

00:06:40 Laure Hollingworth : Hello!  
00:06:49 Eva Cartagena: Hi everybody!  
00:06:59 Jitka Aldhoun: Hello everyone!  
00:07:07 sedda ("bug"): Hi all!  
00:07:11 Ellen L-D: hello  
00:07:29 Chaya: Hi!  
00:08:49 Lubna Rasheed: 🥺 I was having the same question. Thank you for asking!!!  
00:09:13 Ghada Nadi: my same question too! just happened this morning with my 8 year old  
00:09:16 Ellen L-D: Having the same situation here too!  
00:09:56 Arlette Chinappi: Hello all! Same situation for me! Thanks for asking  
00:10:16 Candace Kielbiski: The next three questions in the queue will be  
Shammama  
Danielle  
Sarah  
00:11:20 Patta San: How can I ask question?  
00:11:39 Ilona Brandt: raise hand, Patta  
00:12:13 Patta San: Thank you. Can I be after Sarah?  
00:13:04 Lauren O'Carroll: I have a similar situation but my daughter will then shout at me to talk if I am quiet. she's so confused!  
00:13:21 Dajana Yoakley: And if they child tells you to stop talking AND go away? Do you also go away? They will shut their room door sometimes and not let me in, and I just sit outside the door but it's hard to show my presence behind a closed door.  
00:13:50 Dajana Yoakley: I know we should ask them later, did you really want me to go away, and they usually say no, but in the moment, they shut the door sometimes.  
00:14:19 Ellen L-D: I had wellie boot thrown at my head this morning while trying to empathise with an angry 7 yr old.  
00:14:26 Eva Cartagena: I just asked my 7yo the other day what he prefer me doing in those moments and he said he prefers if I wait for him to be ready at "a distance"  
00:15:09 Lauren O'Carroll: my daughter told me today she just wants people to respond to her but otherwise not to talk! aged 5  
00:15:43 Ellen L-D: my 7 yr old hates me looking at her when she's angry. I think she doesn't like how she looks when she's angry.  
00:16:51 Sheila: Escalating is my issue 🐱  
00:18:10 Dajana Yoakley: So later, once they're not angry, if they're able to talk about their vulnerable feelings, does that resolve the emotional backpack? Or do they have to cry still? Age 6  
00:27:48 Eva Cartagena: I have this issue too!  
00:28:19 Marta Khader: My husband and I have a "safe word" when one of us is getting out of line. We say, "It's getting windy in here." and that reminds us to take a break or calm down.  
00:28:40 Eva Cartagena: I love that, Marta!  
00:34:52 Candace Kielbiski: Happily Ever After: Conscious Co-

Parenting is in week 7 of your graduate Peaceful Parents, Happy Kids course

00:41:27 sedda ("bug"): This has been a great question, Danielle. Really helpful.

00:42:34 Eva Cartagena: yes!

00:42:57 Ellen L-D: I agree that this is fantastic and so helpful as the interconnected family relationships. Siblings and partners and whole family unit is vital and hard work to do together.

00:43:21 Jennifer Jones: Love that, Marta. Thanks!

00:44:04 Ellen L-D: I remember that question from a year ago.

00:45:17 Arlette Chinappi: Thanks Danielle, I can very much relate. Every answer you gave sounded like my husband and my kids in their conflicts

00:46:57 sedda ("bug"): Danielle, since your kids are older, I wonder if you could play a car game where you practice making innocuous statements as accusatory as possible...make it funny, laugh about how exaggerated it is, how it couldn't possibly be another person's fault....then take the statements and see if you can bend them back to being neutral? Then talk about how when people get overwhelmed they sometimes say things in a way they don't mean it and it comes out wrong. (I've never tried this, it just is an idea.)

