

WE ARE FAMILY Season 3, Episode 2: Tamera Mowry-Housley

Tamera Mowry-Housley: Okay. My name is Tamera Mowry-Housley and family means, to me, unconditional love.

Julia Dennison: Hello, and welcome to We Are Family. I am your host, Julia Dennison, and joining me today is Emmy winning host, actress, producer, and author, Tamera Mowry-Housley. She, alongside her twin sister, of course-

Julia Dennison: Tia Mowry, were the stars of the 90s hit sitcom *Sister, Sister* and, along with acting, branding, being a parent, co-hosting the daytime talk show, *The Real*, and so much more, her new book coming out this fall is called, *You Should Sit Down For This: A Memoir About Wine, Life, and Cookies*. I know we're going to get to some of those things today, hopefully all three.

Julia Dennison: That would be nice. But, without further ado, please welcome Tamera to We Are Family. Hi, Tamera.

Tamera Mowry-Housley: Hi. I am so excited to be here.

Julia Dennison: So happy to have you. So, I wanted to start by asking about an Instagram story you had the other day about making honey.

Tamera Mowry-Housley: Yes.

Julia Dennison: My daughter is six and she is bee-obsessed right now.

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: So, tell me a little bit about that. I'm so curious.

Tamera Mowry-Housley: Well, bees are, as you know, they're very important to our environment and I will say I've learned a lot just about nature when I moved to Napa. My husband was born and raised here and, you know, living in Los Angeles I pretty much grew up there. I was born in Germany, but lived most of my life ... I moved there when I was 11, and I just moved away from Los Angeles about three years ago, so right before the pandemic. You know, you have the farm-to-table lifestyle that is very, very trendy in Los

Angeles. But here in Northern California, it is their way of life. The children are taught at a very young age about gardening, about where the food that they eat comes from. And, I absolutely loved that because it's really important. It was how we basically got our produce years and years and years ago. We had our own land, you know, gardens, and to just go back to that, it's amazing.

Tamera Mowry-Housley: And, my husband and I, we just recently bought property, where we're going to grow some more grapes because we're in the wine business. We produce olive oil, we obviously have wine, and now we're going to do honey. (Laughs). So, he-

Julia Dennison: Oh, my goodness, that's amazing.

Tamera Mowry-Housley: It's really cool. He's crazy, though, because he-

Tamera Mowry-Housley: He didn't have, like, the gear on and everything, and I was like, "You're going to get stung," you know. It's a part of the ... It's a part of life. They, they get stung maybe three or four times, you know-

Julia Dennison: Oh, my goodness.

Tamera Mowry-Housley: The beekeepers. Uh, but he did not get stung, and I'm not playing those games.

Tamera Mowry-Ho...: So, I'm going to stay far, far away.

Julia Dennison: I love it. So, how, how old are your kids now?

Tamera Mowry-Housley: I have a nine-year-old who can't wait to be 10. You know how it is.

Julia Dennison: Uh-huh.

Tamera Mowry-Housley: And, a 6-year-old who, her name is Aria. Aden is nine. 9 is turning, 7 pretty soon, so-

Julia Dennison: Oh, wow. Yeah.

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: My daughter ... My daughter just turned 6, so-

Tamera Mowry-Housley: Aww.

Julia Dennison: Now, because you're in, in Napa and because of the farm-to-table-

Tamera Mowry-Housley: Yes.

Julia Dennison: And all the amazing wonderful food you were talking about, my daughter is sometimes somewhat of a picky eater at 6. She's getting there.

Tamera Mowry-Housley: Totally normal.

Julia Dennison: How about your kids? Are they adventurous eaters?

Julia Dennison: Do you get them eating-

Julia Dennison: Everything you're growing in the land there? (Laughs).

Tamera Mowry-Housley: Well, my daughter, yes, because I learned the hard way. My son is the picky eater and I'll tell you a little trick that I did with my daughter. My daughter absolutely loves cauliflower by itself and celery. Who would have ever thought that? Those are-

Tamera Mowry-Housley: The two foods that I still like, I just learned to love cauliflower. Cauliflower is in, you know, everything right now. Cauliflower pizza crust. I mean, so, they found many, many ways for us to enjoy cauliflower. But, she likes it raw by itself. I will say, for the first three months of her eating solid foods, I only fed her vegetables.

Julia Dennison: Hmm.

