

00:12:53 Candace Kielbiski: Marcella you are first!

00:18:13 Candace Kielbiski: Next in the Queue:

00:18:18 Candace Kielbiski: Louise

00:18:20 Candace Kielbiski: Esther

00:19:28 Candace Kielbiski: <https://self-compassion.org/mindful-self-compassion-workbook/>

00:21:30 Yvonne Kropp: do you have a recommendation for an anxiety workbook? There are so many out there...

00:25:49 Victoria Clarke: they kinda guessed and were wanting to know if they were right. So we had a discussion and why Santa came about and kinda left it at that. They were interested in the story behind it

00:25:53 Esther James: st nicolas!

00:26:21 Heidi Whipple: For an anxiety workbook - David Burns has some great stuff for adults for anxiety

00:26:30 Candace Kielbiski: <https://www.nationalgeographic.com/history/article/131219-santa-claus-origin-history-christmas-facts-st-nicholas>

00:27:53 Victoria Clarke: many cultures have some form of Santa

00:27:54 Carol Chapman: My oldest figured it out on his own...was super excited to have "caught me". My other questioned it after kids told her. And I put it back on her... what do you think? She came to the conclusion on her own. We also told them to not share this "secret" with other kids

00:27:57 Filyet Iscimen: I told my child after she questioned it for a long time and I thought she was ready to know but she was still disappointed. Then I gave her a book about Santa which helped a bit.

He lived in Turkey.

00:28:02 Candace Kielbiski: We have gone a similar route, where the spirit of Santa exist in all of us

00:28:13 Heidi Whipple: This has come up multiple times before in the PPHK group - here's one <https://www.facebook.com/groups/1427584320592759/posts/6510349712316169/>

00:28:15 Eva Cartagena: for us he asked about the tooth fairy, that in our tradition (Spain) is a mouse, and he asked and said he really wanted to know, so I told him it was us. The funny thing is that he asked me the next time he lost a tooth again, and he still acts like he doesn't know

00:28:40 Heidi Whipple: My older kids figured it out on their own, and my younger kids haven't figured it out yet.

00:28:46 Carol Chapman: Eva, my oldest said he knew for a year or two but was afraid he wouldn't get any gifts if he told us

00:30:40 Eva Cartagena: I think the magical thinking continues... I remember when I learned about it I didn't tell my parents so I could surprise them leaving some presents for them in secret, and when I woke up in the middle of the night to leave the presents I still was a bit scared to find the real 3 wise men there, hahahahaha

00:30:51 Heidi Whipple: There's some beautiful ideas out there for sharing with your kids about the spirit of Christmas and Santa ... if I can't find during our meeting today I will try to post it in the facebook group.

00:32:38 Louise Mansergh: Thank you Heidi, that would be awesome!

00:38:56 Heidi Whipple: Louise - this is a beautiful one explaining Santa that has been recommended by other Peaceful Parents many times <https://publicdomainreview.org/collection/yes-virginia-there-is-a-santa-claus-1897>

00:39:04 Candace Kielbiski: <https://www.ahaparenting.com/read/explaining-death>

00:41:09 Candace Kielbiski: The above link has a list of books available, that talk about death

00:41:23 Louise Mansergh: Lauren - I've heard good things about these books <https://www.amazon.co.uk/All-World-Were-Joseph-Coelho/dp/1786036517/> and <https://www.amazon.co.uk/Grandads-Island-Benji-Davies/dp/1471119955>

00:44:50 Heidi Whipple: I love that, Eva.

00:50:41 Lauren O'carroll: Homeschooling might help with the clutter and chores. Can you get the kids involved in having a house sort session in your schedule every day?

00:50:54 Lauren O'carroll: I have ADHD and would find that super helpful!

00:53:24 Victoria Clarke: I was homeschooled with my 6 siblings. Only took 3 hours each day

00:55:31 Mishka Willis: YES~

00:55:48 Heidi Whipple: During the summer when my kids are all home from school, it helps me to have a weekly schedule with a different type of activity each morning or afternoon. Simple things (art morning, library, baking afternoon, etc). I think something like that would work well for homeschool, too.

00:55:56 Mishka Willis: Homeschooler here, and everyone you are saying is relatable!

00:56:03 Mishka Willis: (Everything)

00:56:04 Elana Steinberg: I feel you re: clutter and lack of time/scheduling. I know a home school Mom who included household organizing and cooking- good life skills for the kids.

00:56:15 Eva Cartagena: A thing that helped me a lot for cleaning up from Marie Kondo's book is a very silly but critical advice: things should be stored somewhere where it is easy to put them in, even if

it's more difficult to put them out. Cause when you are taking it out you are motivated because you want to use it, but normally we are not that motivated to organize things... It's a little detail that changed my life!

00:57:20 Chaya Weinberg: That's so interesting Eva!

00:57:30 Candace Kielbiski: Good Luck Esther!!

00:57:41 Eva Cartagena: Right? never thought of it that way before!

00:58:10 Victoria Clarke: do we have to put our hand up if we have a question? I must have missed that part

00:58:31 Lauren O'carroll: yep, you can raise your hand in the chat :)

00:58:57 Lauren O'carroll: sorry, in participants

00:59:28 Candace Kielbiski: Victoria, if you can't figure it out, I can add you to the queue.

00:59:38 Victoria Clarke: yes please

01:01:07 Esther James: thank you for all the scheduling advice and empathy! :) building the homemaking tasks into homeschooling day is a really novel idea for me. much appreciated!

01:02:24 Lauren O'carroll: My 6 year old daughter is exactly the same Cara. its so hard. I have found the only way to communicate with her when shes in that mode is writing her little notes which she will rip up and throw at me initially but eventually will read one... very simple things just like I love you or i'm here with a hug

01:09:06 Lauren O'carroll: i really feel your pain Cara. You sound like you are doing such an amazing job with him. I'm going to pinch your 100 hugs idea :)

01:09:13 Candace Kielbiski: I have heard it referred to as a body budget. These super sensitive children are managing so many different environmental factors

01:09:42 Heidi Whipple: I think age 6-7ish is a really hard age for many kids, but especially if there are neurological differences or impulse control delays or the kid is sensitive. You're not alone!

01:09:42 Candace Kielbiski: Smells, sounds, hunger, frustrations... they all wear them out, and make them less patient

01:14:49 Cara: Thank you so much Candace, Lauren and Heidi ❤️

01:19:57 Mishka Willis: Such a helpful explanation!

01:20:03 Mishka Willis: Thank you 😊

01:20:03 Eva Cartagena: Super useful!

01:20:07 Eva Cartagena: Thank you!

01:20:23 Heidi Whipple: agree!

01:23:38 Esther James: regarding the backpack example - I actually think that for whatever reason backpacks are really important for a school kid's personal identity!

and solidarity on the mood swings and jealousy of sibling who is admittedly difficult. Same going on here in my home.

01:29:21 Eva Cartagena: I have to go. Thank you everybody!!!

01:34:34 Daniela Chelaru: when will the sibling Unit be happening?

01:34:46 Daniela Chelaru: thank you :)

01:34:54 Angela Scala: thank you

01:35:02 Esther James: have a great weekend everyone!

01:35:07 Victoria Clarke: thank you so much. wonderful questions and support

01:35:13 Marcella Neudert: Thank you!

01:35:14 Chaya Weinberg: Thank you!

01:35:19 Clara Roulev: thank you !

01:35:20 NAOMI PEEK: Thank you!

01:35:21 Lauren O'carroll: thank you

01:35:25 Mishka Willis: thank you! Loved hearing everyone's questions and your thoughtS!!