00:47:11 Candace Kielbiski: Next queue~

Rocio

Leslie

Patta

00:48:28 Meghan Howcroft: My 6 year old is the same way. We've made the rule that when she goes to school she wears them because she is hanging upside down and pants falling down and wearing shorts, etc. But when she's at home, or just going to the grocery store, or the library, etc we don't make her wear them. She accepts this but honestly if I didn't worry about kids teasing her if her bum shows when her pants hang down, I wouldn't make her wear them at all.

00:48:43 Sheila: I feel like this with my Bra 🙄

00:49:29 sedda ("bug"): There are super thick, fuzzy leggings that might help keep her warm up north. Also some kids like boxer briefs?

00:49:41 Jennifer Jones: We're struggling with transitioning to pants going into winter. My oldest son is now wearing his shorts over his pants, which feels like a win. Hopefully it snows soon so we can just jump to snow pants.😂

00:51:14 Leslie: Sarah, my son has similar VERY particular preferences over what pants he wears. One of the things that has supported him/us was really valuing flexibility. Celebrating it everywhere we could and when he was flexible, about the pants or others saying things like "look at you! you handled it! you wore pants that were not your favourite ones." He has partly grown out of his particularities and also still has some of them but now has the language and emotional regulation to know he can handle wearing pants that aren't "perfect".

00:51:26 Dasha BERKMAN: Sensory OT could help with that! My son was the same way and we've seen massive improvement!

00:52:55 Lauren O'Carroll: whats a sensory OT? I dont think we

have them in the UK but i reckon we need one!

00:52:57 Ellen L-D: my daughter started wearing underwear made for boys because they fit better.

00:53:24 Dasha bERKMAN: Occupational Therapy

00:53:48 Dasha bERKMAN: But you have to find somebody who specializes in sensory integration

00:53:57 Lauren O'Carroll: I dont think we have them in the UK :( we have OT's but not sensory specific to my knowledge

00:54:30 Shammama Zia: Thanks Dasha, we have same problem, I hope I can find something in the UK!

00:54:40 Eva Cartagena: When I lived in Boston I used to wear leggings inside my jeans, cause I was cold. Maybe that's an option for the upcoming trip? Or create her own undies cutting some of the leggings she likes?

00:57:38 Dasha bERKMAN: Check out the STAR institute <https://sensoryhealth.org>

They are the people behind the research in the field of sensory processing and they are extremely responsive, so I'm sure if you reach out to them and ask for a reference for a similar organization in the UK, they should be able to recommend somebody

Sensory OT is changing my son's life and I really hope you can find help too!

00:59:51 Lauren O'Carroll: Wonderful

00:59:56 Lauren O'Carroll: thankyou!

01:01:02 Rakiya Bello Aliyu: Hi, you can check maximum potential in London, they have OTs specialised in sensory integration.

01:01:11 Barbara Paixao: kids need their feelings validated. your child was struggling to transition to go to the table and stop playing. I think you were harsh by saying 'No, we are having lunch. No ball'. His feelings weren't validated and your child went into fight or flight.

01:01:12 Dasha bERKMAN: Happy to help 😊

01:03:15 Chaya: Happy Birthday!

01:03:34 Eva Cartagena: Happy birthday, Rocio! I'm from Madrid :)

01:03:51 Lauren O'Carroll: kudos for staying calm. I find it impossible!

01:04:34 Chaya: Rocio, were you saying no to the tissues in order for him to empty his backpack?

01:04:53 Rocio González: Thank you for your words.

01:05:13 Rocio González: Yes ...that is what I was thinking, he needed to empty his backpack...

01:05:30 Rocio González: But maybe it wasn't the correct moment

01:05:34 Lauren O'Carroll: like a scheduled meltdown?

01:05:39 Rocio González: yes

01:05:46 Natalia Boyko: It is so good to see you here Leslie :) thank you so much for this question.

01:06:24 Lauren O'Carroll: yes - probably not the best moment for you. Dinner time is hard enough as it is!!

