

00:07:35 Eileen Welch: how do I raise hand?  
00:07:53 Esther James: looks fine not choppy  
00:07:53 Natalia Boyko: No chopping for me  
00:07:55 Ilona Brandt: there is a button Eileen on bottom right  
00:07:57 Dajana Yoakley: it's not choppy for me  
00:08:00 Lucy Corkhill: Not choppy for me  
00:08:05 Lubna Rasheed: I can hear both of you clearly  
00:08:05 Chaya: Not choppy  
00:08:52 Eileen Welch: i usually see something but i don't today!???  
00:10:04 Eva Cartagena: Eileen, if it doesn't appear at the bottom with the chat and the participants, you can see the list of participants and it should be by your name...  
00:10:04 Eileen Welch: well i cant see how to raise hand but i have a question for what it is worth dr laura  
00:13:56 Candace Kielbiski: <https://www.ahaparenting.com/Ages-stages/school-age/Help-kids-adjust-school>  
00:16:40 Candace Kielbiski: The next three questions to be asked by:  
Eileen  
Filyet  
Martina  
00:28:21 Esther James: I'm so sorry, Eileen. Thank you for bravely sharing your story. My 8 year old daughter is like this in a lesser way. She will say, "I am bad" after difficulties like this. I am looking forward to what Dr. Laura advises.  
00:29:36 Filyet Iscimen: Eileen - My now 9 year old was very angry when she was around 7. The book Explosive Child by Ross Greene helped me a lot.  
00:31:24 Eva Cartagena: Eileen, I feel your hurt! my 7 yo does it too!!! He says "I'm the worst, I'm going to leave the family, I'm going to leave in the street because I'm the worst". It's so hard to hear...  
00:38:21 Eileen Welch: Thank you everyone for the support and love!!  
00:38:34 Matrona Ward: My 4yo does the same thing. You can just tell he has a heart of gold. He likes to pick up litter in case it hurts a sea turtle. He always insists we give money to anybody we see begging. And sometimes he just gets angry and explodes, and then has such deep shame for it. Thanks for the question Eileen.  
00:47:12 Ilona Brandt: BULLYING  
00:47:37 Ilona Brandt: :) yes it's from Swiss German. So sorry though to hear this....  
00:49:52 Candace Kielbiski: The next three questions asked by:  
Gry  
Mei Yang  
Kimberly  
00:54:43 Matrona Ward: Controlling my anger has been a lifelong process. Every time I think I'm "done," I find out there's lots more growing to do. You're not alone!  
00:55:01 Esther James: You are NOT ALONE! It's so true, Gry. Self-regulation and managing reactivity is my biggest challenge.

00:56:53 Liliana Perez Wilson: Gry... my oldest is 13 and I still have a long way to go on self regulation!!!! I 've been on Peaceful Parenting for 6 years + meditating but still.. self regulating as a mother is the hardest thing I have ever tried but I never give up. I empathise with you

01:01:03 Ilona Brandt: same here.

01:03:43 Candace Kielbiski: <https://www.ahaparenting.com/Default.aspx?PageID=7652420&A=SearchResult&SearchID=11640338&ObjectID=7652420&ObjectType=1>

01:04:46 Candace Kielbiski: This is the link to "Helping Your Toddler Learn to Put Himself to Sleep"

01:09:07 lisa m: Hamilton has been like that for us!

01:09:10 Matrona Ward: I have the same issue with Paw Patrol and decided not to let them watch PJ Masks for the same reason!

01:09:56 Matrona Ward: We watched ONE episode of Arthur and my kiddos have been pointing at people and calling them "four eyes." smh

01:09:56 Gry Solstad: Thank you everyone :) It is very good to know I am not alone. I will not give up – it helps when I consistently remind myself with the tools and the website. Thank you for the support :)

01:10:41 Liliana Perez Wilson: Matrona Would you please tell me a bit more about the language used in Paw Patrol?

01:12:33 Matrona Ward: No bad language or even mean words, but the villain character teases the pups. The nephew of the bad mayor says something like "Harold is a genius, he's the mighty meanest, that's why I don't like you" and my kids repeat that. And the Ladybird says "if it shines, it's mine" when she steals things. Basically my kids imitate the villains.

01:13:15 Liliana Perez Wilson: Oh I see thanks

01:17:01 Chaya: Matrona, what didn't you like about PJ mask?

01:18:55 Chaya: Just curious cuz my kids watch it and I don't watch it with them to even know...

01:20:22 Matrona Ward: I read reviews on Common Sense Media that said that the villains introduced their kids to new mean words. I forget exactly what, maybe "idiot" or "pea brain" or something like that. I know my kids really attach onto new words and use them a lot, especially if it's "naughty," so it wouldn't work for my family now. I don't think it would be a problem if you're not noticing any issues. Although I don't love that the kids go out in the night without permission from their parents, but we actually play a game around that where I'm the mom who finds out her kids have transformed into nighttime superheroes.

01:22:01 Chaya: ok thank you so much. I'll be more watchful now..

01:24:07 Matrona Ward: Got to go pick up kids from school. Thanks all :)

01:27:12 Candace Kielbiski: Coach Directory <https://www.ahaparenting.com/Default.aspx?PageID=7735346&A=SearchResult&SearchID=11640342&ObjectID=7735346&ObjectType=1>

01:27:37 Liliana Perez Wilson: Common sense media is great for TV, movies, apps, games, etc!! They do take the time to analyse the content in detail

01:46:17 Ilona Brandt: Anyone knows what is DMDD?

01:47:25 Ilona Brandt: oh thanks

01:48:26 Miriam Huish: Do you know what the cause of this DMDD is Dr Laura?

01:48:55 Catherine: I have to go – thank you so much Dr. Laura and everyone!

01:49:28 Miriam Huish: Okay thanks that makes sense

01:51:37 Gry Solstad: I need to go as well. Thank you for taking my question!

01:51:56 Rachel D: not lwt

01:52:02 Rachel D: me unmute

01:53:27 Eva Cartagena: Yeah!!! I'm loving all the materials on Anxiety!

02:02:32 Kerry Feeman: Thank you so much!

02:08:21 Veronika Rosova: Thanks for great ideas, see you next time.

02:13:56 Ilona Brandt: thank you so much

02:14:50 Natalia Boyko: Thank you everyone and Dr Laura for your guidance

02:14:54 Natalia Boyko: guidance

02:15:14 Chaya: Thank you so much

02:15:27 Rachel D: Thank youa