

00:04:58 Dr. Laura Markham: Welcome to Office Hours!

00:11:01 Candace Kielbiski: The first queue:
Kadri
Heidi
Louise

00:11:59 Candace Kielbiski: Kadri, for me too! I also found it so profound

00:12:05 Candace Kielbiski: <https://www.ahaparenting.com/read/heres-the-book-i-wrote-because-parents-kept-asking-for-it>

00:12:46 Gargi .: Candace thank you for the suggestion. I'm looking forward to the spotlight.

00:30:50 Meghan Mulkerin: My five year old is having a hard time being the middle child. She's always been incredibly kind and helpful but now it's angry a lot and defaults to no! I think she's learning it doesn't get her any extra time and she's frustrated. Her little sister is 2 and a half and the older is 7, almost 8. The older one learned how to read when she was six and my middle girl was very jealous and resentful of the time the oldest spends with herself, not playing with the middle child. Any advice? I don't always have time to do special time with each child.

00:31:29 Candace Kielbiski: Meghan, Would you like to ask Laura? Can you see how to raise your hand?

00:32:08 Meghan Mulkerin: I would, but I can't see the raise hand button

00:32:38 Candace Kielbiski: ok, I will add you to the next queue.

00:32:58 Meghan Mulkerin: Thank you

00:34:58 Heidi Whipple: Kadri, I know it can feel really uncomfortable to talk to your child's teachers. This is another thing we learn as we go and gain confidence in ourselves to speak up for our kids. Good luck!

00:40:30 Heidi Whipple: <https://www.ahaparenting.com/read/helping-child-with-fear-of-bees-phobia>

00:46:38 Marta Khader: Yes! Heidi, I think around that age kids become so aware of the actual dangers in the world. They are so much more aware that something bad could happen and bad things do happen to people although we don't want to feed that idea.

00:48:24 Cecilia Cabello: Kadri,

I had kind of the same situation with my son school. Montessori as well. They mean well but they be could be really preoccupied with how other parents could see the situation. They tried to change my son perception of what happened (they took him to the principal office and he felt terrified). My son was older and stuck with his truth. I asked for the video as they recorded the classroom and they denied it. They tried to play it as how I could believing a 4 year old instead of a teacher. So trust was broken for me

and we made the decision to take him out. That was our experience, probably is not what happened in your case and still for me feels so similar.

00:56:36 Heidi Garcia: Reacted to "Yes! Heidi, I think ..." with 👍

00:56:42 Heidi Garcia: Reacted to "https://www.ahaparen..." with 👍

00:56:58 Heidi Garcia: Reacted to "Kadri, I know it can..." with ❤️

01:00:51 Heidi Garcia: Louise, I have learned so much from the conversation! Thank you.

01:02:55 Berta Torres: Hello Louise, one of my kids asks for food when she is bored.. and when it is not meal time we only offer her fruit or other healthy options. Then she only eats when she is really hungry. At meal time only healthy food too and we limit sweets to twice a week. They ask some other time but we explain them they will have it the scheduled days and normally it is ok for them. So, as Dr Laura said, never limiting food, but only offering healthy options

01:02:59 Heidi Whipple: Some kids have a poor sense of interoception, which can make it so much harder to distinguish between our body's internal signals! One of my kids is like this. I have been learning recently that there is research that interoception can be improved with guidance paying attention to our bodies.

01:03:10 Candace Kielbiski: Louise, I have found talking about how my child is actually uncomfortable, when she hunts snacks. I have doing a class on this exact topic. In the class they talk about an oxytocin reward system that is wired when we are infants. The reward (of breastmilk/food) actually diminished both physical and emotional pain. Some kids carry this forward. A synapse has been cemented.

01:04:26 Heidi Whipple: <https://www.ahaparenting.com/read/boredom-busters-good-for-kids>

01:04:48 Candace Kielbiski: I realize that my child looks for food, to sooth her pain. AND it actually might be soothing her pain. So it is through conversation, and looking for other methods of soothing.

01:07:04 Candace Kielbiski: Next queue:

Ish

Meghan

Lauren

01:07:21 Louise Mansergh: Reacted to "Hello Louise, one of..." with 👍

01:07:25 Louise Mansergh: Reacted to "Louise, I have learn..." with 👍

01:08:01 Louise Mansergh: Reacted to "Some kids have a poo..." with 👍

01:08:12 Louise Mansergh: Reacted to "Louise, I have found..." with 👍

01:08:24 Louise Mansergh: Reacted to "I realize that my ch..." with 👍

01:21:18 Berta Torres: Hello, Ish, I think it is very common for brothers and sisters to do that at this age.. they are very curious about the different bodies... so I think this is normal but we have to keep boundaries and body rules

01:21:46 Meghan Mulkerin: My 5 and 7 year old do this kind of play too. There's nothing wrong.

01:26:06 Ish G: Thanks Berta and Meghan,
Feels good to know I'm not alone.