01:06:37 Arlette Chinappi: Happy Birthday Rocio! Thanks for your question...it helped me so much too. My daughter often feels frequently powerless since her two older brothers are always together and she feels often left out...she is struggling a lot with anger right now...and Dr. Markham's answer really helped me realize too that it's ok to console the child and help them through the emotions of not getting their way. So the limit was set, but we are there to help them get through that. Hope you have a great birthday tomorrow!

01:07:26 Rocio González: Thank you for your words. Im gonna do a screenshot to remember

01:08:12 Candace Kielbiski: Rocio, I also want to wish you the Happiest of Birthdays

01:08:32 Eva Cartagena: I think the transcript of this chat is going to be on the Success path with the video

01:08:45 Barbara Paixao: For Occupational Therapy (OT) on the UK there are 3 options:

01:09:01 Chaya: I have people's kind comments screenshotted and saved on my computer from i once when I asked a question!!!

01:10:04 Lauren O'Carroll: The STAR institute website looks really good. Thanks so much for the recommendation. I'm going to be busy reading after this!

01:11:13 Jennifer Jones: I hear you too, Rocio. My daughter has two older brothers and we're dealing with similar issues. Thank you for your question. Happy Birthday!

01:11:49 Ghada Nadi: Unfortunately I have to leave but will watch the recording to see the rest of the session. I will post my question here just in case there's a chance for chat questions. So my 8 year old younger son is having a lot of anger issues. He was always a kid who would go into tantrums. Lately I am trying the peaceful approach trying to validate his feelings, telling him for examp yeah you're upset because your brother is not giving you your turn on PlayStation or whatever the issue is. But he is always so angry not even giving me a change to speak to him and get through the message that I am there and I hear him and it's not emergency. He keeps yelling and gets totally out of control, and when I ask once he's calmed down what is the best way I can help when he's angry, he tells me just agree to what I say or do what I want. My husband's insisting that we take him to behavior therapist. Should I give the tools you had on the anger management spotlight some more time? Or should I take my child to a behavior therapist?

01:11:49 sedda ("bug"): I think the book The Art of Roughhousing has some suggested rules.

01:11:55 Ghada Nadi: sorry for the long question

01:12:02 Ghada Nadi: Thanks for the session

01:12:40 Allison Henderson: Leslie my eldest (my son) is so similar. We're reading a great book called "what to do when mistakes make you quake". This is very helpful! Thank you!

01:12:45 Barbara Paixao: OT in UK. 1. You can get it free on the NHS – Speak to a GP for referral; 2– search for your local council and ask if you can have OT; 3–if you can afford to pay;Check the Roal College

if OTs online and find their list of qualified and Registered OT.

01:13:31 Dasha BERKMAN: Lauren, when I first found it and started reading through their website I felt like for the first time ever I came across an organization that "got" my child. Because up until that point all of my concerns were dismissed as bad behavior or him just being a boy by countless pediatricians, teachers and experts.

01:14:01 Leslie: 000ooo thank you Alison!!

01:14:32 Jennifer Jones: Thanks for the rec, Allison!

01:14:55 Leslie: And will check out that one too Bug!

01:15:17 Lauren O'Carroll: thanks Dasha, keeping my fingers crossed! think we also have ADHD going on as well

01:17:00 Dasha BERKMAN: Us too! We are currently on the waiting list to get evaluated for ADHD. Sensory issues and ADHD often get diagnosed together.

01:17:05 Lauren O'Carroll: thanks Barbara

01:17:31 sedda ("bug"): Lauren and parents of sensory kiddos, I recently discovered this book The Out of Sync Child Has Fun....it's in my tall reading stack but the author is well-known. Might be of interest? "Each activity in this inspiring and practical book is SAFE--Sensory--motor, Appropriate, Fun and Easy--to help develop and organize a child's brain and body....this book presents lively and engaging ways to bring fun and play to everyday situations. "

01:17:36 Lauren O'Carroll: how old is your son Dasha?

01:18:02 Lauren O'Carroll: thanks Sedda!

