

Office Hours – August 2025

Transcript of Chat

00:08:05 Kennedy Wilson: My internet isn't stable, will just listen 🙄
 00:08:23 Heidi Whipple: Reacted to "My internet isn't st..." with 👍
 00:08:31 Marta Khader: Replying to "My internet isn't st..."

That's perfectly fine. Welcome Kennedy.

00:09:15 Heidi Whipple: Please raise your hand if you want to ask a question today. :)
 00:09:59 Dajana Yoakley: Replying to "Please raise your ha..."

Heidi, can you make me co-host so I can DM you?

00:17:58 Heidi Whipple: Next question is Merima, and then we have a pre-submitted question
 00:32:37 Heidi Whipple: Taylor, I have you down after our pre-submitted question.
 00:32:45 Taylor Overstreet: Reacted to "Taylor, I have you d..." with ❤️
 00:38:11 Heidi Whipple: Merima, this is so challenging. He must feel his emotions really intensely compared to most children. It takes so much more from us, as parents, when our children are sensitive like this. It takes a lot of noticing how things affect him and problem-solving. He is so lucky to have you, a parent who cares so much to walk through this with him. ❤️

00:40:22 Dajana Yoakley: Reacted to "Merima, this is so c..." with ❤️
 00:41:18 Heidi Whipple: For medication/supplements, I explain to my kids that everyone's body is different, and this child needs this thing to help him be his best self.
 00:42:42 Patti Naim: Would smoothies made with kefir be a possibility? You can sometimes hide several things in a smoothie if you're creative. :)
 00:42:47 Keyla Ortiz: Or a liquid version. My kids will only take liquid drops of vitamins and probiotics
 00:43:10 Dajana Yoakley: Reacted to "Or a liquid version...." with 👍
 00:43:15 Heidi Whipple: Reacted to "Or a liquid version...." with 👍
 00:43:21 Heidi Whipple: Reacted to "Would smoothies made..." with 👍
 00:45:01 P M: Not sure if your other kids are younger than him or older - Could you get them onboard and be super excited about changes to diet like probiotics, healthier versions etc. but not force him. Over time kids will come around, specially if siblings are involved.

00:45:39 Heidi Whipple: These kids with sensitive nervous systems tend to be the picky eaters also - their oral system is sensory! It makes things really tricky.

00:47:24 Dajana Yoakley: Reacted to "These kids with sens..." with 👍

00:47:46 Marta Khader: Reacted to "These kids with sens..." with 👍

00:47:53 P M: It had helped when I used to do deep pressure massage of his arms and legs, it seemed to calm him down. With sensory kids, lightweight touches are horrible, they need firm and pressure in massages, hugs etc. Frequent ones during the day, seemed to help soothe the nervous system. The key word to look up is Proprioceptive and sensory regulation

00:52:12 Jeremiah Kornder MN USA: Reacted to Would smoothies made... with "👍"

00:53:49 Heidi Whipple: Reacted to "It had helped when I..." with ❤️

00:54:59 Heidi Whipple: Emotional regulation is a big skill to develop, and it takes such a long time for some kids. Even if it feels like the aggression is purposeful, he may be so wrapped up in the emotions that he can't calm himself or stop himself yet.

00:55:18 Eileen Fauver: Reacted to "It had helped when I..." with ❤️

00:55:23 Heidi Whipple: Very wise words, P M! Thank you so much for this encouragement! ❤️

00:55:32 Patti Naim: Reacted to "Very wise words, P M..." with ❤️

00:55:39 Keyla Ortiz: <3

00:55:40 Meghan Schoening: Meghan Schoening - if there's time I have a question. I might lose connection i am going to drive home and jump on my computer

00:55:49 Eileen Fauver: Such beautiful and helpful sharing.

00:56:46 Merima Bejtagic-Makic: Reacted to "For medication/suppl..." with ❤️

00:57:36 Merima Bejtagic-Makic: Replying to "Merima, this is so c..."

Thanks so much!