01:26:20 Berta Torres: Se ha reaccionado a "Thanks Berta and M..." con ❤️

01:26:33 Heidi Whipple: <https://www.ahaparenting.com/read/middle-child-syndrome>

01:26:36 Lauren O'carroll: Mine was just exploring the opposite of what Louise was talking about... An underweight child whos reluctant to eat. Only was going to raise as couldn't see any other hands. Happy to leave it if we're out of time

01:27:21 Heidi Whipple: Lauren, if we run out of time you could also post in the facebook group and we can all share ideas together.

01:27:49 Candace Kielbiski: great idea Heidi! Lauren this is such a great topic to bring to the group.

01:31:03 Lauren O'carroll: Ish, my 4 and 7 year old do that kind of play ALL the time. They also love dancing around naked (but granted they are both girls)

I have never been concerned about this. I actually think it's great for body confidence and is developmentally appropriate.

I think Dr Laura is right. Keep boundaries clear and ensure consent is there

There is a great song about boundaries by hopscotch songs which has promoted some great conversation in my house about consent x

01:31:38 Lauren O'carroll: Thanks Candace and Heidi :)

01:34:46 Heidi Whipple: There's good resources for this in the workbook, too, Meghan.

01:34:52 Candace Kielbiski: Meghan bring this to our facebook group. We have so much communal wisdom about Sibling Rivalry

01:35:36 Meghan Mulkerin: Thank you everyone

01:35:53 Candace Kielbiski: <https://www.ahaparenting.com/read/How-To-Special-Time>

01:35:55 Ish G: Wow, thanks Lauren for sharing.. Appreciate it.

01:36:41 Heidi Whipple: I explained "We're going to learn more about how your brain works. You're going to play games with a doctor, but it's the kind of doctor that doesn't give shots."

01:37:32 Berta Torres: Se ha reaccionado a "I explained "We're..." con 👍

01:38:34 Berta Torres: That is so useful, thank you all

01:38:54 Candace Kielbiski: <https://drhallowell.com/>

01:39:52 Lauren O'carroll: That's pretty much what I say Heidi. I said she was seeing a specialist who was an expert in figuring out what helps your brain learn. I emphasized that she was really lucky to have this opportunity as all children should really have it because everyone learns differently

01:40:47 Heidi Whipple: I love how you talk about it as an opportunity, Lauren

01:40:59 Marta Khader: LOVE that! What a wonderful way to describe ADHD!

01:42:21 Candace Kielbiski: Our specialist did a breakdown of the gifts, strengths and super powers my child (with learning difference + adhd)! Then then talk about the parts that need support.

01:43:11 Heidi Whipple: There are some really great "neuro-affirming" resources out there that talk about ADHD and other diagnoses in a really empowering way.

01:46:53 Lauren O'carroll: Would be great if we could pull them together Heidi. We like ADHD is my superpower x

01:47:31 Lauren O'carroll: https://www.amazon.co.uk/ADHD-Our-Superpower-Amazing-Children/dp/1787757307/ref=asc_df_1787757307/?tag=googshopuk-21&linkCode=df0&hvadid=499132405833&hvpos=&hvnetw=g&hvrnd=10551534370356423022&hvpo ne=&hvptwo=&hvqmt=&hvdev=m&hvdvcmdl=&hvlocint=&hvlocphy=9050361&hvtargid=pla-1232628821934&psc=1&th=1&psc=1

01:47:52 Marta Khader: Yes! My husband did that with my son. They both have it.

01:48:12 Candace Kielbiski: Just about everyone in Film and Hospitality 🌈

01:48:21 Heidi Whipple: We can start a post in the Facebook group for reference!

01:48:38 Lauren O'carroll: Great plan

01:48:46 Gargi .: Reacted to "We can start a post ..." with ❤️

01:48:48 Yvonne Kropp: Might it be a possibility to have spotlight on ADHD or Neurodiversity in General? Like Autism... I guess, it's also interesting for parents that don't have a neurodivergent child themselves, because it may make it easier to communicate about friends or other kids in class, that are neurodivergent...

01:49:15 Marta Khader: Ned Hallowell talks about how Silicon Valley was built by people with ADHD and dyslexics.

01:49:22 Lauren O'carroll: Reacted to "Might it be a possib..." with ❤️

01:49:32 Marta Khader: Reacted to "Might it be a possib..." with ❤️

01:49:32 Yvonne Kropp: Reacted to "Would be great if we..." with ❤️

01:50:52 Heidi Whipple: Some kids with ADHD are extremely sensitive to rejection

01:51:18 Lauren O'carroll: Reacted to "Ned Hallowell talks ..." with ❤️

01:51:19 Heidi Whipple: <https://www.additudemag.com/>

01:52:07 Marta Khader: ADHD 2.0 is wonderful.

01:52:41 Candace Kielbiski: Bright and Quirky, Tilt Parenting, Dr. Sturt Shanker and his Self-Reg program

01:52:52 Rebecca T: Thanks so much!

01:52:54 Yvonne Kropp: Long answers were awesome ❤️

01:52:59 Yvonne Kropp: 🙏