

Episode - Behind Closed Doors: A Guide to Help Parents and Teens Navigate Through Life's Toughest Issues: Dr Nurse Mama – Jessica Peck

Today we welcome our teacher, Dr Jessica Peck, author of Behind Closed Doors

Guest introduction:

- As a pediatric nurse practitioner in primary care, over the last 20 years Dr. Jessica Peck has engaged, encouraged, equipped, and empowered families to raise holistically healthy kids.
- A native Texan, she is a clinical professor at the Baylor University Louise Herrington School of Nursing.
- Most importantly, she has been happily married to a rocket scientist for nearly twenty-five years and is a mom of four teens.
- A passionate advocate for underserved children and anti-trafficking, Dr. Peck equips families to promote physical, mental, emotional, relational, and spiritual health.
- Jessica and I have interacted on social media and several posts, as well as the ordering of her book, have led to the opportunity to have her as our guest.

Topics:

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives.
- I belong to a sisterhood that I wish wasn't as full as it is. I am divorced and how I wish I had handled...well everything better. You cover many topics I wish I had insight on before, or as I was going through my divorce with regard to my

teenage daughter. I would love to talk about those as well as your story leading up to Behind Closed Doors.

Your involvement in educating so many in regard to the signs of sex trafficking and how to see it and eradicate it, is quite extensive. I wish to thank you for your service in this area and for inspiring me to continue my education as well. It is dear to my heart as I was sexually abused as a child and want anyone who is to have a voice.

Jessica's Nugget: "It's okay to not be okay. I can choose to be okay. My circumstances don't need to be better for me to be okay".

We so enjoyed having you teach us today. If you would like to connect with Jessica her links will be in the podcast notes or you can reach out to me through my connections as well.

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Jessica:

Website: drnurse mama.com

Facebook: [DrNurseMama](https://www.facebook.com/DrNurseMama)

Instagram: [@dr.nurse.mama](https://www.instagram.com/dr.nurse.mama)