

Episode 3.11 Make Baby Cozy

December 14, 2018

- Hannah (Host): [00:08](#) [Music: "Mesh Shirt" by Mom Jeans] Hi, I'm Hannah McGregor and this is *Secret Feminist Agenda*. And I'm sick again. And so instead of the minisode that I was planning on making today, which was going to be about peer review, because the second round of peer review is currently underway, instead, I'm going to talk about being sick, or more specifically I'm going to talk about a particular possible reaction to being sick. I tweeted today that I'm a huge baby when I'm sick. Which is actually probably not giving myself enough credit because I'm a pretty competent adult and take care of myself pretty well. But as is the case with many of us, when we aren't in control of the things we would like to be in control of, I definitely, at least, feel like I would like to have a tantrum. And so I was, I was texting my, my dear friends Brenna and Lucia. We have a lovely ongoing text chain about the fact that I'm sick and am being a baby about it. And Lucy, I suggested a possible alternative topic for this minisode, which I'm absolutely going to dive right into as soon as I play this sound cue. [Music: "Mesh Shirt" by Mom Jeans].
- Hannah (Host): [01:38](#) So the secret feminist agenda this week is making baby cozy. "Make baby cozy" is a delightful turn of phrase coined by Brenna's toddler, who in, on social media goes by the pseudonym Baby Groot. Baby Groot has actually been on this podcast back on Brenna's episode. He was responsible for many delightful baby noises in the background. Baby Groot is now a full-on toddler with a delightful emerging personality. He's a real absolute joy, and, and one of the many joyful things that he has done has coin, the phrase "make baby cozy," which is a thing that he says to Brenna when he wants to be, I mean, made cozy. It's pretty self evident. And the three of us have all really latched onto this beautiful turn of phrase as a really powerful mantra, especially for the winter season, but in general as a sort of way of articulating a form of self care that is really about, about expressing your needs, right? About articulating clearly what it is that you want (i.e. to be cozy) and, and asking for it, asking for it from yourself or for it from others. Kaarrina is definitely tapping into "make baby cozy" energy with the last minisode's Self Care Corner when she suggested that a very important form of self care is, is being warm enough. And it's just one of those things like, giving yourself permission to go to the bathroom without making yourself finish a task first, that seems so self evident and yet we don't do all of the time. "Make

baby cozy" is a really beautiful mantra for the forthcoming, or already all around us, winter season as well. Coziness is a really beautiful way of responding to the shortening days, and to, what for some of us are lower energy levels when it's so dark so much of the time. Another former guest of the podcast Adèle Barclay has said on social media that she really loves the short days and long nights that come with the winter season. And definitely part of, of how she articulates what she loves about it is that, that permission to lean into coziness. Coziness also goes hand-in-hand with tenderness and softness, and with permission to be quiet, and still. Sometimes to be alone, which can be a hard thing to give yourself permission for, especially during the holiday season when it feels like everybody's wearing fun sequined outfits and going out and partying all the time. Obviously I love a fun sequined outfit. In fact, I'm very committed to being better by the day this podcast will air, because this Friday I'm going to a sequined themed party and I refuse to still be sick. I mean, I don't actually have control over that, but the theme of this episode is not "coming to terms with the things we don't have control over," it's "making baby cozy." Coziness can also go beautifully hand in hand with the kind of care and attention to our homes, our private spaces, our regular surroundings. Whether that means taking a little bit of extra time to, you know, hang those curtains that you've been meaning to hang but haven't gotten around to, or giving yourself permission to have soft and cozy hobbies, like knitting, which I used to really love doing and which I have been thinking a lot about getting back into. Knitting as a challenge for me. The theme of this episode is not "knitting." Knitting is a challenge for him because it requires too much attention and I only want hobbies that I can do while watching YouTube videos. It's fine, I'll just knit and endless scarves. Coziness might also take the form of comfort food, of cooking for yourself, those sorts of gestures of tenderness and care that, when we have the opportunity to extend them to the ones that we love and to ourselves, can go so far towards making us feel safer and better. And so today, rather than forcing my way with clenched teeth, through a work day, trying desperately to eke out the productivity that I feel so profoundly like I owe myself and the world, I instead took myself home, and I changed into pajamas, and I'm sitting on my couch, and I have a huge jar of ginger, lemon, and honey tea. I mean it's, is it tea? It's just ginger and lemon and honey and cayenne and hot water, whatever you call that. Some sort of witch's brew. And I have some critical role videos pulled up on the YouTube and, and I'm going to give myself permission to spend this rainy, gray December day being as cozy as possible. And I would really love to hear from all of you about how you make baby cozy. Whether that is a literal

