

00:08:38 Heather Nitz: I'm sorry if I missed it joining a minute late but how long does this workshop last?

00:09:03 Heidi Whipple: Heather, we are just getting started. You're here in time. :)

00:09:32 Heather Nitz: Thanks, Heidi, what is the end time today?

00:09:45 Haliza Abd rahim: Hi Dr Laura, as we are going into break out rooms, would there be an opportunity to ask questions? Thanks!

00:11:24 Kathy Austin (she/her): @Heidi - the invite says 2 hrs

00:11:33 Heather Nitz: thank you

00:18:55 Kim Eisele: Hi. anybody have a good recommendation for a childrens Body scan? Thanks

00:19:17 Heidi Whipple: Haliza, we won't be asking questions like in the Q&A call, but we will have the opportunity to ask about the emotion coaching which we are practicing.

00:19:52 Heidi Whipple: Kim, Smiling Mind has some for kids. I'm sure there are many others, too.

00:20:33 Haliza Abd rahim: Okay thanks for letting me know Heidi!

00:26:57 Tessa Smith: My therapist talks to me about asking my "adult self" what it wants (vs. the child in me with unmet needs). Kind of a different terminology for the same "heart" or "highest wisdom" that Dr. Laura is talking about.

00:27:15 Jennifer Bevacqua: Reflect

00:27:20 Heather Nitz: validate

00:27:25 Kathy Austin (she/her): Connect on their level

00:27:29 Kim Eisele: i feel that way sometimes too

00:27:33 Lauren Edwards: I'm here if you need me, if I can help

00:27:34 Liz Vosgueritchian: Hugs

00:27:35 Tessa Smith: I will always listen; I will always try to help

00:27:35 Marilyn: "This is so hard. I hear you. You are safe."

00:27:36 Phyllis Jachowski: acknowledge what they seem to feel

00:27:38 Lili Kessinger: hugs and acknowledge feeling

00:27:38 Heather Nitz: verbalize the emotion it seems like he's having and validate it

00:27:39 Ro: I connect with them with my eyes

00:27:41 Lauren Edwards: This is so hard

00:27:45 Chaya: Repeat what they say in other words

00:27:46 Marta Khader: I try to really feel what he is feeling

00:27:47 Ramona Asztalos: Using "mmm...", soft face

00:27:51 Kelly Ryan: I come to her level. Breathe and say I hear you.

00:27:56 Lubna Rasheed: I JUST VALIDATE AND HUG THEM

00:27:58 Amanda Woodd: I try to reflect back what I see him feeling

00:28:00 Arlette Chinappi: Get close, hug if they want, and validate their feeling, and reassure they are safe

00:28:01 Ramona Asztalos: "tell me more"

00:28:05 Camille Bissmeyer: I understand...with concrete example

00:30:27 Camille Bissmeyer: Finally! An explanation of that

model I understand! the physical disconnection of the two

00:31:52 Tessa Smith: I love idea of parenthood as path to enlightenment!

00:32:29 Helle-Brit Fiebrich-Westra: yoga, meditation, breathing

00:32:29 Tessa Smith: hand on heart, breathing

00:32:30 Julie Fishkin: Stop drop breathe 😊

00:32:34 Phyllis Jachowski: stop and breathe

00:32:35 Lauren Edwards: Box breathing

00:32:39 Ramona Asztalos: breathing

00:32:41 Shammama Zia: Try to notice what o am feeling and then stop drop and breathe

00:32:48 Ramona Asztalos: letting go of thoughts

00:32:54 Marta Khader: I think: He needs me most when he "deserves" it least

00:32:55 Jayme Martell: exercise and meditate in mornings before kids wake up/ look after me so I can look after my family

00:33:01 Arlette Chinappi: Stop and breathe, nature walks

00:33:01 Lili Kessinger: he is my baby, he is only a child learning

00:33:02 Nicole Martineau: I say he's not giving me a hard time, he's having a hard time.

