

00:05:20 Dr. Laura Markham: Welcome to June Office Hours!

00:10:37 Candace Kielbiski: The first cue:
Laura S.
Yelena Z

00:18:27 Heidi Whipple: My oldest likes being made into "pizza" or "cookies."

00:19:01 Heidi Whipple: There is a post of rough housing games in the FB group if you do a search.

00:19:15 Candace Kielbiski: Reacted to "There is a post of r..." with 👍

00:20:40 Candace Kielbiski: We also have a list of games in the large group PPHK in facebook. It is under the files button.

00:22:39 Disha A Trivedi: Preventive maintenance?

00:22:51 Disha A Trivedi: Oh:)

00:23:08 Heidi Whipple: <https://www.ahaparenting.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:23:19 Esther James: Reacted to "https://www.ahaparen..." with 👍

00:23:51 Heidi Whipple: Empathy, rough housing, special time, routines, welcoming emotions

00:28:30 Candace Kielbiski: Next queue:
Yvonne U.
Esther J.

00:30:00 Chaya Weinberg: I have the same thing Yelena!

00:31:02 Ish G: Thanks for this question. My younger one does that too.

00:31:03 Candace Kielbiski: In our Success Path fb group, we have this exact clean-up routine question come up. We have a couple of great posts (searching "clean up routine"

00:31:51 Heidi Whipple: We joke that "Mr. Nobody" is at our house because Nobody made the mess! 😂

00:31:57 Candace Kielbiski: Reacted to "We joke that "Mr. No..." with 😂

00:32:02 Chaya Weinberg: lol

00:32:17 Candace Kielbiski: I am going to try this Heidi

00:34:43 Heidi Whipple: My oldest often plays on his own in his room. He is not into the same things as his younger brothers. So I ask him to clean up in his room or help with dinner while the others pick up the toys downstairs that they all used together.

00:42:02 Laura Suaveness: I Will listen to the rest tomorrow as its Getting late here.. I would love it if it could be at 1 pm instead of 4 pm sometimes! Thank you! 😊

00:42:27 Candace Kielbiski: Replying to "My oldest often play..."

Laura, we alternate between 1 and 4!

00:43:07 Candace Kielbiski: Heidi, I responded to the wrong thread :)

00:44:44 Candace Kielbiski: Yvonne, thanks for asking this question. What a great reminder for all of us to be kind to ourselves <3

00:45:02 Berta Torres: Se ha reaccionado a "Yvonne, thanks for..." con ❤️

00:45:15 Chaya Weinberg: Reacted to "Yvonne, thanks for a..." with ❤️

00:45:49 Esther James: Reacted to "Yvonne, thanks for a..." with ❤️

00:48:06 Yvonne Castillo Urbina: Reacted to "Yvonne, thanks for a..." with ❤️

00:48:36 Yvonne Castillo Urbina: Replying to "Yvonne, thanks for a..."

Thank you ❤️

00:53:07 Candace Kielbiski: Esther~ what about classes where she is participant in something that interests her, and friends end up being a bi-product?

00:58:25 Candace Kielbiski: Next queue:

Bharthi

Ish

01:04:36 Disha A Trivedi: Way to go Bharathi and even at 10+, this is the way to go :)

01:06:31 Chaya Weinberg: Reacted to "Way to go Bharathi a..." with ❤️

01:07:35 Chaya Weinberg: Ur amazing.... I also get so anxious about the screens..

01:08:21 Yvonne Castillo Urbina: Bharthi you're so insightful about your trigger, I can relate 💜

01:12:18 Natalie Amorim: Reacted to "Way to go Bharathi a..." with ❤️

01:19:17 Heidi Whipple: These principles are great for all ages and human relationships!

01:19:35 Berta Torres: Bharthi, I hear you. My kids, 7 and 5 are the same, both very strong willed, the perfect kids at school and at home they are very defiant... i felt in the past very frustrated but then I learnt that this is because they feel emotionally safe at home..

01:19:36 Heidi Whipple: There are articles for pre-teen and teen ages on the Aha website as well, for ages older than what is covered in the book.

01:24:38 Heidi Whipple: Sometimes my husband or I will say "I need to talk to you about xyz later" so we know there is something we need to touch base on when the kids aren't around.

01:28:42 Berta Torres: Sorry I have to leave, it's getting very late here in Barcelona. You are all great mothers and this is so therapeutic. I learn something in every office hour. Thank you Dr Laura Markham.. for making better our family

01:28:53 Disha A Trivedi: Gtg. Thanks dr Laura and team!

01:30:03 Bharthi Kanagaratnam: Just to say I went and said sorry and it was an amazing response from my daughter

01:30:25 Heidi Whipple: Awesome, Bharthi! ❤️

01:30:53 Candace Kielbiski: Reacted to "Just to say I went a..." with ❤️

01:31:01 Chaya Weinberg: Reacted to "Awesome, Bharthi! ❤️" with 🎉