

00:13:46 Heidi Whipple: Resources from the Aha website:  
<https://www.ahaparenting.com/read/cell-phone-rules>

00:14:04 Heidi Whipple: <https://www.ahaparenting.com/read/the-first-cell-phone-rules-for-responsibility>

00:15:46 Candace Kielbiski: There are function that allow you as a parent see who they are interacting with!

00:19:09 Candace Kielbiski: Next Queue:

Nicole

Elana

Disha

00:19:24 Christel Vincent: Oh, I have a first grader and I feel like this year has been a big transition year for us too!

00:20:39 Disha Trivedi: @Marian - I have a 6 year old and my older had/has chip on shoulder. very similar experience. It breaks my heart but like Dr Laura said, it's great that they are showing that to us :)

00:23:32 Disha Trivedi: I hear you Marian - it is almost like you are describing my just turned 7 year old 😊

00:27:48 Heidi Whipple: I use "I'm right here with a hug when you're ready" a lot and find it really helps with my kids. Sometimes it takes a while, but then they come to me for the hug and we can connect.

00:28:12 Disha Trivedi: Reacted to "I use "I'm right her..." with 👍

00:29:11 Marian Headon: Reacted to "I use "I'm right her..." with 👍

00:29:27 Marian Headon: Reacted to "I hear you Marian - ..." with ❤️

00:29:45 Marian Headon: Reacted to "Oh, I have a first g..." with ❤️

00:29:49 Marian Headon: Reacted to "@Marian - I have a 6..." with ❤️

00:30:47 Candace Kielbiski: Reacted to "I use "I'm right h..." with 👍

00:33:06 Heidi Whipple: One of my sons sometimes has a lot of fear of being in large groups of people and for him part of it is sensory - he as trouble with the noise and ambient noise and sensory sensations of being in a large group.

00:33:54 Candace Kielbiski: <https://www.ahaparenting.com/read/shyness>

00:34:41 Candace Kielbiski: The above link has a list of resources in the form of great books to read with your children

00:35:10 Rita S: My daughter is 7 too and we got many good advises from book “ superpowered by Renee Jain

00:35:54 Rakiya Bello Aliyu: Superpowered: Transform anxiety, into courage, confidence and resilience by Dr. Shefali and Renee Jain is a good book.

00:36:10 Rakiya Bello Aliyu: Ditto Rita

00:36:42 Candace Kielbiski: We love this book <https://www.heysigmund.com/products/hey-warrior/>

00:36:51 Disha Trivedi: Replying to "My daughter is 7 too..."

I second that. When my older daughter was 9 she read it and enjoyed it.

00:37:07 Heidi Whipple: I was just going to suggest the Hey Warrior book, too! :)

00:37:14 Disha Trivedi: Reacted to "We love this book ht..." with 👍

00:38:47 Lauren O'Carroll: I love that book too but my 6 year old has only ever let me get about half way through. Think it felt a bit like I was teaching her too hard! But I keep going back to it!

00:40:40 Esther James: My daughter (9) refuses to read the books I get her in this type of genre. She calls them "Dr Phil books." I got her Superpowered, and Now Maps, and she won't read them!

00:41:07 Candace Kielbiski: Reacted to "My daughter (9) re..." with 😂

00:41:23 Catie Maloney: Reacted to "My daughter (9) refu..." with 😂

00:41:32 Candace Kielbiski: Replying to "My daughter (9) re..."

Esther~ Your daughter is very sophisticated!

00:41:46 Esther James: Replying to "My daughter (9) refu..."

tee hee! 😊

00:41:50 Catie Maloney: Replying to "My daughter (9) refu..."

that's frustrating and hilarious- you have a witty comedian!

00:42:03 Lauren O'Carroll: My daughter will come and listen to me read them to her sister interestingly. I think it can just feel too intense for them sometimes

00:42:07 Heidi Whipple: My sensitive one won't read a book just with me...I have to do it with all the kids together so it doesn't feel targeted to one. 😂

00:42:13 Candace Kielbiski: Reacted to "My sensitive one w..." with 👍  
00:42:22 Disha Trivedi: Reacted to "My sensitive one won..." with 🥰  
00:43:04 Lauren O'Carroll: Reacted to "My sensitive one won..." with 👍  
00:43:04 Disha Trivedi: Reacted to "My daughter (9) refu..." with 🤔  
00:43:29 Disha Trivedi: Replying to "I love that book too..."

yeah my 7 and 11 year old had the same reaction. I should revisit it.

00:43:45 Esther James: Reacted to "that's frustrating a..." with 🤔  
00:43:56 Esther James: Reacted to "Esther~ Your daughte..." with 🤔  
00:44:26 Nicole Martineau: thanks for the book suggestions  
00:47:11 Esther James: Replying to "My sensitive one won..."

that's a good idea... My daughter is very sensitive. Maybe we can change how I present the books to her (read them to the whole family, or read them to her stuffies)

00:47:26 Candace Kielbiski: Reacted to "that's a good idea..." with 👍  
00:47:50 Lauren O'Carroll: Reacted to "that's a good idea....." with 👍  
00:58:23 Candace Kielbiski: Next Up:

Kate

Catie

Jennifer

01:08:22 Disha Trivedi: That's so wonderful Kate! I am going to share that with my Strong willed kiddo  
01:15:39 Candace Kielbiski: Kate! You are not alone here.  
01:15:42 Heidi Whipple: Kate, I want to acknowledge all the hard work you have done and the changes you have made thus far. ❤️  
01:16:01 Heidi Whipple: I really appreciate this conversation on healing old hurts.  
01:16:08 Esther James: Reacted to "Kate! You are not al..." with 🤔  
01:16:13 Fíona Verspoor Feeney: Reacted to "Kate! You are not al..." with 🤔

01:17:13 Elana Steinberg: Kate-I have felt the way you do. It's so good that you don't give up.

