

00:11:38 Dr. Laura Markham: Welcome to Office Hours!

00:16:57 Heidi Whipple: It's been a really great focus for me. I feel like I'm still a beginner with self-compassion but I can see what a difference it's making.

00:19:29 Margaret MacInnis: Could I get on the list to ask a question today?

00:20:00 Candace Kielbiski: Margaret! Yes :)

00:22:01 Candace Kielbiski: Catherine

00:22:01 Yvonne Castillo Urbina: I agree with the first speaker, it is such a shift and has saved me from many spirals of sadness and shame 💙

00:22:16 Candace Kielbiski: Queue-

00:22:22 Candace Kielbiski: Catherine

00:22:25 Candace Kielbiski: Margaret

00:22:28 Candace Kielbiski: Natalia

00:22:37 Yvonne Castillo Urbina: I would like to ask a question too

00:22:42 Yvonne Castillo Urbina: Yvonne

00:23:53 Candace Kielbiski: Thanks Yvonne. I will put you on my list. You will be in our next queue

00:35:21 Heidi Whipple: I love that beautiful idea of tapping into her own inner light.

00:35:45 Heidi Garcia: I was thinking the same thing, Heidi.

00:36:04 Heidi Whipple: I am thinking of how I can use this idea with my kids, too.

00:36:40 Margaret MacInnis: I agree, Heidi!

00:37:01 Margaret MacInnis: Both Heidis!

00:37:22 Heidi Garcia: Although he ultimately falls asleep quickly (usually) and sleeps through the night, my 7 year old has fear at bedtime lately, so this is helpful.

00:42:18 Heidi Garcia: This is a much different level of peer conflict, but my son has not wanted to go to school for the past few days because of kids being mean to him and my urge to tell the school about all the mean kids is intense!

00:42:57 Candace Kielbiski: I also struggle with the social conflict my child has.

00:43:23 Candace Kielbiski: We have down the prepared responses, and we have had some luck with it!

00:44:20 Candace Kielbiski: \*responses\* was what I was attempting to say

00:47:21 Marta Khader: Margaret I'm terribly sorry your daughter is going through this. MS is such a difficult time for girls! I remember that period of my life very well. Like Dr. Laura's daughter, I ended up forming friends outside of the popular group and I hope your daughter finds other girls who truly appreciate her and love being with her which we all deserve.

00:48:16 Candace Kielbiski: I sometimes wonder if the intensity of formative female relationships are almost similar to love relationships? They often seem so encompassing.

00:49:46 Saba Zabetian: How to Raise an Adult book really helped me with letting my kid battle things on her own

00:50:59 Lisette DiPasquale: Dr. Laura, please write a book for parenting tweens and teens!

00:54:00 Margaret MacInnis: Thank you, Marta and Saba. Lisette, I agree!

00:54:19 Heidi Whipple: <https://www.amazon.com/How-Talk-Teens-Will-Listen/dp/0060741260>

00:54:59 Heidi Whipple: Coaches directory <https://www.ahaparenting.com/coaches-directory>

00:55:08 Shammama Zia: Reacted to "How to Raise an Adul..." with 🙌

00:55:18 Shammama Zia: Reacted to "<https://www.amazon.c...>" with 🙌

01:06:10 Candace Kielbiski: Next queue:

01:06:17 Candace Kielbiski: Yvonne

01:06:20 Candace Kielbiski: Michele

01:06:29 Candace Kielbiski: Lisette

01:06:41 Candace Kielbiski: If time allows :)

01:06:44 Marta Khader: Natalia, I have tried "Gosh, there is something that really doesn't feel good about going in today, huh? Something just doesn't feel right." My son will often feel better about going into school when I just acknowledge that something doesn't feel good about it.

01:07:13 Heidi Whipple: Reacted to "Natalia, I have tr..." with 👍

01:07:56 Natalia Johnson: Thank you Marta, that's helpful

01:08:06 Shammama Zia: Reacted to "Natalia, I have trie..." with 👍

01:12:50 Chaya Weinberg: Yvonne- I also really can't stand it when my kids shove me/ hurt me. I usually need to step away from them for a bit or really distract myself in my own head.

01:15:25 Candace Kielbiski: <https://www.amazon.ca/Peaceful-Parent-Happy-Kids-Workbook/dp/1683731158>

01:15:59 Candace Kielbiski: I also found that Dr. Laura's workbook was profoundly therapeutic, and helped me to radically change my parenting journey

01:16:08 Heidi Whipple: I've been going through the workbook also and have found it very helpful.

01:16:45 Heidi Garcia: I think the Workbook is Dr. Markham's best work. 😊

01:17:44 Candace Kielbiski: Yvonne, you are doing the hardest work. This is cycle breaking.  
xxx

01:17:55 Chaya Weinberg: I love the "mommy rule" that kids can't get something when they get like that. I often give my kids things when they yell just because I get overwhelmed...

01:18:12 Yvonne Castillo Urbina: Thank you 🙏 the journey continues

01:20:20 Heidi Garcia: I experienced this earlier this week, Michele!

01:25:25 Heidi Garcia: Thank you so much for asking this question, Michele. I have really gotten a lot of our the answer.

01:26:32 Kelly Teipe: Thank you Michelle. I have a son with sensory processing as well.

01:29:24 Candace Kielbiski: Possibly talking about it at alternative times, he may be inspired to walk away during the game the next time

01:30:24 Kelly Teipe: Thank you everyone for having the courage to share. This discussion was very helpful

01:40:45 Candace Kielbiski: We all make mistakes! And sometimes they are bigger, than at other times. This is so useful for our children to see. It is so human

01:43:38 Kelly Teipe: Thank you Dr Laura

01:43:45 Martyna Hempel: Thank you