00:57:54 Merima Bejtagic-Makic: Reacted to "Would smoothies made..." with 👍

00:58:01 Merima Bejtagic-Makic: Reacted to "Or a liquid version...." with 👍

00:58:06 Marta Khader: Conscious Co-Parenting Toolkit:
<https://www.peacefulparenthappykids.com/product/how-to-partner-coparenting-team>

00:58:23 Merima Bejtagic-Makic: Reacted to "Not sure if your oth..." with ❤️

00:58:27 Heidi Whipple: Reacted to "Conscious Co-Parenti..." with ❤️

00:58:34 Merima Bejtagic-Makic: Reacted to "These kids with sens..." with 👍

00:59:52 Saj Ben-Zeev: Wired for Love - Stan Tatkin

01:00:10 Heidi Whipple: I don't have a specific book, but I like looking for research and info from the Gottman Institute

01:00:14 Dajana Yoakley: The New Rules of Marriage

01:00:16 Dajana Yoakley: Terry Real

01:00:21 P M: Reacted to "I don't have a spe..." with ❤️
 01:00:25 Marta Khader: Love Every Day by Alexandra Soloman <https://amzn.to/3V4c70T>
 01:00:35 Jeremiah Kornder MN USA: Q: My wife and I are in the middle of getting divorced, and I'm staying with a relative temporarily. I feel crunched on time with my kids as I'm expected to bring them to their mom at 8 P.M., and when one acts out, I'm having a hard time connecting to resolve the problem, then it goes on and makes the whole night exhausting. What can I do to get past these outbursts (I feel like proper resolution will take too long! Maybe that's more perception) and save the night? :]
 01:00:36 Eileen Fauver: Nonviolent communication, by Marshall Rosenberg
 01:01:05 Heidi Whipple: Hold me tight, Sue johnosn
 01:01:56 Heidi Whipple: Reacted to "Nonviolent communica..." with 👍
 01:02:12 Heidi Whipple: Replying to "Hold me tight, Sue j..."

Merima recommended this one :)

01:02:28 Jeremiah Kornder MN USA: Reacted to Conscious Co-Parenti... with "👍"
 01:03:19 Eileen Fauver: Reacted to "Conscious Co-Parenti..." with 👍
 01:04:36 Heidi Whipple: Next question will be Diana
 01:07:20 Jeremiah Kornder MN USA: Good book to combat negative thinking
 01:07:28 Jeremiah Kornder MN USA: Good kids book.
 01:07:39 Heidi Whipple: Reacted to "pic-6627a983-7d15-47a9-8b87-2a6c3ef55ae7.jpg" with 👍
 01:07:55 Taylor Overstreet: Thanks, Jeremiah!
 01:08:16 Eileen Fauver: Reacted to "pic-6627a983-7d15-47a9-8b87-2a6c3ef55ae7.jpg" with 👍
 01:09:56 Jeremiah Kornder MN USA: Replying to "Conscious Co-Parenti..."

Thank you. I'm going to check this out.

01:14:41 Heidi Whipple: Jeremiah's question next and then P M
 01:16:12 Merima Bejtagic-Makic: Replying to "Not sure if your oth..."

Thank you so much, I really appreciate your input

01:17:07 Merima Bejtagic-Makic: Replying to "Emotional regulation..."

Yes, thanks for reminding me this. i really appreciate it.

01:17:37 Heidi Whipple: Replying to "Q: My wife and I are..."

In the long run, connection will always save time. Look for little moments to connect all day long. And preventative maintenance - I'll link an article.

01:19:13 Heidi Whipple: Replying to "Q: My wife and I are..."

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

01:20:00 Jeremiah Kornder MN USA: Q2: I'm looking for help on screen time. My 9 y.o. is pretty good most of the time. I let him know I'm going to set a timer for x minutes, and when it goes off, we're going to be done with the phone for the day. Most of the time, he's pretty good, but there are different expectations between houses, and this causes conflict. Also, sometimes we bond through gaming, so it can be good time spent together between he and I. I see there's good and bad with it. I've Googled it and seen different opinions on screen time, but I value and trust your opinion more than the random websites.