Tamera Mowry-Housley: So, she really, you know, got to love ... that taste... so that's when we started putting fruit in her diet, she was like, "Oh, what is this?" But, she had already loved vegetables, so ... Aden, I did, like, pears, apples, like, (laughs), immediately, and, uh, he is my picky eater. But, you know, what? Ever since he took a gardening class he became a little more open.

Julia Dennison: Okay. Oh, so that-

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: Well, to your point, and, like, you must get that a lot, that's nice about living in Napa is you get the access to the-

Tamera Mowry-Housley: Yes.

Julia Dennison: Gardening and I really ... I've heard that before that actually getting them involved in the process of creating the food is a really big help with getting them to eat (laughs).

Tamera Mowry-Housley: And, to get them to communicate why they love the foods they like and why these particular foods that they may not like or are really important to them, to their growth, so my son is really into sports right now, so I tell him, "All right, you want to be like Brendan Bell? On, you know, the San Francisco Giants? You have to eat your vegetables so you can grow and you can be a great pitcher, you can be a great catcher." And, that's helping him. He's like, "Okay, well, uh, I'll try apples." And, I'm like, "Okay, I'll take it." But, even the textures and that's what it is.

Julia Dennison: Okay.

Tamera Mowry-Housley: He finally communicated to me. He was like, "Mommy, I don't like the way that feels on my tongue."

Julia Dennison: Right. So, you were like ding, ding, ding, okay, we have, like, a little bit of an answer here.

Tamera Mowry-Housley: Yes.

Julia Dennison: So, let's rewind and talk a little bit about your childhood. So, you were saying you grew up in Germany. Your parents were in the Army, right? They were both sergeants?

Tamera Mowry-Housley: Yes.

Julia Dennison: What was your childhood like? Do you think that informed their parenting? Tell me a little bit about growing up over there.

Tamera Mowry-Housley: 100%. We lived in a very assertive, structured, uh, disciplined home. But, it wasn't aggressive. It was mixed with that unconditional love and, and warmth, and that structure helped me be the person that I am today. One thing that people can say for all the Mowrys that work in the industry is that we have an

amazing work ethic. And also, we're very sociable because we moved around a lot. So, I was born in Germany. I lived in Hawaii from three to eight, Texas eight to 11, and from 11 until now, you know, in California.

Tamera Mowry-Housley: But, it taught us because we moved around a lot to not be afraid to be the new kid in school and, to be social, adapt. And, we did have each other. Thank God I had my twin with me when we moved to, you know, the different schools, um, but I learned a skill to just communicate, to talk, to adapt, so whenever I'm in a room and I don't know anybody, I, I'm not the one that's kind of like, eh, you know, shy and in the corner. I'm like, "Hey, what's up? My name is ..."

Julia Dennison: Mm-hmm.

Julia Dennison: Obviously our audience is parents mostly and caregivers, villages.

Tamera Mowry-Housley: Yes.

Julia Dennison: What advice being a twin would you give to parents raising twins in terms of, like, fostering that independence? Where do you find that line? Because ... Did people make assumptions about you as twins that you could read each other's thoughts, that you were-

Tamera Mowry-Housley: Oh, my gosh. They still do.

Julia Dennison: Still do?

Tamera Mowry-Housley: My sister and I laughed so hard because people can see just one of us and they'll go, "What's up, Tia and Tamera?"

Tamera Mowry-Housley: And, it's just like, "Tamera is here? Oh. Oh. Oh, okay." And, the same thing would happen to me. So, one of the things that my mom did very, well, and my dad, early on is they taught us, even though we dressed alike, we dressed alike until we were, like, I want to say 14, 15, but it was by choice.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: It was something that we wanted to do. She celebrated the fact that we were, you know, twins. It is, you know, something

very rare, you know, special. But at the same time, she wanted us to celebrate our individuality, to celebrate our differences. And, as we got older and we moved in with each other. My sister and I lived with each for about seven years when we moved outside of, my parent's house. We really, really, really started to notice, like, "Wow, we may look alike, (laughs), but we are different."

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: "We see the world differently. We act differently." And for a while, I will say, we tried to get the other one to be like the other one because there was safety there, moving away from our parents.

Julia Dennison: Hmm, mm-hmm.

Tamera Mowry-Housley: And that was challenging. But, it wasn't until we kind of just accepted that we are different and it's okay. We call each other the yin and the yang, uh-

Julia Dennison: Hmm.

Tamera Mowry-Housley: To our relationship. So, I guess the perfect way to describe it is I'm a little bit of California. Tia's the little bit New York.