00:33:07 Heather Nitz: in the moment - breathing, asking my husband to take over.

00:33:08 Camille Bissmeyer: Deep breaths

00:33:10 Ramona Asztalos: trying to be present

00:33:13 Louise Mansergh: repeatedly say to myself " I love myself"

00:33:18 Marilyn: Taking deep breaths, telling myself "my child needs me. Don't take it personally."

00:33:21 Danielle: Remind myself this isn't an emergency

00:33:30 Lauren Edwards: Breathe in, hold, breath out, hold for same count

00:33:46 Heather Nitz: On-going exercise, positive social interaction with friends, acupuncture "aggressive energy" treatments

00:33:47 Jennifer Jones: Deep breaths. Reminding myself "my children are not an enemy." I just played a women's hockey game and that keeps me going too. ;)

00:33:54 Tessa Smith: decluttering + cleaning house!

00:34:08 Heather Nitz: Having a plan or several "hip pocket plans"

00:34:08 Tessa Smith: exercise!

00:34:16 Ayesha: Remembering them as newborns, babies, my kids are older

00:34:22 Arlette Chinappi: Remind myself: My child is communicating to me, and he/she needs my help

00:34:57 Jennifer Bevacqua: Yes the attachment is there

00:34:57 Susanna HP: I can see / download the worksheet

00:34:58 Kim Eisele: yes i saw it

00:34:59 Ayesha: I can see it

00:34:59 Phyllis Jachowski: yes

00:35:00 Martyna Hempel: yes

00:35:02 Marilyn: Yes I did too

00:35:05 Arlette Chinappi: yes

00:35:43 Louise Mansergh: I can't see it, sorry  
00:35:57 Nicole Martineau: I'm on my phone. I don't see it  
00:36:14 Candace Kielbiski: Laura is explaining the assignment right now  
00:38:40 Heidi Whipple: If you can't see the handout, it is on the emotion coaching page here: <https://www.ahaparenting.com/members-v2-spotlight-topic/emotion-coaching>  
00:40:41 Phyllis Jachowski: I don't see my room  
00:40:42 Camille Bissmeyer: no  
00:40:49 Shammama Zia: I haven't git  
00:44:12 Lubna Rasheed: I havnt recevied any invite yet  
00:44:33 Camille Bissmeyer: I too am unassigned  
01:07:23 Phyllis Jachowski: Thanks to the ladies in room 11, thanks to my friend in r4oom 16!  
01:07:57 Filyet Iscimen: Amanda – one more thing, sometimes we jump into saying you are not stupid, rather than acknowledging their feeling about themselves  
01:08:19 Tessa Smith: My chat partner gave me a great experience of what it would feel like to be a child with a parent in charge, calmly. Authoritative and compassionate!  
01:08:36 Amanda Woodd: Good point, Filyet.  
01:09:05 Jennifer Bevacqua: It definitely allowed me to empathize more with my son's experience.  
01:10:50 Heidi Whipple: It can really help us know how to respond more warmly once we have experienced that ourselves.  
01:12:11 Kim Eisele: It feels really good to feel understood  
01:13:27 Kathy Austin (she/her): It reminds me of Steven Covey – seek first to understand, then to be understood  
01:14:11 Kathy Austin (she/her): Stephen Covey  
01:15:09 Jennifer Bevacqua: “empathy is never wasted” – love that  
01:16:12 Lubna Rasheed: Thank you for sharing this Chaya!  
01:17:58 Sameera vattipalli: what if the kid says 'you always just say these things...never give me what I want' or 'why do you try n talk like that, coz when you say this you never give me what I want'?  
01:19:32 Kim Eisele: and also not take it personally when they say "go away"  
01:20:07 Helle-Brit Fiebrich-Westra: that is lovely  
01:20:10 Kathy Austin (she/her): We say we are not leaving you alone with these big feelings.  
01:20:21 Camille Bissmeyer: thank you for sharing. so sweet  
01:20:37 Ayesha: Acknowledging the feeling made me more receptive, I was a little curious, ready to listen to what was next; and actually making me feel special might have been a really good next move and met my need to know, my mom really loves me, my little sister hasn't taken my place.  
01:23:20 Heidi Whipple: Kids with autism also often have lagging executive function skills. Sometimes the lie is because they want to please, and they wish they had done it differently.

