

Office Hours November 2023

00:28:06 Candace Kielbiski: First question asked by Medeya!

00:38:45 Heidi Whipple: <https://www.ahaparenting.com/read/4-year-old-who-is-being-bullied-bossed>

00:38:57 eva kruiper: Reacted to "https://www.ahaparen..." with ❤️

00:39:07 Candace Kielbiski: Reacted to "https://www.ahapar..." with ❤️

00:41:24 Candace Kielbiski: Dasha is up next

00:45:25 Betsy Schneider: Apologies for being off camera
I'm here 😊

00:45:41 Heidi Whipple: Reacted to "Apologies for being ..." with 👍

00:51:12 eva kruiper: yoga classes together could be cool

00:51:27 Heidi Whipple: Reacted to "yoga classes togethe..." with 👍

00:53:13 Meghan Mulkerin: I homeschool

00:54:36 Heidi Whipple: We have lockdown drills once a quarter

00:57:58 Melody Grove: Here in UK (my kids are at a Steiner school) we have just been notified there will be a Lockdown drill once a year. We've been advised that the teachers will say there's an issue where it's safer to be inside than outside

00:58:39 Gargi .: Reacted to "yoga classes togethe..." with ❤️

00:59:21 eva kruiper: I think kids are curious and they want to know what's going on...

01:00:40 Meghan Mulkerin: The older kids know.

01:01:34 Heidi Whipple: Reacted to "I think kids are cur..." with 👍

01:01:34 Meghan Mulkerin: I homeschool and one of the reasons I do is because of active shooter drills and the need for them

01:02:04 Ish G: I'd like to ask a question

01:04:50 Candace Kielbiski: Ish, absolutely. You are next

01:05:09 mooniek Seebregts: When my child just attended high school, I became a class parent. My idea was to bring speakers and relevant topics to the parent meetings. So I asked the other parents what kind of topics they wanted speakers to talk about. I had expected 'how to communicate with my teenager' etc. Almost unanimously they wanted to talk about safety at school. They wanted a policeman to speak, they wanted more police cars around the school. I was baffled. I believe that there is such atmosphere of fear among adults.

01:06:26 Meghan Mulkerin: I have a question too

01:06:59 Candace Kielbiski: Sure! Meghan, I will add you to my queue!

01:09:40 Candace Kielbiski: Current queue:
Meghan
Melissa

01:16:12 eva kruiper: maybe he does it because he doesn't know how to hold himself at that moment and he is embarrassed a bit

01:20:12 eva kruiper: maybe he can learn to say 'I feel embarrassed' instead of lalala

01:21:34 mooniek Seebregts: Love that sentence: be a partner to your child

01:21:40 Candace Kielbiski: I am reminded of something I read today~ the feelings are often really complicated, and muddled. Sometimes it is the discomfort of all the mix

01:21:47 eva kruiper: Reacted to "Love that sentence: ..." with ❤️

01:21:51 Heidi Whipple: Reacted to "I am reminded of som..." with ❤️

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01:21:58 mooniek Seebregts: Reacted to "I am reminded of som..." with ❤️

01:22:04 Melody Grove: Reacted to "I am reminded of som..." with ❤️

01:22:23 eva kruiper: Reacted to "I am reminded of som..." with ❤️

01:23:13 Heidi Whipple: Ish, my 8yo is like this sometimes too! He easily feels shame or embarrassment and it makes it trickier to connect in that moment.

01:23:37 Candace Kielbiski: Reacted to "I am reminded of s..." with ❤️

01:23:45 mooniek Seebregts: "What would love say," comes from Rachel Stafford's book 'Only love today' Such a powerful question

01:23:54 Heidi Whipple: Reacted to ""What would love say..." with ❤️

01:26:59 eva kruiper: so it seems to come from the parents, I had a similar situation with my daughter, it's painful and confusing for the kids involved

01:27:55 Candace Kielbiski: Reacted to "so it seems to com..." with 💕

01:29:51 Candace Kielbiski: We also had a fam-jam friend break up. It is so hard.

01:30:03 eva kruiper: my girl and the other always stayed close too, even tho the parents made it a problem for them hanging out, they still hang out in school all the time.

01:30:25 eva kruiper: Reacted to "We also had a fam-ja..." with 😞

01:30:33 mooniek Seebregts: Can you ask the mother if 'despite having grown apart' according to her, can the two of you still preserve the friendship of the girls?

01:31:16 eva kruiper: Reacted to "Can you ask the moth..." with ❤️

01:35:09 Heidi Whipple: <https://www.ahaparenting.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

01:36:03 Heidi Whipple: Resources on connection
<https://www.ahaparenting.com/guide/connection>

01:36:32 Meghan Mulkerin: Reacted to Can you ask the moth... with "❤️"

01:39:57 Zoe Field: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with ❤️

01:40:07 Sherry: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with ❤️

01:40:16 Zoe Field: Reacted to "Can you ask the moth..." with ❤️

01:40:38 Melody Grove: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with ❤️

01:40:59 Candace Kielbiski: Reacted to "SiblingsHealingEnt..." with ❤️

01:41:24 Heidi Whipple: coaches' directory
<https://www.ahaparenting.com/coaches-directory>

01:41:36 mooniek Seebregts: Reacted to "coaches' directory h..." with ❤️

01:41:46 mooniek Seebregts: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with ❤️

01:43:37 Heidi Whipple: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with ❤️

01:45:38 Candace Kielbiski: Melissa, bring this question to the fb group!

01:46:00 mooniek Seebregts: Reacted to "Melissa, bring this ..." with ❤️

01:46:10 Heidi Whipple: Reacted to "Melissa, bring this ..." with ❤️

01:46:20 Betsy Schneider: Try the "pull off the sock game" With him

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01:46:23 Heidi Whipple: If you search the facebook group for roughhousing, there are some great ideas!

01:46:50 Heidi Whipple: Sibling resources on the website
<https://www.ahaparenting.com/guide/helping-siblings-get-along>

01:50:02 eva kruiper: I don't like to buy toys that represents violence either, but my son likes to play with guns from friends that we visit, I feel as if he likes the power-element to it

01:50:17 Melissa SC: Thank you for the reminder to chat within the group about roughhousing. It's difficult when there's sensory seeking and extra aggression involved.

01:52:17 mooniek Seebregts: Reacted to "Thank you for the re..." with ❤️

01:54:00 Sherry: Thank you Dr Markham and Candace and all ❤️