01:20:24 Heidi Whipple: Replying to "Q: My wife and I are..."

But it IS hard to regulate ourselves enough in the moment to really connect!

01:22:02 Heidi Whipple: Replying to "Q2: I'm looking for ..."

This is such a universal issue with kids. It's hard. We have a whole spotlight on this topic coming up next after our school spotlight, so stay tuned for lots of good resources coming!

01:23:00 Heidi Whipple: Replying to "Q2: I'm looking for ..."

It helps to talk in advance about how the end of screentime will happen. And then add in some connection when it's time to get off before enforcing the rule. It takes so much practice for kids to learn to do this well.

01:23:39 Dajana Yoakley: Reacted to "It helps to talk in ..." with 👍

01:23:43 Eileen Fauver: Reacted to "Q2: I'm looking for ..." with ❤️

01:23:45 Merima Bejtagic-Makic: Just to share my experience, its always hardest to stay regulaed with my kids around my mom esp when when they have an emotional meltdown.

01:23:57 Eileen Fauver: Reacted to "Just to share my exp..." with ❤️

01:24:02 Dajana Yoakley: Reacted to "Just to share my exp..." with 👍

01:24:09 Heidi Whipple: Reacted to "Just to share my exp..." with ❤️

01:24:46 Heidi Whipple: Replying to "Just to share my exp..."

This is true for many of us. You are not alone.

01:25:06 Merima Bejtagic-Makic: Reacted to "This is true for man..." with ❤️

01:27:41 Heidi Whipple: P M is our next question if we have time

01:31:23 Jeremiah Kornder MN USA: Reacted to In the long run, con... with "👍"

01:31:55 Jeremiah Kornder MN USA: Replying to "Q: My wife and I are..."

Thank you.

- 01:32:30 Jeremiah Kornder MN USA: Reacted to It helps to talk in ... with "👍"
- 01:32:46 Jeremiah Kornder MN USA: Reacted to Just to share my exp... with "❤️"
- 01:34:45 Merima Bejtagic-Makic: I will havw to leave now, so will say goodbye and thank for your support.
- 01:34:51 Heidi Whipple: Reacted to "I will havw to leave..." with 👍
- 01:34:54 Eileen Fauver: Reacted to "I will havw to leave..." with 👍
- 01:34:56 Marta Khader: Reacted to "I will havw to leave..." with 👍
- 01:41:00 Jeremiah Kornder MN USA: Could he help manage the football team?
- 01:41:13 P M: He was BB team manager earlier
- 01:41:22 Jeremiah Kornder MN USA: Practice helper for the QB or the long snapper?
- 01:41:53 Dajana Yoakley: My 13 year old also wanted to try out for football a few years ago and we told him no, due to the high incidence of concussions. So it was just a limit we set. Football players also get a lot of "school recognition and popularity" at school, which is a big draw at school for kids to join, they want to be cool.
- 01:41:57 P M: He just gets really gets tired being manager and then now homework gets done.
- 01:43:44 P M: I meant no homework gets done
- 01:46:31 Heidi Whipple: This is good for me to hear, too. I also worry about my 15yo's future!
- 01:46:44 Dajana Yoakley: Yes, same!
- 01:47:54 Eileen Fauver: So much empathy for your son in this situation, and for you too. I can hear how much you want to support him in finding a way to belong and connect and have fun with other kids.
- 01:48:10 Heidi Whipple: Reacted to "So much empathy for ..." with ❤️
- 01:49:21 Heidi Whipple: Big hug, P M! ❤️
- 01:50:25 P M: Reacted to "Big hug, P M! ❤️" with ❤️
- 01:51:07 Angelica Kawakami: Thank you, Dr. Laura!
- 01:51:24 Saj Ben-Zeev: Thank you Doctor
- 01:51:33 Patti Naim: Thank you! <3
- 01:51:34 Jeremiah Kornder MN USA: Thank you.
- 01:51:38 Heidi Crossley: Thank you!
- 01:51:40 P M: Thank you
- 01:51:41 Eileen Fauver: 💖 thank you.