Julia Dennison: Uh-huh.

Tamera Mowry-Housley: So, whenever we were in a room, I was the talker. I love people. Tia was the business one.

Julia Dennison: Hmm.

Tamera Mowry-Housley: So, she could already see into the future, the things that needed to happen and she really learned how to say no quicker than I did.

Julia Dennison: Okay.

Tamera Mowry-Housley: Whereas, you know, I was the people pleaser.

Julia Dennison: Right.

Tamera Mowry-Housley: Um, "Hi," you know, very, you know-

Julia Dennison: I can relate to that.

Tamera Mowry-Housley: Too nice. Yeah.

Tamera Mowry-Housley: So, we would work hand-in-hand and, now, we celebrate that. She has her own brand. I have my own brand. She's doing her own thing. And, when we come together hopefully one day, I would love to work with her again, but in life, it is, oh, my gosh. It is a dynamic and it is so much fun. So, definitely celebrate your twins' differences, and it is okay-

Julia Dennison: Yeah.

Tamera Mowry-Housley: To, to, to be different.

Julia Dennison: So, thinking about *Sister, Sister*, what was that like working together would you ever let your kids be in show business from a young age or, what was your sort of takeaway growing up as, you know, being in the limelight-

Julia Dennison: From so young?

Tamera Mowry-Housley: I absolutely loved it from the beginning. Again, our parents really ... They taught us the importance of "this is a dream of yours that actually happened. What a blessing. Things come and go, though.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: "You know, your business is very fickle," so they taught us at a very young age to enjoy and soak up every single moment. Now, one of the most struggling parts about being a child actor is the pressure. You know, once you are a hit show and you're aware of it, you want to keep it that way. And in reality, what's in will once be, you know, out meaning it'll get canceled one day.

Julia Dennison: Hmm.

Tamera Mowry-Housley: And then also, looking at the ratings. You have to learn to not take that personal.

Tamera Mowry-Housley: And, we didn't have social media, back then, thank God.

Julia Dennison: Oh, God. Yeah. True.

Tamera Mowry-Housley: I really feel for the children who have that.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: But, we did have fan mail.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: And, I talk about that in my book. There was one thing that a person said that was very negative that stuck with me forever. Like, until now.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: And I made it a part of my identity. So, that was very, very hard. Learning the difference between constructive criticism-

Julia Dennison: Hmm.

Tamera Mowry-Housley: And someone's opinion and the difference between an opinion and a fact.

Julia Dennison: Mm-hmm. Yeah. I really feel for the kids that have to read the comments. Um, I ... On a previous episode, I spoke to Billie Eilish's mother and that's something that like, it's just ... It's so much. It's enough to grow up in the limelight like that. It's another thing to have to read all the comments.

Tamera Mowry-Housley: It is.

Julia Dennison: It's hard enough as an adult.

Tamera Mowry-Housley: They both want to do it. They want to be in the entertainment business so, right now, I'm just trying to build that foundation of, enjoying being a child. I think it's very important that, having survived Hollywood, that you don't let what you do define who you are as a person.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: My mom taught us the janitor at a high school, you know, is just as human and as important to you and the world as we are.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: You know, as people in the industry. So-

Julia Dennison: Yeah, that's an important lesson-

Tamera Mowry-Housley: It's really important.

Julia Dennison: To give the kids. So, thinking about how you and your husband, Adam, both parent-

Julia Dennison: Do you feel like you play different roles? Like, what's your parenting style? Are you on the same page?

Tamera Mowry-Housley: So, I have learned that I am the disciplinarian in my household.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Adam is ... I don't want to say he's a pushover.

Tamera Mowry-Housley: But I think ... It's weird because when people see me in life, they see that I can be very, very kind, very, very sweet, very, like I said, I'm getting better with people pleasing-

Julia Dennison: Yeah.

Tamera Mowry-Housley: Um, but when it comes to my children and it comes to discipline, I am the complete opposite because I have this saying. It's very important for me to discipline our children, the parents to discipline the children, instead of the world.

Julia Dennison: Hmm.

Tamera Mowry-Housley: Because the world is going to be not as unconditional (laughs)-

Julia Dennison: Right.

Tamera Mowry-Housley: As we are.

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Julia Dennison: So, let's get back to your book. So, it's coming out-

Tamera Mowry-Housley: Yes.

Julia Dennison: This fall. It's very exciting.

Tamera Mowry-Housley: Yes.

Julia Dennison: But, I love the title.