baby, or yourself, babying yourself is very important. We all deserve to be treated with the care and snuggliness of a baby sometimes. Lucy has started using the hashtag #makebabycozy on some of her Instagram photos of cozy things. And I super want to encourage you all to do the same thing, and share pictures of how you are making baby cozy. Let's all just lean hard into coziness this season. [Music: "Mesh Shirt" by Mom Jeans] All right. I was going to talk longer, but I think this is all by voice has in it today. So I'm going to drink this witch's brew now and we're gonna hear from Kaarina. [Music: "I Will" by Mitski]

Kaarina:

[08:13](#)

Hello and welcome to Kaarina's Cozy Care Corner. Lately I'm not doing too great at self care, so I don't know how much of a help I can be to you. But this is a time of year when it feels a little tricky to be alone, right? But being around people is often a little stressful too. So parties, not a big fan of parties. They make me very anxious and when I come home, I lie bed for hours thinking about how obnoxious I was, even if I had a wonderful time. Family, I love my family, but I don't get to be with them this Christmas because they are very far away. But not everybody has the coziest relationships with their families and being around them can be a little tough. So all of this social time can be a little stressful, and being alone can feel extra lonely. And so lately my partner and I have been really delighting in being together quietly, I guess. So this is something that we generally do, sit in the same room doing different activities, occasionally showing each other the cute animal tweet or a telling a joke. But we got the mini Christmas lights on and we've got a cozy little bed for our cat to sleep in. We've got warm drinks. And I sit and work on puzzles, or play video games, or do crosswords, and he reads comics or watches wrestling. And it's very nice to spend a few hours together, but without the constant engagement, and I really value friendships that I can do that in. I really value my relationship for having that dimension. And I look forward to those parts of the week, a little extra at this time of year because they feel that much cozier, and because we're deliberately making that time to be together and do things that make us feel happy and calm. So, okay, grab a friend, grab a pet, grab a partner, grab a family member and maybe have some quiet together time. Put on some music, or a movie that you don't need to really watch anymore cuz you've seen it so many times, and pull out those activities that you love and bask in each other's company. Hope that you have a wonderful holiday. Keep your warm socks on. Happy holidays. [Music: "I Will" by Mitski]

Hannah (Host):

[11:35](#)

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secretfeministagenda.com. You can follow me on Twitter @hkpmcgregor. You can follow Kaarina @Kaarinasaurus. And you can tweet about the podcast using the hashtag #secretfeministagenda. And you should probably add in the hashtag #makebabycozy cuz honestly we're all, we're all going to get really into this, so don't even resist. If you want to support the podcast, extra, extra, extra support, you can rate or review it. There are two lovely new reviews of the podcast on Apple Podcasts. Bye. Jilli Ku and Mar Shameless. Mar Shameless, OG *Witch, Please* listener who Marcel would always joke that as her stage name. Thank you both so much and thanks to everyone who's rated and reviewed the podcast. It really does help to spread the word. The podcast theme song is "Mesh Shirt" by Mom Jeans, off their album Chub Rub. You can download the entire album on freemusicarchive.org, or follow them on Facebook. Kaarina's theme song is "I Will" by Mitski. *Secret Feminist Agenda* is recorded on the traditional and unceded territory of the Musqueam, Squamish, and Tsleil-Waututh first nations where I'm grateful to live and work. This has been *Secret Feminist Agenda*. Pass it on. [Music: "Mesh Shirt" by Mom Jeans]