



Podcast Episode 185  
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## “When Should I Start My Family, and How Many Kids Should I Have?”

**David Loy:** Hi and welcome to *In the Loop* with Andy Andrews, I’m your host David Loy. Andy, thanks once again for joining us.

**Andy Andrews:** Thank you doctor David. Honored to be here.

**David:** That’s fantastic. We have had, what are you holding? You’re holding a baseball.

**Andy:** Yes, it’s my travel ball. My right leg, I have this nerve thing, in my right leg, and it’s very weird. I’ve had it since I was 19. I can tell you exactly when, I was at Dick and Cathy Rollins house in Columbus, Mississippi and I was playing basketball with Brad and Todd, and we were playing cat. And I had a C on me and I was.

**David:** No way. For anybody that’s listening, cat is the shorter version of horse, correct?

**Andy:** Yeah, a shorter version of horse. And I had a C on me and I started to make a shot and I went, hmm, that feels, hmm, a little catch there, in my right thigh, the back of my right thigh. And from that moment on, I’m 55 years old, from that moment on, I have felt that every single day of my life. Now sometimes on a scale of 1 to 10, it’s 1 or 2. And sometimes it’s 12 or 13, on the scale from 1 to 10. But it’s always there.

**David:** No way, I had no idea.

**Andy:** And I have spent about 50 million dollars on chiropractors and on, what do you call it, sticking needles in you?

**David:** Acupuncture.

**Andy:** Acupuncture, massage, I've gone to orthopedist, I've gone to neurologist, I've done everything. And curiously a massage is the very best thing. But I ain't got time to do that, I don't like doing it anyway. And so, I have this baseball that I put under my thigh, when it's really kind of hurting. And so I travel with it. And so it's on airplanes with me and I put it under my thigh and I could put it back just a little bit, over just a little bit. And it is better than taking an hour to go get somebody to stick their elbow in it and rub you down. And then if you have a catch in your back, you can throw the baseball back in the seat there and kind of rub it. But it's very curious to me, I have gotten used to people asking about the ball, because when you have it on airplane, people will say, especially when you come out of a major league city, in the summer time. People say, oh, caught a foul ball last night didn't you? No, that is my hundred-dollar massage right there. And so, it's very funny. But I got to tell you this, there have been two times that I have had my ball taken from me by airport security.

**David:** Why?

**Andy:** Because it's a weapon.

**David:** Stop it.

**Andy:** It's dangerous.

**David:** No.

**Andy:** Yeah, they take my baseball. You know, some lady can sit over here with her 12-inch, metal knitting needles, and no problem at all. But the baseball is a weapon. Anyway, it's ridiculous. But I've also had, I had a TSA guy, one time said, what's that? I said, that's my baseball, that's my massage. And he said, what for? I said, I had a nerve thing. He said, man, I sit here all day, I've got the same. I said, I tell you what, here's my baseball. I'm going home, I've got another one at home, here's my baseball. He said, seriously? He said, I'm not supposed to accept gifts. I said, oh, it's not a gift, I have just forgotten it. And so see you later. And I walked off, and I looked back and he had his eyebrows up and he picked it up and put it under his thigh.

**David:** That's great, wow, I had no idea. That's very interesting.

**Andy:** That's what it's for.

**David:** There you go. Ok.

**Matt Lempert:** Attention, this is Matt Lempert, producer of *In the Loop*, and I'm interrupting the conversation to quickly tell you about a live event that Andy is doing this summer. Listen close because he might be coming to a city near you. The Champion Life project is taking place in ten cities across the country, in June of 2015. The cities are Denver, Los Angeles, Seattle, Orlando, Albany New York, Columbus Ohio, Des Moines, Kansas City, Dallas and Atlanta. At each of these events Andy will be teaching in depth on parenting principles and on actable ways to improve your family, your relationships and your life. This is an amazing opportunity that you don't want to miss. The Champion Life project is sponsored by AdvoCare. Tickets are selling out fast so contact your local AdvoCare

independent distributor or go to [advocare.com](http://advocare.com) and click the find the distributor button for more information. Please know that this is not a business meeting. There will be no business pitch or presentation, only great content from Andy. This is AdvoCare's way of investing into the parents, families, and relationships in your community. Now back to the show.

