

## Office Hours April 2024 - Chat

00:37:52 Dr. Laura Markham: Welcome to our April Office Hour!

00:50:47 Paula Bird: I believe that to “lower hand”, go to “participants” at bottom of screen. Click “lower hand” button.

01:20:57 Candace Kielbiski: Next in the queue:

Saba

Sarah

01:31:56 Sarah Gilberg: I feel this

01:32:05 Sarah Gilberg: My kids are 6 and 3 too 😊

01:36:24 Candace Kielbiski:

<https://deliver.peacefulparenthappykids.com/spring24challenge>

01:43:01 Betsy Schneider: Reacted to "My kids are 6 and 3 ..." with 👍

01:47:56 Candace Kielbiski: Sarah~ I feel like I can relate to this. I wonder if you aren't really clear on what limits are really important to you. I feel like I came to PP with kind of a permissive style of parenting, and was not clear about I wanted. I would go with the flow, until I was so triggered, and then it would be a problem.

01:48:25 Heidi Whipple: Reacted to "Sarah~ I feel like I..." with 👍