01:17:25 Christel Vincent: Yes, so grateful for this community! Helps me to not feel alone on this journey!

01:17:52 Heidi Whipple: You are so strong, Catie! ❤️

01:17:53 Miki Kyles: I'm going through the same thing Kate!

01:18:06 Nicole Martineau: Congrats on getting out!

01:18:59 Rakiya Bello Aliyu: Best wishes on new beginnings Catie, 🙌🙌🙌

01:19:41 Christel Vincent: ❤️ Your daughter is so lucky to have you Catie! You are doing hard work!

01:26:35 Candace Kielbiski: Welcome Catie <3

01:26:51 Esther James: Catie, the workbook by Dr. Laura has been very helpful for me! Enjoy working through it!

01:27:00 Catie Maloney: Reacted to "I'm going through th..." with 🥰

01:27:02 Disha Trivedi: Replying to "Catie, the workbook ..."

Ditto!

01:27:16 Catie Maloney: Reacted to "You are so strong, C..." with 🥰

01:27:24 Catie Maloney: Replying to "I'm going through th..."

Love to you!

01:27:29 Catie Maloney: Reacted to "Congrats on getting ..." with 🥰

01:27:32 Disha Trivedi: Wishing you great new beginnings Catie. You are doing great.

01:27:38 Catie Maloney: Reacted to "❤️ Your daughter is ..." with 🥰

01:27:41 Dajana Yoakley: And Catie, children need one parent in their life (or caregiver) where they feel completely understood. If you can give your daughter that, and give her the space to process her experience, now and as she gets older, you are significantly improving her recovery of the entire situation!

01:27:42 Catie Maloney: Reacted to "Best wishes on new b..." with 🥰

01:27:46 Catie Maloney: Reacted to "Welcome Catie <3" with 🥰

01:27:51 Catie Maloney: Reacted to "Catie, the workbook ..." with 🥰

01:27:54 Candace Kielbiski: Reacted to "And Catie, childre..." with ❤️

01:28:39 Catie Maloney: Replying to "Catie, the workbook ..."

Thank you Ladies! I actually have it! Just have to work on it! School is over in a few weeks so I will have more time to work on it 😊

01:29:00 Catie Maloney: Reacted to "And Catie, children ..." with 😊

01:29:37 Catie Maloney: Replying to "And Catie, children ..."

Thank you! That's what my family and his dad keeps saying.

01:29:42 Catie Maloney: Reacted to "Wishing you great ne..." with 😊

01:31:05 Dajana Yoakley: Replying to "And Catie, children ..."

Yes, you are basically her therapist to help her process. Trauma is going through an event alone. But your daughter is not alone, she has you! And even if you're not there at the time, recalling those events and allowing her to show you her upset, and accepting it/validating her feelings, helps them heal too!

01:33:34 Catie Maloney: Replying to "And Catie, children ..."

ugh! 😞 Thank you!!!! It's so hard when she doesn't have the words, poor sweet baby. I'm always so scared I'm going to mess up. Thank you for the kind words 😊

01:35:49 Dajana Yoakley: Replying to "And Catie, children ..."

She doesn't need the words yet, most kids don't start using their words until way later, the primary way to process emotions is to cry! So if she is crying, that's the best thing for her to do anyway! When you set limits, that helps her cry too. See the tears as healing, ALL of her feelings, not just the setting limit futility with you. When she cries because of a boo boo that hurt on her knee, and you tend to her gently and warmly with safety, she's also crying over the upset over the weekend with dad. So you can't really do that wrong. Welcome the tears and you're on the right track! 😊

01:38:54 Candace Kielbiski: Guess How Much I Love you! For those looking for the book.

01:39:13 Jennifer Bream: Reacted to "Guess How Much I Lov..." with ❤️

01:43:54 Heidi Whipple: I really appreciate the collective wisdom of the facebook groups for Success path and the course.

01:44:31 Candace Kielbiski: Reacted to "I really appreciat..." with ❤️

01:49:30 Candace Kielbiski: <https://www.ahaparenting.com/guide/concern-bullying>

01:49:40 Catie Maloney: Reacted to "Guess How Much I Lov..." with 🥰

01:50:09 Catie Maloney: I really love the slumberkins collection to help foster emotional intelligence!

01:50:27 Candace Kielbiski: <https://www.ahaparenting.com/read/elementary-schoolers>

01:50:35 Candace Kielbiski: Reacted to "I really love the ..." with 👍

01:50:35 Jennifer Bream: Thank you so much!

01:50:53 Candace Kielbiski: Thank you to every brave parent here! You are all an inspiration!

01:51:04 Rakiya Bello Aliyu: Thank you so much Dr. Laura and everyone who shared! Beautiful parent

01:51:12 Michele Childs: Thank you! You are all so strong and beautiful!