01:24:24 Jennifer Bevacqua: Thank you  
01:25:19 Ro: Dr. Laura how can we name the anger and feel it in a healthy way? In a constructive way? I'd like to learn to be able to coach my kids too?  
01:26:03 Kathy Austin (she/her): We do the picture to list thing all the time!!  
01:26:15 Candace Kielbiski: My phone is full of pictures of toys on the list  
01:26:21 Marilyn: Me too :)  
01:27:29 Chaya: lol  
01:28:24 Nicole Martineau: I'm sorry I have to pick up my son so I'm just going to listen on the way to school  
01:28:36 Candace Kielbiski: Thank you Nicole!  
01:29:56 Kathy Austin (she/her): Great question, Sameera! We had this problem when we started doing special time. Our kiddos just wanted to keep going.  
01:31:28 Helle-Brit Fiebrich-Westra: I have to leave, thanks to everyone. I will make sure to listen to the rest of the recording afterwards.  
01:31:49 Candace Kielbiski: Thank you helle-Brit  
01:31:57 Candace Kielbiski: Helle-Brit <3  
01:32:54 Kim Eisele: how do you get her to cry every day?  
01:34:46 Kelly Ryan: Thank you. I will jump off for a client call. This was wonderful.  
01:38:41 Heidi Whipple: For the person who asked about anger - <https://www.ahaparenting.com/guide/concern-anger-and-agression>  
01:40:36 Kathy Austin (she/her): For crying: <https://www.ahaparenting.com/read/when-your-child-is-hellbent-on-misbehaving>  
01:41:16 Kim Eisele: Thanks Kathy  
01:41:20 Candace Kielbiski: Kathy, this is one of my favorite articles.  
01:41:32 Kathy Austin (she/her): Mine too - I go back to it often  
01:41:59 Heather Nitz: Thank you Dr. Laura!  
01:44:11 Allison Henderson: Joining these calls, even if for a short time, is so helpful. My future self and my children thank you Dr. Laura! Happy Mother's Day to those celebrating this weekend.  
01:44:36 Candace Kielbiski: Thank you Allison! Happy Mother's Day to you  
01:44:44 Arlette Chinappi: My partner made me realize that it's so important to stay grounded when your child communicates to us...we need to drop everything else we are thinking about and listen to the child 100% and really put ourselves in their shoes and how disappointed they will feel when you can't give them what they requested....she was such a warm, loving « mom » to me, how could I stay upset with her?? She offered me one on one time and she scheduled a different time to get their request in so I felt understood, loved, and I knew that there would be special time upcoming -so my request seemed to lose its value suddenly! I know I wasn't that kind and loving in that moment because I brought my own thoughts and inconveniences this request would bring to me! So I really appreciated this role playing that

helped me reflect what I can do differently next time! Thanks so much – loved this workshop!

01:45:25 Heidi Whipple: This is beautiful, Arlette. Thanks for sharing.

01:46:52 Phyllis Jachowski: Great workshop! Thank you!

01:47:50 Tessa Smith: My parents didn't know how to emotion coach so this is really hard for me!

01:48:20 Jennifer Bevacqua: Thank you and happy mother's day! I had a great reflection time with my partner– super helpful. I have so much work to do to emotion coach myself :/

01:49:37 Kathy Austin (she/her): Thank you all!

01:49:45 Natalie Amorim: I only was able to come in for the last half hour but wanted to say thank you to all those who commented and asked questions, I learned so much just in this short time! Happy Mother's Day to all of you, it's wonderful being in a group of thoughtful parents who have many of the same struggles and are trying to make life better for their kids! And Dr Laura, thank you as well!