

00:07:15 Disha Trivedi: Hello. I have a question but it's not urgent if there are others with their hands up:)

00:07:35 Candace Kielbiski: Thanks Disha. I have noted this!

00:08:37 Christel Vincent: I can SO relate to this question!

00:12:51 Candace Kielbiski: I also wonder about clocks that show visually the passage of time? This has been something recommended to us (for time blindness)

00:23:15 Candace Kielbiski: Next question: Elana

00:26:36 Kelly Teipe: Same situation here with my 6 year old boy girl twins

00:28:59 Candace Kielbiski: Next question in the queue: Marika

00:31:30 Kelly Teipe: It's hard when they need me at the same time

00:31:57 Kelly Teipe: And when they fight it's triggering for me as well

00:32:34 Esther James: Similar dynamic with my 9 year old daughter and 4 year old son

00:34:34 Kelly Teipe: Love that thank you

00:34:48 Candace Kielbiski: I see how this plays out in our family as well.

00:35:44 Kelly Teipe: I feel you fellow twin mom

00:45:44 Disha Trivedi: Need to drop off. Thanks for the call!

00:48:22 Meghan Howcroft: I can commiserate Marika - have an 11 year old who LOVES to swear over here too! It's so hard!

00:49:59 Jana Withers: I can relate as well.. 4 boys over here.. This is exceptionally hard with children with impulse control..

00:50:11 Clara Roulev: This sounds really really hard Marika!

00:50:22 Meghan Howcroft: Yep. Mine has ADHD as well. It's so hard with impulse-control issues.

00:51:59 Sherry Boone: Thanks very much-this is very helpful- we have 9 year old girl boy twins- very helpful thank you all.

00:53:26 Mishka Willis: ADHD here as well. It can be tough! You are not alone.

00:53:33 Esther James: Sorry I unmuted myself by accident! :)

00:54:06 Sherry Boone: could you highlight self care-self regulation and maintaining deep connection with audio recommendations?

00:56:53 Candace Kielbiski: Yay!! Jack

00:57:08 Heidi Whipple: Congratulations, Jack!

00:57:10 Meghan Howcroft: Good on you Jack!

00:57:28 Sherry Boone: Yay Jack!!!!

00:57:50 Kelly Teipe: Way to go Jack

01:05:14 Kelly Teipe: Than you Dr. Laura and Jack that example was so helpful

01:09:40 Ayesha Saleem-Malik: The bodyscan!

01:10:49 Kelly Teipe: Self compassion is what I continue to practice

01:11:03 Kelly Teipe: Try

01:11:14 Heidi Whipple: Meditations on the website: <https://www.ahaparenting.com/workbook>

01:11:44 Marta Khader: Chris Germer

01:11:53 Kelly Teipe: Chris

01:11:55 Christel Vincent: christopher germer

01:12:00 Kelly Teipe: Yes

01:12:10 Clara Roulev: <https://chrisgermer.com/>

01:12:21 Candace Kielbiski: Christopher Germer

01:12:30 Chaya Weinberg: I've been encouraging myself and talking nicely to myself all day today and it's just so helpful....

01:12:35 Heidi Whipple: I think this is it <https://chrisgermer.com/meditations/>

01:12:45 Marta Khader: Insight Timer has a number of his mediations and others

01:12:48 Candace Kielbiski: WE can do that!

01:12:49 Christel Vincent: There is also a free mindful self compassion practice tomorrow led by Kristin Neff for International Women's Day!

01:12:49 Kelly Teipe: I love this

01:13:05 Esther James: Along the lines of this conversation, do you have recommendations for meditations and audio related to triggers and emotional reactivity?

01:13:26 Heidi Whipple: Esther, have you tried the RAIN meditation?

01:14:17 Esther James: Yes I will try RAIN again! I have been familiar with it but forgot about it. Thank you.

01:17:11 Christel Vincent: <https://themindfulself.com/retreats/>

01:20:44 Jack Hilton: Thank you for that

01:25:31 Heidi Whipple: I feel that, Lauren!

01:25:49 Candace Kielbiski: 🙌

01:25:58 Kelly Teipe: We are here with you

01:26:20 Kelly Teipe: Similar struggles

01:26:35 Candace Kielbiski: Lauren, I have these conversations (with my similar child) while we are in the car!

01:26:50 Candace Kielbiski: No eye contact, and she feels like she can talk about it

01:27:08 Heidi Whipple: I love the idea of that chart to show what she needs! I think that would really help with my kids, too.

01:30:52 Mishka Willis: We have lots of 10 minute active games that we collect that are very funny and get them laughing.

01:31:04 Mishka Willis: I can share a list in the group

01:31:14 Heidi Whipple: Mishka, I'd love to hear those! Please share in the group!

01:31:28 Mishka Willis: Id love to!

01:31:29 Chaya Weinberg: I'd love!

01:31:47 Marta Khader: Lauren, would you mind sharing that chart?

01:31:49 Meghan Howcroft: Thank you Mishka!!

01:32:10 Kelly Teipe: Thank you everyone

01:32:11 Mishka Willis: A great one for all ages is Happy Salmon

01:32:25 Lauren O'Carroll: Sure. Might take me a while to find. Will share on the Facebook page x

01:32:52 Esther James: Thank you!!!

01:33:02 Gargi .: Thank you