FAM: For All Moms

Episode 159 · January 29, 2020 · with Susan Yara and Sharzad Kiadeh

IN THIS EPISODE

Something different this time: an exclusive first listen to FAM: For All Moms, the Audioboom original podcast hosted by Susan Yara and Sharzad Kiadeh. In this clip, the two friends compare notes on when they knew — or didn't know — they wanted to have kids, and how their childhoods shaped those decisions. Sharzad always loved little kids, grew up in a big Iranian family, and looked up to a working mom who made motherhood look wonderful; Susan grew up poor, helped raise her sisters, and was driven to get an education and build a career first. Along the way: a little sister who arrived as a fifth-birthday gift, the travel bucket list that had to come before babies, and the question every newlywed hears. Two very different roads to the same decision — what finally changed Susan's mind?

About this transcript: *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

NARRATOR: Motherhood is crazy sometimes overwhelming almost always rewarding journey that can sometimes make you feel a bit Isolated if you've ever felt alone in the madness that is parenthood Then do we have a show for you from audio boom comes a brand new podcast for all you moms out there Appropriately called fam for all moms join host Susan Yara and Sharzad Kiare as they dive into mom topics that are both hilarious and Serious Susan and Sharzad share their sometimes embarrassing experiences along with advice and commentary from experts and friends These ladies are real and relatable tackling just about any topic in their lives Whether it's about their kids marriage or life in general this audio boom original podcast premieres Wednesday, January

NARRATOR: 29th with new episodes every Wednesday after that and it's available on any of your favorite podcast apps for all of our informed Pregnancy podcast listeners we get to share with you an exclusive first listen for fam for all moms in this clip You'll hear Susan and Sharzad discuss when they knew they wanted to have kids and how their childhood Experiences shaped their decision to do so while you're listening be sure to check out and subscribe to fam for all moms in Apple Podcasts Spotify by heart radio or wherever you get your podcasts. Enjoy

SUSAN YARA: Hi, I'm Sharzad. Hi, I'm Susan. Whoo. You guys are still here Gonna come back again and again. I actually have a question for you Sharzad How did you know you wanted to have kids and I asked that I actually asked that all the time because I know I wasn't One of those people I definitely did not I actually did not want to have kids and we'll talk about that later But I want to know how did you know you wanted to have kids?

SHARZAD KIADEH: I know that about you and I think it's interesting and it's why I want to talk about this because we have different Viewpoints and that's great. I was just one of those people that loved kids truly From the bottom of my heart loved being around little little kids Five-year-old kids was like my favorite age always but I grew up in a big family I grew up with a lot of cousins. I've mentioned this before but I'm half Iranian. So usually Stereotypically and there's a lot of truth to it Iranians are have huge families and that was definitely the case for me So I grew up with a lot of cousins I have a I come from a I guess pretty decent sized family older brother little sister when I was five Basically for my fifth birthday

SHARZAD KIADEH: I got I got a little sister as a gift my sister was born right before my fifth birthday and I just felt like she was my doll and I I Got to learn how to change her diaper and I thought that that was just so cool as a little girl to have a live

SUSAN YARA: Doll to play with that sounds like a nightmare to me. I'm like that way How's your sister feel about that?

SHARZAD KIADEH: But I really enjoyed being around kids and even in high school my job one of my jobs senior year was working at a Daycare close to my house and I just thought it was really fun to be around little ones I knew that I wanted to attempt to be a mom. I used to think I'd have three or four kids I just thought that that sounded wonderful to just hang out with little kids I also feel like I had an awesome mom and she made me want to be a mom I thought she was an incredible incredible example of just a really loving warm Human and she also worked and she had this unique balance of like being a working mom I truly always thought of myself that I'd be a working mom. That was like one of my goals marriage I was iffy about

SHARZAD KIADEH: Cuz I've always been boy crazy and the thought of one man. Just I didn't know how I could handle that

SUSAN YARA: We're like the call me call me daddy girls except when they have now settled down and had kids

SHARZAD KIADEH: luckily when I entered into my relationship with Michael I'd had a lot of Experience and I was comfortable that I was making one of the best decisions of my life to be with him It was a no-brainer for me personally when I met Michael and I knew he wanted to have kids he has three sisters, so he came from a good-sized family as well and He liked kids, you know, some guys don't necessarily vocalize their love for kids But I knew he'd be really into kids and be a great person to raise them with but when we got married I was I met him when I was 25. We got married at 26 So when I think about that now is pretty pretty young But it worked really well for us. He's nine years older than me. So he was ready to settle down as well

