

00:17:43 Heidi Whipple: My most sensitive, neurodivergent child also finds boredom a very difficult emotion to handle.

00:18:13 Candace Kielbiski: Reacted to "My most sensitive, n..." with 👍

00:18:38 Heidi Whipple: Link about preventative maintenance
<https://www.ahaparenting.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:19:41 Mooniek Seebregts: Reacted to "My most sensitive, n..." with 👍

00:19:47 Jason Arenburg: Reacted to "My most sensitive, n..." with 👍

00:20:04 Candace Kielbiski: I have heard that for nd humans, boredom can be experienced as a stressor

00:22:47 Heidi Whipple: That is very true for us, Candace!

00:33:32 Candace Kielbiski: Next up in the queue"

00:33:35 Candace Kielbiski: Berta

00:33:39 Candace Kielbiski: Zelda

00:35:04 Heidi Whipple: Getting each child to say what they need and want without attacking can be so tricky, but it has been game changer for us.

00:35:08 Candace Kielbiski: Reacted to "Getting each child t..." with ❤️

00:38:18 Ish G: Reacted to Getting each child t... with "❤️"

00:39:42 Mooniek Seebregts: Reacted to "Getting each child t..." with ❤️

00:45:05 Candace Kielbiski: <https://www.ahaparenting.com/read/play-child-emotional-intelligence>

00:52:54 Heidi Whipple: Sibling week of the course <https://courses.ahaparenting.com/pphkc-graduate/week-11>

00:56:36 Berta: Se ha reaccionado a "Getting each child..." con ❤️

00:57:15 Heidi Whipple: In our house, sometimes we have to take a break and do the problem solving later - later that day or another day soon.

00:57:49 Candace Kielbiski: Next in the queue: Eva

00:57:53 Candace Kielbiski: <https://www.ahaparenting.com/read/Life-Preschooler-Calm-Down-Cozy-Corner>

00:57:54 Heidi Whipple: <https://www.ahaparenting.com/read/Life-Preschooler-Calm-Down-Cozy-Corner>

01:04:48 Candace Kielbiski: <https://www.ahaparenting.com/read/talking-to-kids-about-sex-an-age-by-age-guide>

01:14:49 Lauren O'Carroll: It's not the stork is a really nice straight forward book which would be great for a 5 year old and is easy to read with them. It takes you through it in a way that doesn't feel too 'scary' to read

01:15:40 Zoë Field: Reacted to "Getting each child t..." with ❤️

01:16:23 Candace Kielbiski: I have another question in the queue:
Christel

01:19:16 Lauren O'Carroll: We have the same 😊

01:19:18 eva kruiper: Reacted to "It's not the stork i..." with ❤️

01:23:47 Jason Arenburg: Is the screen workshop that Dr. Laura just alluded to available on the website now?

01:24:16 Heidi Whipple: The screens workshop is in the office hours library

01:24:19 Heidi Whipple: <https://courses.ahaparenting.com/video-archive/Navigating-Screens-workshop-June-2023>

01:24:39 Candace Kielbiski: Thanks Heidi!!

01:24:40 Jason Arenburg: Reacted to "https://courses.ahap..." with 👍

01:24:56 Jason Arenburg: thank you!

01:25:07 eva kruiper: we use a timer for bed time cuddles and the kids love it

01:25:13 Lauren O'Carroll: It can be hard if the device stops in the middle of a show though... guess it depends on what the child can handle.

01:25:27 Mooniek Seebregts: Reacted to "https://courses.ahap..." with 😊

01:25:32 eva kruiper: good point

01:29:00 Lauren O'Carroll: could it be something about fear of how you are being perceived?

01:29:31 Christel Vincent: Reacted to "https://courses.ahap..." with 👍

01:31:33 Zelda Chapman: Self compassion, I never had this in my life until you, thank you xx

01:32:03 Lauren O'Carroll: Reacted to "Self compassion, I n..." with ❤️

01:32:11 Candace Kielbiski: Reacted to "Self compassion, I n..." with ❤️

01:34:56 eva kruiper: Reacted to "Self compassion, I n..." with ❤️

01:35:26 Zelda Chapman: Thank you Ellen for being such a great teacher, I need teachers to help me parent

01:35:36 Zoë Field: Reacted to "Self compassion, I n..." with ❤️