Tamera Mowry-Housley: Thank you.

Julia Dennison: You should ... You should ... The whole title is just so amazing. Like-

Tamera Mowry-Housley: Thank you.

Julia Dennison: *You Should Sit Down for This: A Memoir about Wine, Life, and Cookies*. Like, immediately-

Tamera Mowry-Housley: Yes.

Julia Dennison: That is, like, hello. Everyone will want to read that. Now, talk to me a little. Can you talk to me a little bit about the impetus for writing the book and, like, even the title, feels like you're about to sit down and share some gossip, which I like. Where did that idea come from for the title and, you know, the whole book generally?

Tamera Mowry-Housley: I have always wanted to write a book after I was on *The Real*, I would say, for about, uh, three years. And, doing *The Real* in the beginning ... taught me that there is, you know, this whole world of, of people who are really hanging on to every word that you have to say, good and bad.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Meaning there are people waiting to attack and to respond because you think differently, and there are people resonating with you-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Because you are vulnerable. There's something that happens when you feel that you aren't alone.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Someone gets you and, because of your personal experience, you've helped someone else. So, the moment I realized that, I thought, "Okay, I want to write a book." But, I didn't want to write a book just to write a book. I wanted to make sure that the timing was right and-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: I had enough stories to tell. So, the moment I turned 40-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: That's when the idea of doing a memoir started kind of, like, resonating because I-

Julia Dennison: I love that.

Tamera Mowry-Housley: I've noticed these kind of phases in my life.

Tamera Mowry-Housley: And, I wanted to share it and my thing is is, "yes, you've heard stories of me on *The Real* for six years. But, you haven't heard the whole story."

Julia Dennison: Mm-hmm (affirmative).

Tamera Mowry-Housley: And, one of my favorite things to do is to entertain people and, uh, that is kind of, like, how the book starts out. I invite you to my, like, living room, to my space, and I am always the person that is going to offer you wine. And, my favorite thing to do at parties is to have wine and cookies. So-

Julia Dennison: Okay.

Tamera Mowry-Housley: By the time dessert comes around-

Tamera Mowry-Housley: I always have that glass of wine, too.

Julia Dennison: What's better than wine and cookies? That sounds like the best party ever.

Tamera Mowry-Housley: I know.

Julia Dennison: I'm turning 40 in August, so I love, um, your point about-

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: Just that being a moment in your life to reflect and-

Tamera Mowry-Housley: Yes.

Julia Dennison: You know, especially as a ... As a mother and, like, I feel like as a mother, you wear so many different hats and

Tamera Mowry-Housley: Yes.

Julia Dennison: Trying to maintain your own personality, your own individuality as a twin and then also as a mother (laughs), it's like, there's just so many sides.

Tamera Mowry-Housley: And as a ... As a spouse, too.

Julia Dennison: As a spouse, yeah.

Tamera Mowry-Housley: You have to, like ... Sometimes it all just merges (laughs) together.

Julia Dennison: Yeah.

Tamera Mowry-Housley: Or, you lose a little bit of your, identity. I feel like as women, when we become a mother, just women in general, we always want to take care of other people.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: So, when you're a mom, sometimes you just ... You're so focused on the children, and then you're like, "Oh, crap, wait, no. Oh, I- I'm a wife."

Julia Dennison: Right.

Tamera Mowry-Housley: "Oh, there you are, my husband," you know?

Julia Dennison: Right. Right.

Tamera Mowry-Housley: And then, it's usually the third one is you coming back to yourself.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: You're like, "Wait a minute. What about my needs?"

Tamera Mowry-Housley: I forgot who I was.

Tamera Mowry-Housley: But, I can totally-

Julia Dennison: It's so true.

Tamera Mowry-Housley: Relate to that.

Julia Dennison: So now, running a winery is so cool. Did you know much about wine other than you enjoyed it before you started that process? I feel like it's, it's an industry that takes so much patience (laughs). Is that a trait that you feel like you, you had already or is it taught you the-

Tamera Mowry-Housley: Um-

Julia Dennison: Concept of waiting-

Tamera Mowry-Housley: Well.

Julia Dennison: For something to get really good?

Tamera Mowry-Housley: Let me just tell you-

Tamera Mowry-Housley: I had no idea what I was getting into.

Julia Dennison: Okay.

Tamera Mowry-Housley: Having a winery, yes. It is romantic. It seems, you know, ideal. I always say it's my retirement job. But, it's a lot of hard work.