**David:** Ok, we've got, I guess we'll just go and call it a personal question that came in from Christian, in California. So Christian, thank you for sending this. Andy let me read Christian's question.

**Andy:** Ok, it's not about a baseball is it?

**David:** It's not about a baseball, it's actually about your wife and your boys. So let me read this and we'll get your thoughts on it. And here we go. Andy I've read your books and I love your podcast. Here's a question that may be too personal in nature. Well it's not because I'm reading it right now. But on the other end you don't seem to shy away from any topics. In *The Traveler's Gift*, it seems that the main character David Ponder avoided having additional children out of fear. This is a concept that made my wife and I rethink our kid count. Andy, what are your thoughts in this? How did you and your wife decide to have exactly two, or did you? Thanks for all you do. And again that's from Christian in Clearlake, California.

Christian thanks for sending that email. Andy, David Ponder did make that decision. He and his wife seemed to stop having kids out of fear. And that is sitting on Christian's brain. So what about you and Polly, what was your take on that?

**Andy:** Uh, I tell you what, let me answer this by telling you Christian what I say to young married couples. You know, because a lot of times I'll meet some young

married couple and they've been married five or six years, and they're waiting to have kids, which is fine. But here's what I always say, I tell them our experience. Now, I don't know, I'm not telling, I realize this could make us not look nice or whatever, but I'm just telling you the reality, I guess because it's probably reality for more than just us. You know, some people grow up and they're just dying to have kids. I mean, they're 14 years old, what do you want to do when you grow up? I just want to be a mom. You know, they're 15 years old, what do you want to do? I just want to be a husband and a daddy and I want to have six kids. I mean, I've met people like that. I was not like that. Polly was not like that.

And so, when we got married, we got married kind of late. It was obviously the first marriage for both of us, but I was 29, when I got married, Polly, she would say was much younger, 25. But when we got married, one of the things, are we going to have children? Yeah, we're going to have children. Not right away but we're going to have children. Ok. So we went about with our lives and three or four years passed and somebody said, are we going to have kids? And the other one said, yeah, yeah, one day we will. And that was probably all we said. Because neither one of us grew up just dying to have kids. And you know, we'd go to people's house and we weren't just incredibly attracted to children or whatever. And so there were several years that one or the other would say, are we gonna have kids? And the other one will say, yeah, some time. And finally there was, I never will forget, there was a night and we were at the house and Polly said, are we gonna have kids? And I said, well we are, we're gonna have kids. And she said, well let me tell you something. You're 40, and you know, I'm coming up behind you. And if we're gonna have kids, we're gonna have kids now. And all of a sudden we're like, uh, are we going to have kids?

**David:** Did we just make that decision?

**Andy:** Yeah. And so, we, actually this is probably a little before because Austin was born when I was 40, ok. And so then, Polly had a miscarriage. And then Adam was born. Now when Adam was born, I think Polly was almost 39, ok. Now at this point, we're like, oh my gosh, we really love this. We really love this. Which I'd always look at people with 4 or 5 kids and thought that they were nuts. And now, I'm like, we're gonna have more kids right? And Polly was like, we're gonna have more kids right? And so, she got pregnant again and she was almost 40, and she miscarried. And that really kind of turned out to be it. And she had a tough time with that. And curiously, she miscarried the same week that hurricane Ivan blew away our house. So this was a crazy next couple of years, or just a tough time. But here's the thing, I tell that story to young couples sometimes because they say, you know, we're just going to wait a little bit. And so I say, you know what? I think that's great. Spend some time, get to know each other. But just be careful about waiting too long. I think that there are huge benefits that we have experienced by being older parents. I think that we are much more patient. We're different parents than we would have been in our twenties. And I think there is a lot of benefits. But you know, one of the determinants is, we got boys and everything they want to do is on the floor. Daddy, come down here? Oh no, let daddy sit on the couch and watch. No daddy, come down here. And so I mean, I'm teasing about that, but I got to tell you, if I was totally honest, we would have 4, we would have more. Because I never, I mean, it wasn't that I didn't want kids, just never really thought about it. It never even was in my mind. It wasn't that I didn't want them, I just didn't want them like some people do.

