

Office Hours August 2024 - Chat

00:13:14 Dr. Laura Markham: Welcome to our August Office Hours!

00:16:02 Philippe Grebert: Hi all, I'm going to be mostly listening as I'm on my own with my two children (2.5yrs and 5yrs) and they want their dinner! I'll try to participate if I can. Thank you

00:16:16 Dajana Yoakley: Reacted to "Hi all, I'm going to..." with 👍

00:16:24 Heidi Whipple: Reacted to "Hi all, I'm going to..." with 👍

00:19:31 Heidi Whipple: Please raise your hand if you would like to ask a question today.

00:22:46 Heidi Whipple: Queue: Sarah, Kennedy, Mitra

00:28:44 Heidi Whipple: Sarah, I think it's so incredible and beautiful how you were able to put yourself in your daughter's shoes to feel what she must be feeling and be able to empathize. ❤️

00:39:06 Heidi Whipple: Kennedy is next

00:39:43 Sarah Lowery: Reacted to "Sarah, I think it's ..." with ❤️

00:40:34 Dajana Yoakley: Sarah, here's a good article on when children hit:
<https://www.peacefulparenthappykids.com/read/helping-kids-with-feelings-when-they-hit>

00:40:49 Heidi Whipple: Reacted to "Sarah, here's a good..." with ❤️

00:41:29 Dajana Yoakley: Also this one,
<https://www.peacefulparenthappykids.com/read/child-hits-parent> and this one
<https://www.peacefulparenthappykids.com/read/parenting-siblings-why-kids-hit-younger-siblings-and-how-to-help-them-stop>

00:41:42 Heidi Whipple: Reacted to "Also this one, https..." with ❤️

00:42:10 Sarah Lowery: Replying to "Also this one, https..."

Thanks, Dajana!

00:42:24 Dajana Yoakley: Reacted to "Thanks, Dajana!" with ❤️

00:43:55 Dajana Yoakley: Replying to "Also this one, https..."

Hang in there. You're not the only one! Many parents struggle with this, AND It takes some repetition from you on responding with this framework until the hitting stops but it will. Just follow the framework and trust the process, and you'll see the changes you're hoping for!

00:44:28 Heidi Whipple: Sarah, my 14yo struggled with aggression a lot when he was 8 also. He doesn't anymore at 14, and it's a good thing because he is way taller than me. Aggression is hard, and working on it like this will make a difference. It takes time and practice and some brain development, and you will see progress.

00:45:20 Dajana Yoakley: Reacted to "Sarah, my 14yo strug..." with ❤️

00:54:29 Heidi Whipple: Many children with autism have co-occurring diagnoses and anxiety is common but they don't always occur together.

00:54:38 Dajana Yoakley: Reacted to "Many children with a..." with 👍

00:55:48 Heidi Whipple: Next up in queue: Elana, Eva

01:01:07 Heidi Whipple: Freeing Your Child from Obsessive Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents by Tamar Chansky

01:01:15 Dajana Yoakley: <https://tamarchansky.com/books/>

01:01:26 Dajana Yoakley: Freeing Your Child from Obsessive-Compulsive Disorder.

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01:01:46 Dajana Yoakley: Freeing Your Child from Anxiety, and Freeing Your Child from Negative Thinking.

01:02:37 Heidi Whipple: Queue: Elana, Eva

01:02:42 Mitra Ordibehesht: This book is good for kids of which age group ?!

01:03:25 Dajana Yoakley: Mitra, probably kids of all ages including toddlers and teens.

01:03:38 Heidi Whipple: Reacted to "Mitra, probably kids..." with 👍

01:03:44 Mitra Ordibehesht: Thank you Dajana

01:03:48 Dajana Yoakley: Reacted to "Thank you Dajana" with ❤️

01:03:50 Heidi Whipple: Reacted to "https://tamarchansky..." with 👍

01:06:42 Heidi Whipple: Can you make a list of how to transform each of those harmful phrases into an expression of their feelings without attacking?

01:06:53 Sarah Lowery: Reacted to "Can you make a list ..." with ❤️

01:12:00 Heidi Whipple: Next question: Eva

01:13:09 Heidi Whipple: At our house, sometimes we have to separate and try to work things out once everyone is a little calmer.

