

# peaceful parent happy kids

## Office Hours with Dr. Laura Markham April 2025

### Transcript of Chat

00:11:52 Dr. Laura Markham: Welcome to April Office Hours!

00:14:55 Bharthi Kanagaratnam: I got so excited about the open house that I logged in a week early 🙌😂

00:15:07 Eileen F: Reacted to "I got so excited a..." with 😂

00:15:07 Heidi Whipple: Reacted to "I got so excited abo..." with ❤️

00:16:08 Marta Khader: Open House Registration:  
<https://www.peacefulparenthappykids.com/open-house-registration>

00:16:21 Heidi Whipple: Reacted to "Open House Registrat..." with ❤️

00:16:37 Heidi Whipple: Go ahead and raise your hand if you would like to ask Dr. Laura a question today. :)

00:17:40 Dajana Yoakley: Reacted to "I got so excited abo..." with 😂

00:18:35 Dajana Yoakley: Also the first 10 volunteers will get one month free of SP

00:20:06 Dajana Yoakley: [Dajana@peacefulparenthappykids.com](mailto:Dajana@peacefulparenthappykids.com)

00:20:24 Heidi Whipple: Queue: Bharti, Tianne

00:28:12 Heidi Whipple: Bharti, this is so relatable! I am thinking of times I can work on asking curious questions like this with my teen.

00:29:26 Dajana Yoakley: Reacted to "Bharti, this is so r..." with ❤️

00:30:48 Bharthi Kanagaratnam: Reacted to "Bharti, this is so r..." with ❤️

00:36:32 Graziella Baulig-Otte: Regaining control

00:36:44 Graziella Baulig-Otte: Scared of transitions

00:36:52 Eileen F: Reacted to "Bharti, this is so..." with ❤️

00:41:36 Graziella Baulig-Otte: Talking children through schedules and what to expect

00:41:43 Heidi Whipple: Reacted to "Talking children thr..." with 👍

00:41:52 Graziella Baulig-Otte: Maybe a chart

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00:42:25 Graziella Baulig-Otte: Giving enough warning before leaving a place

00:43:02 Heidi Whipple:

<https://www.peacefulparenthappykids.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:44:20 Heidi Whipple: He is probably a child whose backpack fills up very easily. It is hard work with these kids!

00:44:44 Eileen F: Reacted to "He is probably a c..." with ❤️

00:45:01 Clara Roulev: Reacted to "He is probably a chi..." with ❤️

00:48:16 Graziella Baulig-Otte: Things around him have changed

00:48:25 Graziella Baulig-Otte: There is a new baby

00:48:40 Graziella Baulig-Otte: There may be new routines

00:48:51 Graziella Baulig-Otte: Change can be scary

00:49:43 Graziella Baulig-Otte: He is still very young, so maybe he is mourning not being the youngest anymore

00:53:44 Phyllis Jachowski: Phyllis

00:54:23 Heidi Whipple: Replying to "Phyllis"

Hi Phyllis, do you have a question to ask today?

00:56:45 Angela Scala: Happy to volunteer for Friday I have to jump off for baseball...ten year old

00:57:34 Tianne Watson: Thanks everyone! There is definitely a lot going on for him, and I am honestly trying hard to be understanding about that. I feel like I have been using a lot of the pieces but this was helpful in combining it all and fill in some gaps I was missing.

00:57:36 Heidi Whipple: Replying to "Happy to volunteer f..."

Please email [dajana@peacefulparenthappykids.com](mailto:dajana@peacefulparenthappykids.com) :)

00:57:45 Marta Khader: Replying to "Happy to volunteer f..."

Wonderful! Thank you Angela. Please email Dajana at [Dajana@peacefulparenthappykids.com](mailto:Dajana@peacefulparenthappykids.com)

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- 00:58:20 Graziella Baulig-Otte: Reacted to Talking children thr... with "👍"
- 00:58:20 Eileen F: Reacted to "Thanks everyone! ..." with ❤️
- 00:59:24 Tianne Watson: I do if there is time... but I know I have already asked, so if there are others please prioritize them.
- 01:00:16 Heidi Whipple: Reacted to "I do if there is tim..." with 👍
- 01:00:50 Sedda: Age 12 had a lot more demands building up in the school day than early grades. This is part of why it feels harder.
- 01:00:59 Heidi Whipple: Reacted to "Age 12 had a lot mor..." with 👍
- 01:01:09 Eileen F: Reacted to "Age 12 had a lot m..." with 👍
- 01:01:55 Heidi Whipple: One thing that has really helped with my ADHD kids is to help my kids use tools that allow them to help themselves. For example we have checklists for daily routines where I can remind to check their list but don't have to be on them about every little thing.
- 01:02:10 Graziella Baulig-Otte: They need to feel in control.
- 01:02:40 Meghan Howcroft: My son too. 13 - has anxiety, ADHD and OCD and definitely is demand avoidant as well. He has articulated it to me that it "feels like losing" if he "gives in" or agrees to do something we've asked when he doesn't want to. I find it takes MAJOR work to stay connected and that when he's feeling more loving and connected it's much easier for him to acquiesce. It's so hard.
- 01:03:40 Tianne Watson: For toothbrushing can he listen to a favorite song or something while he does it? And then a subtle clue if he isn't doing it is playing the song to cue that that's the time? I know that's just for one situation....
- 01:03:50 Heidi Whipple: I've also found that I need to keep an eye on my kids' overall stress levels. Even with the best supports, if stress is too high, they become more demand resistant.
- 01:04:06 Meghan Howcroft: Reacted to "I've also found that..." with 👍
- 01:05:32 Heidi Whipple: Next question: Betsy
- 01:06:25 Eileen F: So grateful for your question, Lindsey.
- 01:07:47 Lindsey Etheridge: Reacted to "Age 12 had a lot mor..." with ❤️
- 01:08:08 Lindsey Etheridge: Reacted to "One thing that has r..." with ❤️

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- 01:08:34 Lindsey Etheridge: Reacted to "My son too. 13 - has..." with ❤️
- 01:08:53 Lindsey Etheridge: Reacted to "For toothbrushing ca..." with ❤️
- 01:09:05 Lindsey Etheridge: Reacted to "I've also found that..." with ❤️
- 01:09:08 Clara Roulev: I feel so grateful I was able to join tonight, and I need to jump off because it's getting late here. thank you, everyone!
- 01:09:15 Heidi Whipple: Reacted to "I feel so grateful I..." with ❤️
- 01:10:01 Lindsey Etheridge: Thanks everyone for listening and the helpful suggestions and even for just relating. Nice to know it's not just us. 💕
- 01:10:09 Heidi Whipple: Reacted to "Thanks everyone for ..." with ❤️
- 01:13:38 Heidi Whipple:  
<https://www.peacefulparenthappykids.com/read/4-year-old-who-is-being-bullied-bossed>
- 01:14:50 Meghan Howcroft: Reacted to "Thanks everyone for ..." with ❤️
- 01:21:05 Sedda: Overstimulation all day could make a kid say they are tired all the time
- 01:21:11 Heidi Whipple: A psychologist, neuropsychologist, developmental pediatrician could be helpful
- 01:21:19 Graziella Baulig-Otte: Food
- 01:21:24 Graziella Baulig-Otte: Gut issues
- 01:21:29 Heidi Whipple: Reacted to "Overstimulation all ..." with 👍
- 01:23:10 Graziella Baulig-Otte: Celiac
- 01:27:22 Heidi Whipple: "Oh, I see you WISH you were getting dressed right now!"
- 01:34:09 Heidi Whipple: Parenting is hard! It's so lovely to be a part of a community together.