And so now, if I could go back in time, we would. And so I think that, you know, the jury's still out, there's still other options, still other situations that, you know, who knows what may happen in the future. Of course there's adoption, there's just different. And we're just being open. But as far as that, I would really urge

people not to be, I would urge Christian, don't be afraid of this. I really think that, and especially don't be afraid financially. I mean, how many times do we hear people say, man, we were dirt poor and we didn't even know it until we grew up and looked back.

**David:** Right, but the parents found a way to make it work.

**Andy:** Yeah. Man, we were so full of love. And you know, I've got a friend, Gilbert Little, and his family, his dad was in the ministry. And when his dad as an adult, went back to school, the whole family had to go, while his dad was in school, now think about this. You're not only not working, but you're, I think his dad had a small church that provided some kind of income. But not only does the family not have this huge income, you're putting money out, going to school. And so Gilbert remembers that on the campus there, there was a lake and it had bullheads in it. Bullhead, a little catfish, alright. Most people don't even think about bullheads because they aren't blue cats or, because they just don't get really big. And Gilbert said, man, four or five nights a week, we would, we ate catfish. And he said, I look back on that and I realize, that those catfish kept us alive, those catfish, it was kind of provision, in a way. He said, now at the time, I got to fish with my mom and my dad and my brothers. And he said, so much fun, so much time spent there. And of course I hear that from adults who spent time in the garden and time in the woods, and time.

And so, so many of the things that we think, oh we don't want to have to have our children go through that. Now a lot of times, it is amazing to me to become the adult that you are, don't say that you don't want your children to go through that. Those things have made you who you are, ok. And you would not believe how many times I have had to talk with people who have a lot of money. And they're having extreme problems with their adult children. And I can see the problem

right away and they just cannot see the problem. And I will say to them, I'll say, you know, for a second let's stop. Just stop talking about your child. I want to ask you something about you. What is it that made you who you are? What do you look back in your life and say, boy, that is the time, maybe you didn't like it then or maybe you weren't aware but what is the time in your life, you look back and say, man, if it wasn't for that time, I would not have made all this money or I would not have been. And invariably they tell me about some time that they were living in one-bedroom apartment and scared they couldn't pay the rent. Or they didn't know where the next meal. And invariably they tell me that, that the things that they were pressured to learn then and the things that they were pressured to perform, to discipline themselves to that, if it wasn't for that time, I wouldn't have turned out like this. And I'm able to turn to them and say, isn't it curious that that one thing, that one thing that you believe created who you are, seems to be the one thing you are determined to keep out of your child's life. And so, so many times, we think that our, that our children should have this or that or whatever. So I would urge Christian, there may be other situations that we don't know about, but man, don't let finances or anything bother you there with the children.

**David:** Yeah, don't let fear be the deciding factor there.

**Andy:** We need some good parents have kids.

**David:** Absolutely. And sounds like, there's a couple of good ones out in Clearlake, California. So Christian thank you for a great question and Andy thanks as always for your insight and for sharing some of your and Polly's personal story. I know that, that's very meaningful to many people out there and we always appreciate hearing your perspective.



**Andy:** Thank you buddy. And I appreciate you and your time, and Matthew. You're the best buddy.

**David:** Absolutely.

**Andy:** Honored to be with both of you.

**David:** Matt Lempert is fantastic. He is the glue that holds this podcast together. Without him, it falls apart. But if you want to be a part of a future episodes, send us an email [intheloop@andynadrews.com](mailto:intheloop@andynadrews.com). Give us a call 1800 726 2639, leave us your name, where you're calling from and your question. And we will play that on a future episode. Share this on social media, tell your friends about it. It's something Andy's passionate about doing, he's engaging in conversations that hopefully change people's lives. So make sure that your friends and family are aware of this great resource. Andy, we'll talk to you next week.

**Andy:** Thank you David.

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**Would you like to run something by Andy? Contact us and your question might be featured on the show!**

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