01:15:05 Dajana Yoakley: Elana- this article is great:
<https://www.peacefulparenthappykids.com/read/how-to-stop-siblings-fighting- Step 6 under intervening in a fight highlights if either child is too upset to work things out at the moment, to separate them. This is a key step with kids who have really big emotions!>

01:15:13 Heidi Whipple: Reacted to "Elana- this article ..." with ❤️

01:15:36 Elana Steinberg: I have to leave for a meeting. Glad to have been able to take in the hour. Thanks Dr Laura and everyone!

01:15:43 Dajana Yoakley: Reacted to "I have to leave for ..." with ❤️

01:15:49 Heidi Whipple: Reacted to "I have to leave for ..." with ❤️

01:27:10 Dajana Yoakley: dajana@peacefulparenthappykids.com

01:27:26 Farinaz Edalat: I'm happy to create that video too. Taking this course was one of the best thing I've done.

01:27:34 Heidi Whipple: Reacted to "I'm happy to create ..." with ❤️

01:28:01 Dajana Yoakley: Yes, amazing Farinaz! All Success Path Members are really encouraged to send us your testimonial- video or written.

01:30:39 Heidi Whipple: This article is helpful, I just sent it to a parent earlier this week! <https://www.peacefulparenthappykids.com/read/helping-your-toddler-with-separation-anxiety>

01:31:34 Farinaz Edalat: I think Dajana is right on...the boy is taking the clothes off so he doesn't go to school.

01:32:22 Dajana Yoakley: <https://www.peacefulparenthappykids.com/read/child-cant-cry>

01:32:26 Dajana Yoakley: Reacted to "I think Dajana is ri..." with ❤️

01:32:41 Farinaz Edalat: I've learned (in a hard way) that when a child doesn't want to go to school, there's a reason so we'd want to help them resolve the issue.

01:33:01 Dajana Yoakley: Reacted to "I've learned (in a h..." with ❤️

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01:33:09 Dajana Yoakley: <https://www.peacefulparentshappykids.com/read/helping-your-toddler-with-separation-anxiety>

01:33:58 Dajana Yoakley: Also, being confident about the separation yourself. Resonating a confidence that he can do this! You know he can do it! Even if he's scared, you believe in him. Then he'll start to believe in himself too.

01:34:10 Heidi Whipple: Reacted to "Also, being confiden..." with ❤️

01:41:55 Heidi Whipple: I feel very reassured when I hear from peaceful parents of teens, that they really start to see the payoff from connection and parents have influence with their kids without needing control.

01:42:04 Dajana Yoakley: Reacted to "I feel very reassure..." with ❤️

01:46:13 Philippe Grebert: Reacted to "I feel very reassure..." with ❤️

01:47:36 Farinaz Edalat: I found the workbook SUPER helpful. AWESOME!

01:47:40 Ish G: Oh yay! Love the workbook exercises.

01:47:47 Heidi Whipple: We have office hours on 9/20 and then no office hours in October.

01:47:57 Heidi Whipple: Reacted to "I found the workbook..." with ❤️

01:48:00 Sarah Lowery: I don't seem to be getting the weekly emails.

01:48:03 Heidi Whipple: Reacted to "Oh yay! Love the wor..." with ❤️

01:48:27 Heidi Whipple: Sarah, can you email dajana@peacefulparentshappykids.com

01:48:34 Farinaz Edalat: I did the Workbook group last year twice (2nd time we did offline with the coach) and I got SO much out of it. Glad we're doing again.

01:48:42 Mitra Ordibehesht: When will be first meeting for the book reading

01:48:42 Heidi Whipple: Reacted to "I did the Workbook g..." with ❤️

01:48:48 Rakiya Bello Aliyu: Reacted to "I did the Workbook g..." with 👍

01:48:51 Heidi Whipple: I love the workbook! The groups were so great!

01:49:02 Dajana Yoakley: <https://www.surveymonkey.com/r/7BVL33M> This is the survey for participating in the small groups for the Workbook book clubs.

01:49:08 Farinaz Edalat: It's hardcore!

01:49:22 Dajana Yoakley: If you'd like to participate, please fill out this survey with your preferred time so we can schedule you in.

01:49:41 Sarah Lowery: Reacted to "Sarah, can you email..." with 🙌

01:50:02 Ish G: Will this be sent out in an email? The link to sign up

01:50:04 Dajana Yoakley: And this survey is also in your Friday email from Dr. Laura!

01:50:16 Heidi Whipple: Ish, it was in last Friday's email

01:50:25 Dajana Yoakley: Replying to "Will this be sent ou..."

Yes! It is in your email from last Friday.

01:50:27 Ish G: Thank you Heidi .