00:07:51,510 --> 00:07:49,520

neuronal systems

199

00:07:53,110 --> 00:07:51,520

that you need in order to get along with

200

00:07:56,150 --> 00:07:53,120

other people

201  
00:07:56,710 --> 00:07:56,160  
i said the brain is a use dependent

202  
00:07:59,510 --> 00:07:56,720  
organ

203  
00:08:01,589 --> 00:07:59,520  
the brain gets formed according to the

204  
00:08:04,869 --> 00:08:01,599  
experiences that you have

205  
00:08:07,510 --> 00:08:04,879  
the brain is a cultural organ that gets

206  
00:08:09,589 --> 00:08:07,520  
shaped by whatever is going on around

207  
00:08:12,629 --> 00:08:09,599  
you particularly during the first

208  
00:08:14,390 --> 00:08:12,639  
six to eight years of life and

209  
00:08:16,230 --> 00:08:14,400  
that's the brain you get you get the

210  
00:08:18,230 --> 00:08:16,240  
brain that's really

211  
00:08:19,270 --> 00:08:18,240  
prepared to deal with danger to shut

212  
00:08:22,629 --> 00:08:19,280  
down and

213  
00:08:23,430 --> 00:08:22,639

disconnect basically we talk so much

214

00:08:24,950 --> 00:08:23,440

about

215

00:08:26,629 --> 00:08:24,960

treatment of these things once the

216

00:08:29,110 --> 00:08:26,639

person is an adult and now they're

217

00:08:29,670 --> 00:08:29,120

suffering as a result of their childhood

218

00:08:33,990 --> 00:08:29,680

trauma

219

00:08:34,790 --> 00:08:34,000

or neglect but it's just as important it

220

00:08:37,350 --> 00:08:34,800

seems to me

221

00:08:39,190 --> 00:08:37,360

to be talking to parents and for parents

222

00:08:43,190 --> 00:08:39,200

to be understanding as parents

223

00:08:45,750 --> 00:08:43,200

of young children to understand

224

00:08:47,269 --> 00:08:45,760

that developing brain and how easily

225

00:08:50,550 --> 00:08:47,279

it's impacted

226

00:08:51,590 --> 00:08:50,560

and how easily it could be subjected to

227

00:08:54,150 --> 00:08:51,600

something that would

228

00:08:54,710 --> 00:08:54,160

is essentially traumatic for a young

229

00:08:56,070 --> 00:08:54,720

child

230

00:08:59,190 --> 00:08:56,080

that's going to ultimately have

231

00:09:02,790 --> 00:08:59,200

long-term effects

232

00:09:06,070 --> 00:09:02,800

yes parents it's very to a large degree

233

00:09:08,389 --> 00:09:06,080

a political issue of course

234

00:09:10,150 --> 00:09:08,399

in what sort of social systems you have

235

00:09:12,870 --> 00:09:10,160

in place for certain systems

236

00:09:14,790 --> 00:09:12,880

you have in place that help parents to

237

00:09:17,110 --> 00:09:14,800

raise their children

238

00:09:19,110 --> 00:09:17,120

in every civilized country in the world

239

00:09:22,150 --> 00:09:19,120

except for the us

240

00:09:24,389 --> 00:09:22,160

parents get between half a year

241

00:09:26,070 --> 00:09:24,399

and a year of paid leave to take care of

242

00:09:28,790 --> 00:09:26,080

the kids

243

00:09:30,790 --> 00:09:28,800

that pays off enormously of course in

244

00:09:34,389 --> 00:09:30,800

the netherlands where i grew up

245

00:09:36,310 --> 00:09:34,399

the incarceration rate currently is 68

246

00:09:39,509 --> 00:09:36,320

per 100 thousand people

247

00:09:42,550 --> 00:09:39,519

in the us it's over 900

248

00:09:45,190 --> 00:09:42,560

per hundred thousand people so that's a

249

00:09:47,829 --> 00:09:45,200

factor of a gigantic factor

250

00:09:49,590 --> 00:09:47,839

so if you don't have a systems in place

251  
00:09:51,750 --> 00:09:49,600  
that help

252  
00:09:52,949 --> 00:09:51,760  
parents who often themselves have been

253  
00:09:55,110 --> 00:09:52,959  
traumatized

254  
00:09:56,710 --> 00:09:55,120  
to securely raise their children the

255  
00:09:59,190 --> 00:09:56,720  
likelihood that this will go on from

256  
00:10:01,750 --> 00:09:59,200  
generation to generation is very great

257  
00:10:03,269 --> 00:10:01,760  
and these are larger political issues

258  
00:10:06,150 --> 00:10:03,279  
that are not

259  
00:10:08,470 --> 00:10:06,160  
unknown about people for example in the

260  
00:10:11,829 --> 00:10:08,480  
year 2000 a guy by name

261  
00:10:15,030 --> 00:10:11,839  
john heckman won the nobel prize

262  
00:10:16,470 --> 00:10:15,040  
for showing that for every dollar that a

263  
00:10:18,710 --> 00:10:16,480

society invests

264

00:10:19,509 --> 00:10:18,720

in helping young mothers raise their

265

00:10:22,550 --> 00:10:19,519

children

266

00:10:23,110 --> 00:10:22,560

in the long range society harvest seven

267

00:10:26,470 --> 00:10:23,120

dollars

268

00:10:27,030 --> 00:10:26,480

in benefits and so if you don't have