Julia Dennison: Yeah.

Tamera Mowry-Housley: And, yes, it takes a lot of patience. One, to just, I mean, make the wine. The grapes obviously have to be fermented. And then the other is, starting up a winery, you normally don't even see a profit until, like, 10 years. So, you have to make sure that it definitely is a passion and, I mean, obviously, you, you have different types of winery. You have a boutique, you have mass, you know, there are celebrities sometimes that just slap their names on it, have other people do it.

Julia Dennison: Mm-hmm (affirmative).

Tamera Mowry-Housley: No. I got married ... I married into it, the real deal, the real thing. And my husband, he has taken over the, the family business, so-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: My father-in-law, Art, was the one who started it over 20 years ago. And, uh, he asked me, "All right. Is this something that, you know, we want to do?" And, I said, "Yeah, and I don't want to just be the wife of a husband whose family has a winery." I really want to be involved. I really want to know how to make wine, what it's all about. It is mind blowing. I am constantly learning. We have so many different varietals, which is awesome, so I learned, you know, the difference between the pinot noir, the chardonnay-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: The, the cab, and the differences of how, uh, the grapes are grown. Like, the soil is very-

Julia Dennison: Yeah.

Tamera Mowry-Housley: Very important. And, there are a lot of, uh, I would say life lessons learned in just making wine.

Julia Dennison: Right?

Tamera Mowry-Housley: Yeah. So, it's very fulfilling.

Julia Dennison: Mm-hmm. That's-

Tamera Mowry-Housley: Very fulfilling.

Julia Dennison: That's awesome. And then, also super popular-

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: With, with our audience is *The Masked Singer* which you're obviously on last year.

Tamera Mowry-Housley: Yes.

Julia Dennison: It's so popular. It's amazing and it looks so fun. Was it super fun?
What was that experience like?

Tamera Mowry-Housley: Okay. So, I cried every single time-

Tamera Mowry-Housley: I got on stage.

Julia Dennison: Okay.

Tamera Mowry-Housley: And my friend, Adrienne Houghton, who did it before, uh, she was the flamingo. She-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Was the one who said, "Tamera, you need to do it." I was like, "I don't know."

Tamera Mowry-Housley: "I'm nervous. I haven't sung on a stage, like, a ... You know, like really performed in, in over, like, 20 years. I don't know what the hell I'm doing." She's like, "But, Tamera, you have a great voice. You just need to do it. You'll learn a lot about yourself." And, she was like, "But, I did want to throw up every single time — I went on ... I stepped on the stage." She was not lying.

Julia Dennison: Oh, my gosh.

Tamera Mowry-Housley: Holy hell.

Tamera Mowry-Housley: Um, I ... Like, I said, I cried because I wanted to quit every single time.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: It's crazy because it's literally you and the mask who you are really competing against. You can hear the other people saying, you know, before they go on-

Julia Dennison: Yeah.

Tamera Mowry-Housley: But you're competing against yourself. And, I feel like that's the reason why-

Julia Dennison: Hmm.

Tamera Mowry-Housley: That show is so successful. Imagine going out there with this big mask on-

Tamera Mowry-Housley: And singing, and having to perform. They say you can see, but you can't see. It was insane. But, I will say, I am a different person having done it.

Julia Dennison: Okay. Okay.

Tamera Mowry-Housley: Like, I ... Whenever I'm, like, nervous to do something, to start a new film, or to do a scene and think I'm going to suck, I go, "You know what, Tamera, you were on Masked Singer, and you made the semi-finals, okay?"

Tamera Mowry-Housley: "If you did that, you can do anything."

Julia Dennison: That's amazing. Oh, my goodness.

Tamera Mowry-Housley: Yes.

Julia Dennison: Another area that's popular with our audience is '90s nostalgia, obviously, because so much of our audience grew up with you.

Tamera Mowry-Housley: Mm-hmm.

Julia Dennison: How do you feel, like, seeing the '90s come back again into fashion and do you feel like, there's, like, a new sort of resurgence with, like, popularity around Sister, Sister happening, and what's that all like? Anything you miss from the '90s?

Tamera Mowry-Housley: Oh, my gosh, yes.

Tamera Mowry-Housley: I will say this, though. Um, growing up in the '80s and '90s ... Okay, so the '80s ... The '80s were a moment, you know what I mean?

Julia Dennison: Yes.

Tamera Mowry-Housley: Like, a moment.

Julia Dennison: Uh-huh.

