

00:04:33 Dr. Laura Markham: Welcome to the May 2022 Office Hours! SO happy to see you!

00:05:57 Candace Kielbiski: First Question will be by Rabab

00:08:11 Candace Kielbiski: Next in the queue:

00:08:18 Candace Kielbiski: Natalie

00:08:20 Candace Kielbiski: Sarah

00:08:26 Candace Kielbiski: Martyna

00:23:34 Candace Kielbiski: Nicole, my chat is not allowing me to respond. Can you message me again :)

00:24:06 Filyet Iscimen: Is it possible to keep a book, drawing pad etc. in the car to keep him occupied? We also play games like I spy or animal game to pass the time in the car.

00:24:42 Candace Kielbiski: A link to Dr. Laura's workbook <https://www.ahaparenting.com/shop>

00:25:27 Chaya Weinberg: Cd's or kids stories really help our family when they are all fighting....

00:25:36 Chaya Weinberg: In the car

00:28:58 Natalie Amorim: Thank you for those ideas! 😊 I think the drawing pad would be especially helpful, so I'll start using that today!

00:32:02 Candace Kielbiski: <https://heathershumaker.com/book/its-ok-not-to-share/>

00:33:18 Wren: Thank you for the links Candace!

00:34:05 Filyet Iscimen: How does this relate to empowering kids about not doing things they feel is not okay and letting them lean into their intuition?

00:39:34 Sarah Pappas: Yes, Filyet, I have a hard time deciphering how much to enforce inclusion and how much to back off and trust the instincts of my children. Its definitely a difficult balance.

00:42:17 Candace Kielbiski: The next three in the queue:

00:42:22 Candace Kielbiski: Louise

00:42:27 Candace Kielbiski: Nicole

00:42:31 Candace Kielbiski: Elana

00:43:17 Sherry Boone: Thanks Dr Laura and Candace! Thanks everyone

01:00:56 Ilona Brandt: i lost my spot in queue and next month i am away not sure i can attend. is there a chance to get the Q answered if i email it?

01:01:26 Kim Eisele: Apart from the fears, are there clear Limits around screens, so he knows screen time is not an Option so he is more likely to go outside?

01:02:03 Candace Kielbiski: Ilona, email me your question successpath@ahaparenting.com.

01:03:18 Candace Kielbiski: Ilona, I also wonder if you want to post it in the fb group? Another option.

01:04:06 Esther James: my daughter often says she does not want to go outside but often ends up loving immersive experiences in nature once she's there. sometimes it's just a matter of enabling the experience and letting go of the outcome. messy experiences are best (walking on marsh, on beach, etc). I'm surprised by how tough my child is once she gets out there.

01:05:20 Ilona Brandt: ok thanks Candace
01:11:18 Ilona Brandt: i am here
01:20:10 Marta Khader: Amy Lang is a wonderful expert to follow for
how to talk to kids about sex. I have found her so helpful and how to
start these conversations piece by piece at a young age.
01:24:29 Candace Kielbiski: [https://www.amazon.ca/Staying-
Connected-Your-Teenager-Talking/dp/0738208450](https://www.amazon.ca/Staying-Connected-Your-Teenager-Talking/dp/0738208450)
01:28:46 Candace Kielbiski: [https://www.ahaparenting.com/guide/
emotionally-intelligent-child](https://www.ahaparenting.com/guide/emotionally-intelligent-child)