

00:07:12 Dr. Laura Markham: Welcome to the November Office Hours!

00:17:30 Candace Kielbiski: Next in Queue:

Louise

Victoria

Disha

00:24:21 Candace Kielbiski: I think about myself, and I used to be so triggered by my children hurting themselves. I realized that I had a lot of medical needs when I was little, and My MOTHER is terrible with my pain.

00:26:48 Dajana Yoakley: This is such a relatable question! My middle son who is 7 reacts just like this but less and less over the past few years! And I had the same frustration before thinking "what is wrong?" But then I found out he is highly sensitive! The more I side with him in silence and just stay nearby without much talking but with a gentle presence and then slowly inserting language, it helps him re-regulate much faster! Sensitive kids try to push us away but they need us even more than the other kids I think. So tricky!

00:28:23 Victoria Clarke: Same, Dajana! My 10 year old still gets angry first and will be like 'Uh duh, Mom! of course I hurt myself' but when I'm there and letting him know I'll be there when he's ready to talk, he calms down and comes for a hug

00:28:37 Victoria Clarke: also highly sensitive

00:28:38 Heidi Whipple: Yes, I think so too! Sensitive kids need us even more although it is trickier to be there for them in the way they need!

00:28:41 Emily Chalmers: Goodness - the same here too! My 10yr old daughter never comes running to me for a hug when hurt - she'll even just shout "Don't look at me!" sometimes. Also highly sensitive...

00:30:43 Dajana Yoakley: Such a common challenge it seems, the hardest part is when you don't know your child isn't highly sensitive, and you blame yourself! It's a reframe of the child and a letting go of being responsible for their feelings. Their feelings are theirs. Ours are ours. We need to regulate and stay calm so they can borrow from us when they're in the pit!

00:36:13 Caitriona Potts: lots of exercise outdoors helped my very anxious son during lockdown

00:37:27 Candace Kielbiski: Victoria, some times deep breathing doesn't work for some anxious kiddos. It can increase the intense feelings

00:37:41 Candace Kielbiski: They suggest slow breathing

00:41:42 Lauren O'carroll: wow Zelda, you are so brave t

00:42:13 Ayesha Saleem-Malik: Zelda thank you for your courage and honesty, agree so brave

00:42:14 Lauren O'carroll: to say that. you are helping your boy so much by facing up to it now.

00:42:28 Candace Kielbiski: Next Queue:
Disha
Filyet
Christine

00:43:09 Elana Steinberg: Zelda I have done that too. So painful. And good that you can talk about it.

00:43:50 Marta Quintas: Zelda, you did a big step by being aware. You are in the right track!

00:45:11 Heidi Whipple: What about looking at their baby pictures together to connect? My kids love that.

00:49:10 Disha Trivedi: Me too Zelda:) I listen to Dr Laura's words to reiterate them.

00:49:45 Lauren O'carroll: and me! I literally hear dr Laura's voice sometimes when I speak to my daughter :)

00:50:03 Candace Kielbiski: Thank you Zelda so much for sharing

00:50:08 Heidi Whipple: Sending you so much love Zelda!

00:52:56 Filyet Iscimen: OMG, we just had the same issue leading to a big meltdown in a restaurant with our friends.

00:53:10 Filyet Iscimen: And I questioned myself too.

00:53:27 Filyet Iscimen: I almost asked the same question today.

00:53:33 Chaya Weinberg: Yes!!

00:53:35 Dajana Yoakley: Yes!

00:54:00 Lauren O'carroll: so often!!

00:56:35 Christine Cataldo: I have another friend that follows Dr. Laura too and we have talked about this exact point oftenI sometimes wonder if other kids have had to suppress their feelings more which comes off more as misbehavior? In contrast, with our kids we have given our kids the space for their feelings which comes across as misbehavior. Not sure if this is true but this gives us motivation to keep going! My husband also questions this method when he sees other kids "listen" or "behave" better.....you aren't alone!

00:57:50 Heidi Whipple: I have wondered the same, Christine.

00:58:10 Victoria Clarke: Christine, I was that child growing up. I was always labeled a 'good girl' and I was really struggling emotionally inside and it came out big time during my teen years. But I learned to hide it well so my parents never found out until I told them as an adult of what I went through as a teen

00:58:26 Dajana Yoakley: Yeah I agree my kids aren't as obedient as other kids! That's fine. Other kids are scared of getting into trouble. My kids are more trusting of me tho! They know they can express their opinion without being shut down or disrespected.

00:59:23 Marta Quintas: Sometimes we are just so afraid to being judge and that people think we are not good parents...

01:00:00 Dajana Yoakley: Agreed!

01:01:38 Marta Quintas: I stopped looking at the people. I stopped carrying about others and focusing in my kids and trying to do the best I could at the moment.

01:06:39 Disha Trivedi: Thank you all for your comments and solidarity :) was feeling pretty lost even though I trust this approach.

01:07:11 Victoria Clarke: I need to head out. I have another call. See you all again soon! Thank you

01:29:23 Disha Trivedi: Need to head out. Thanks all!

01:31:31 Caitriona Potts: I hear you. It's so difficult when kids use inappropriate words. On the ADHD I hope you watch Dr. Ed Halliwell video: - hell feel great about his neurodiversity

<https://youtu.be/i5D56Cg7y4I>

01:31:39 Marta Khader: Thank you for asking this Meghan!

01:32:50 Meghan Howcroft: Slightly embarrassing! Ha! I was worried I'd have to use the actual words on the call! Ha ha!

01:33:11 Lauren O'carroll: i missed his name? a

01:33:16 Lauren O'carroll: anyone catch it?

01:33:22 Candace Kielbiski: Ned Halliwell

01:33:28 Marta Khader: Dr. Es Halliwell

01:33:31 Marta Khader: Ed

01:34:00 Candace Kielbiski: Dr. Ed Halliwell :)

01:34:45 Candace Kielbiski: Ok, we are all wrong

01:34:49 Candace Kielbiski: <https://drhallowell.com/>

01:34:56 Candace Kielbiski: Ned Hallowell

01:37:43 Lauren O'carroll: thanks all :)

01:39:09 Allison Henderson: Thank you Dr. Laura! And thanks everyone for the great questions.

01:39:56 Filyet Iscimen: Thank you!

01:40:03 Rachel D: Thank you!

01:40:18 Marta Khader: Candace would it be possible to time stamp the topics??