Tamera Mowry-Housley: The '90s I feel like were just iconic because, I mean, I can say that personally because we had the different shows, um, that are now making a comeback like *Sister, Sister*.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: What's insane is, is, yes, seeing the fashion, I'm like Doc Martens? Hello.

Tamera Mowry-Housley: I wore them that way before.

Julia Dennison: Right.

Tamera Mowry-Housley: The overalls? Right? And, even my hair. My hair today, I was like, "Tamera, do you want to do this?"

Julia Dennison: Yes.

Tamera Mowry-Housley: Like, I put it in a bun.

Julia Dennison: I love it.

Tamera Mowry-Housley: But, I was like, yes. This is what we did-

Julia Dennison: Uh-huh.

Tamera Mowry-Housley: And this is what people are doing now.

Julia Dennison: We got to own it. We were all there first. You especially.

Tamera Mowry-Housley: Yes.

Julia Dennison: (Laughs).

Tamera Mowry-Housley: I absolutely ... I love it. It's nostalgic. It's awesome.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: And, to see these young children, I mean ... Well, I call them children.

Tamera Mowry-Housley: But, they were like ... You know, like-

Julia Dennison: Yeah.

Tamera Mowry-Housley: 16-year-olds-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: I remember just being in a doctor's office and, and hearing the theme song to *Sister, Sister*. This girl was waiting for, her brother to come out, and she was, like, 16. Her brother was, you know, a younger baby and I was waiting for my appointment. She had *Sister, Sister* on her iPad-

Julia Dennison: Oh, my gosh.

Tamera Mowry-Housley: And I was like, "She has no idea-

Tamera Mowry-Housley: That I am sitting right here. Should I say something?"

Tamera Mowry-Housley: And, I did.

Julia Dennison: Oh, good for you.

Tamera Mowry-Housley: I went, "Hey, are you watching *Sister, Sister*?" She looked up, and she was like-

Julia Dennison: Like a double take.

Tamera Mowry-Housley: "Yeah."

Julia Dennison: Oh, God.

Tamera Mowry-Housley: She was like, "This is a great show." And, I was like, "Aw, thank you."

Julia Dennison: Yay.

Tamera Mowry-Housley: So, that's pretty cool. Yeah.

Julia Dennison: It does have universal appeal. I love that.

Tamera Mowry-Housley: Yeah. I think it's really cool.

Julia Dennison: (Laughs). Awesome. So, we're wrapping up now. Coming on the last question I ask everybody. Obviously-

Julia Dennison: It's been a really tough year these last two years, for parents, for everybody. What is your kind of biggest hope for your family for the next couple years in the future?

Tamera Mowry-Housley: I would say...

Julia Dennison: No presh.

Tamera Mowry-Housley: Just, uh ... I know, right?

Tamera Mowry-Housley: Because there's so many things, but I'll-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: As you can see, I'm very loquacious. I talk a lot.

Tamera Mowry-Housley: But, uh, if I had to pick one thing, I want to teach my children, and I want to make sure that our household practices empathy.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: Empathy is something we need so desperately in this world-

Julia Dennison: Yes.

Tamera Mowry-Housley: Because, you know, there's sympathy, but empathy is when you're able to, I always say, have, you know, these, these feelings of wanting to help someone without knowing or, or, or without going through what they went through. It's, it's just having a genuine sense of care-

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: And compassion for the human race, you know?

Julia Dennison: Yeah.

Tamera Mowry-Housley: And, and I feel like that is, you know, can be very, you know, broad, but that's the thing.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: We can use empathy in anything. As a teacher, as a friend, as a mother, as a ... As a spouse, as a doctor, as a, you know, psychologist. The importance of teaching them, you know, to take care of your, your, your mental health.

Julia Dennison: Mm-hmm.

Tamera Mowry-Housley: So, yeah. That, that is my main, main thing right now.

{Music starts}

Julia Dennison: I love that. I think empathy is the most important-

Tamera Mowry-Housley: Yes.

Julia Dennison: Too. I agree. Well, Tamera, thank you so much for coming on *We Are Family*. It's been such a pleasure to talk to you.

Tamera Mowry-Housley: Aw, thank you. This is was awesome.

Tamera Mowry-Housley: Thank you.

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This season of *We Are Family* is presented by me, Julia Dennison, and produced by Jim Hanke. Editing is by Jason Mack, and thanks also to our production team at Pod People: Rachael King, Matt Sav and Danielle Roth.