SHARZAD KIADEH: but one of the things that was important for me to do before I had kids was to travel and Luckily for me like I was able to and I grew up with just a really well-traveled set of parents My dad's an immigrant as I've mentioned before he came to America when he was 25 from Iran My mom lived in multiple countries. She traveled around the world as a hippie for like three years lived in India lived in England lived in Iran where she met my dad and came back to America with him and so I've really been exposed to a lot of culture and And and travel was something that was just it had to happen before kids. I have this fear Going into motherhood that I would like never go to another country again

SHARZAD KIADEH: Never go anywhere again, and I was sort of scared that my life Before I became a mom. I felt like my life was gonna kind of end in some ways I guess I had this weird fear and I really wanted to like check some things off a bucket list

SUSAN YARA: You know, I think upbringing really does a lot to you I not that I I get along with my family. I love my family. They are my life but I also felt like you know, we I grew up pretty poor and I felt like I was in charge of my Sisters and actually I had I had two I had I say had because long story, but I have I guess I'm gonna say I have I also have two adopted brothers So we had a large family and I was know that yes This is a conversation for another time Okay So I felt like I was in charge of my sisters essentially because my parents were both working during the day and stuff Like I like when I say I was in charge of my sisters when I went off to college like the first week of college my sister called me and she's like

SUSAN YARA: Can I go over to so-and-so's house because mom and dad aren't here to you know, like ask and I was like You gotta ask mom and dad. I'm not there Like she just assumed that I could like she just calls me because I'm mom number two like that kind of thing So I think I felt like I had a lot of like raising of kids in my life And I really you know, my mom really drilled in me. She was like, you don't want to be poor You don't want to be struggling you want to get an education I'm the first person in my entire family to get a college To actually graduate from college Wow So it was like the first and foremost like most important thing to my mom to like drill in me was like Go get an education go start a career make some money

SUSAN YARA: You know like go do something like that like it's not always about having a family It's not always about you know, like taking care of others and stuff and you know Like obviously I now take care of my family and that feels really really good But that was probably like my driving force was my mom in my ear being like go do what you need to do And I just never saw kids fitting into that I never saw marriage fitting into that either which is kind of funny that I ended up being married with kids later So I went through like my entire 20s being like very hardcore feminist Which is kind of funny because I've like really chilled out on being a feminist Not that I don't support women, but I'm not as hardcore as I was yeah

SUSAN YARA: And and I just didn't really envision that I didn't see kids in my future because I had so much work to do In my mind and I still do I think you know, it was really hard marrying an Indian man I didn't realize was gonna be very hard on the family to hear from me Say that I don't necessarily want to have kids like that was almost like, you know It was when I had this realization we got engaged and everything was like peachy and we were planning a wedding and all that stuff But on

our wedding the first question we got from everybody was so when are you having kids and I it was kind Of weird to be like what did I just get myself into you mean his side of the family?

SUSAN YARA: Yeah, my dad was like she's not gonna have kids. So your parents were really young when they had you they were very young Yeah, my parents were I mean they're not really young but they were young they were my mom was 20 and my dad was 19 So that's young. Yeah, that's young and You know, it was one of those things where I was like, oh, oh this could be a touchy subject and it actually made our first year of marriage really hard because You know, what's funny is like I don't think I realized how hardcore about not wanting to have kids I was until I got married and suddenly it felt like a pressure to have to have kids Because then I was like then I start being more like no, we're not having kids

SUSAN YARA: Why don't you understand that and I think decision was taken away from you or well, it wasn't even that I think we just never had that real talk I think maybe I was more open-minded to having kids before I got married and then when it started feeling like I had Pressure. I was like, oh, no. No, I'm not having kids. Sorry, and he was like well we didn't discuss this, you know, and so, yeah, you know, that felt a little weird. And so, I really pushed back on it and I stayed open-minded and I thought about it and thought about it. We were married for five years before I finally said to him, you know, and as you know, it doesn't sound very romantic, but I was like, I think I would regret more in the

SUSAN YARA: future, like when I'm older, not having a kid than having a kid. Like I know I can do this. And I also felt like my career was starting to go the way I wanted it to because I finally decided to be brave and start my own thing, right? So I went off, quit my job, started mixed makeup. I had to deal with that baby first. And once I started feeling like that baby was going, I was like, you know, maybe I could handle a kid. If anything, I can handle one kid. I can do everything once, right? Like in my life, that's always been kind of the way I think about life is I can do everything once.

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