269

00:10:29,750 --> 00:10:27,040

these

270

00:10:30,870 --> 00:10:29,760

early caregiving systems you end up like

271

00:10:34,150 --> 00:10:30,880

we do with

272

00:10:37,910 --> 00:10:34,160

2.3 million people in jail

273

00:10:38,630 --> 00:10:37,920

and over 500 k thousand kids in foster

274

00:10:40,389 --> 00:10:38,640

care

275

00:10:43,430 --> 00:10:40,399

while in countries where people invest

276

00:10:47,670 --> 00:10:43,440

in kids from very early on

277

00:10:50,470 --> 00:10:47,680

of course the function much better

278

00:10:51,829 --> 00:10:50,480

what about the old-fashioned form of

279

00:10:55,030 --> 00:10:51,839

caregiving

280

00:10:56,069 --> 00:10:55,040

which is that the mother is home with

281

00:10:59,350 --> 00:10:56,079

the child

282

00:11:01,430 --> 00:10:59,360

full-time and the father is out making

283

00:11:05,190 --> 00:11:01,440

the money to bring home to

284

00:11:06,470 --> 00:11:05,200

raise the family with well i'm not sure

285

00:11:13,110 --> 00:11:06,480

if

286

00:11:15,269 --> 00:11:13,120

better adjusted people

287

00:11:16,710 --> 00:11:15,279

so it's better is there a comparison

288

00:11:19,750 --> 00:11:16,720

romantic about but

289

00:11:22,870 --> 00:11:19,760

yeah you know um if your mom

290

00:11:27,269 --> 00:11:22,880

uh is drunk at home or your mom

291

00:11:28,870 --> 00:11:27,279

is an out of control uh angry person

292

00:11:31,430 --> 00:11:28,880

staying home with mom may not be the

293

00:11:33,190 --> 00:11:31,440

greatest thing either as maybe some kids

294

00:11:37,110 --> 00:11:33,200

are experiencing these days

295

00:11:40,870 --> 00:11:37,120

being locked up with the coronavirus

296

00:11:43,110 --> 00:11:40,880

well have there been studies about

297

00:11:44,069 --> 00:11:43,120

a mother at home raising the child

298

00:11:45,670 --> 00:11:44,079

versus

299

00:11:47,670 --> 00:11:45,680

mom and dad go work and they drop the

300

00:11:49,590 --> 00:11:47,680

kid off at daycare

301  
00:11:51,910 --> 00:11:49,600  
not as far as i know there's some

302  
00:11:53,990 --> 00:11:51,920  
studies on daycare

303  
00:11:55,590 --> 00:11:54,000  
some people really thought that daycare

304  
00:11:58,710 --> 00:11:55,600  
would be very disastrous

305  
00:11:59,269 --> 00:11:58,720  
it has not turned out to be that way and

306  
00:12:02,790 --> 00:11:59,279  
certainly

307  
00:12:06,629 --> 00:12:02,800  
in cultures where you have cleared

308  
00:12:08,629 --> 00:12:06,639  
sexual divisions like india and pakistan

309  
00:12:09,829 --> 00:12:08,639  
and other places around the world the

310  
00:12:12,710 --> 00:12:09,839  
incidence of

311  
00:12:15,590 --> 00:12:12,720  
abuse and domestic violence is not lower

312  
00:12:18,629 --> 00:12:15,600  
than in this country

313  
00:12:19,509 --> 00:12:18,639

so if you were writing a guide to

314

00:12:22,710 --> 00:12:19,519

parents

315

00:12:23,910 --> 00:12:22,720

right now based you know i know there's

316

00:12:26,150 --> 00:12:23,920

all kinds of political issues and

317

00:12:29,670 --> 00:12:26,160

societal issues this and that but

318

00:12:31,590 --> 00:12:29,680

you you're telling your son and and your

319

00:12:33,350 --> 00:12:31,600

your daughter-in-law

320

00:12:35,350 --> 00:12:33,360

based on all the research i've done and

321

00:12:37,350 --> 00:12:35,360

the studying i've done over my career of

322

00:12:39,110 --> 00:12:37,360

30 plus years whatever

323

00:12:40,790 --> 00:12:39,120

it's been you're extremely accomplished

324

00:12:43,350 --> 00:12:40,800

in your field of

325

00:12:46,150 --> 00:12:43,360

trauma what would you be advising them

326

00:12:49,910 --> 00:12:46,160

uh regarding raising their child

327

00:12:53,990 --> 00:12:49,920

uh number one is family meals

328

00:12:55,990 --> 00:12:54,000

that a very simple thing has been shown

329

00:12:58,389 --> 00:12:56,000

to be an extraordinarily good predictor

330

00:13:00,629 --> 00:12:58,399

of long-term family functioning

331

00:13:01,590 --> 00:13:00,639

just having meals together for breakfast

332

00:13:03,509 --> 00:13:01,600

and dinner

333

00:13:05,190 --> 00:13:03,519

cooking together sitting there together

334

00:13:08,230 --> 00:13:05,200

and debriefing each other

335

00:13:09,910 --> 00:13:08,240

is a very powerful factor uh

336

00:13:11,910 --> 00:13:09,920

you need to be parents that means you

337

00:13:12,470 --> 00:13:11,920

need to be at home you need to work with

338

00:13:17,590 --> 00:13:12,480

your kids

339

00:13:19,670 --> 00:13:17,600

plays