01:19:23 Dasha BERKMAN: He's five and a half, but we've been doing OT since 3

01:20:36 Lauren O'Carroll: snap!

01:26:37 Leslie: For parents of angry/spirited/gladiator children I HIGHLY recommend Jennifer Kolari who wrote Connected Parenting and everything she has to offer online!!!

01:27:02 Jennifer Jones: Thank you, everyone!

01:28:56 Dajana Yoakley: I love this question. I think the answer is more support for your child and yourself! Consistency is so important. Doing the new supportive habits consistently!

01:28:58 sedda ("bug"): I have books on my mind. I like the book Understanding Your Child's Sensory Solutions as an exercise for parents just before the appointment for assessment. It can help you identify some of the things you are seeing, whether they are quirks or sensory things. I like to get the digital version--if you highlight what seems to be a match at your house, you can email the highlights to yourself which makes for a quick list to take in to the evaluator. These evaluations are so expensive, I like to do as much homework as possible beforehand to make the most of the expert's time. I think the STAR institute has a sensory profile checklist as well. These won't substitute for the checklists the practitioner asks you to fill out, but could fill in some detail that is hard to remember in the moment of a limited-time appointment.

01:29:30 Meghan Howcroft: You are not alone Lauren!!! And I don't know if it will help, but I found ages 4/5 to be the HARDEST with my son who has since been diagnosed with anxiety and borderline for ADHD.

They are really difficult years with a really challenging age and it sounds like you have a really challenging child. Be kind to yourself. You are doing amazing and the times where you feel you fail are not erasing all the other times you are successful. Nobody is perfect and every win is a win!!

01:29:54 Ellen L-D: my kids are like that too!

01:30:25 Hanna Werthwein: Lauren, what helped me was to understand what my need and the child's need is: I believe it is connection. When I scream, correct, order, direct, what am I doing? Separate from the child. So I am not in alignment with my feelings. Knowing I disconnect which I don't want helps me to stop, drop and breathe - self-regulation works much better.

01:30:28 Shammama Zia: Thanks to everyone for providing the resources!

01:33:31 Lyn: Hanna - loved that comment... so painful to see how I disconnect all the time from my kiddos and IT'S MORE COMFORTABLE for me - which kills me - that's the way I grew up and even though I WANT SO MUCH to have the connection, I have to catch myself all the time doing things that make us disconnected ... working on this!! Grateful for every time I can change what I am doing and not living in my own childhood with my kids ... Love to connect with any others who are working on this 💕

01:47:27 Shammama Zia: Dasha, Montessori school should not be doing that, They are very much in line with Peaceful parenting! I am surprised they said this to you

01:48:31 Candace Kielbiski: Dasha, I have ordered my own child's teacher a copy for Christmas :)

01:48:58 Rakiya Bello Aliyu: Beyond Behaviour is an amazing book. Everyone should read it and every one in education

01:50:12 sedda ("bug"): A true Montessori will be labeled as AMI...if they are not certified as AMI then they might embrace all Montessori philosophies or only some of them. Non-AMIs can be great...or not as Montessori as you'd expect.

01:50:23 Lauren O'Carroll: thanks to everyone for the comments I saw pop up while I was speaking. I had to dash off but wanted to pop back on to say thank you and will catch up with chats on the transcript and the rest of this call as well when published.

01:51:26 Miriam Huish: Could someone please write what the book was called Dr. Laura was mentioning? Thank u

01:51:38 Candace Kielbiski: Beyond Behaviours

01:51:40 Lauren O'Carroll: also on the ADD note I'm reading an amazing book at the moment by Gabor Mate called Scattered. Highly recommended it to anyone with ADD challenges in their home

01:51:41 Arlette Chinappi: Thanks so much Dr. Markham and everyone- great call - what a beautiful, supportive group here.

01:52:10 Candace Kielbiski: <https://monadelahooke.com/books/>

01:53:01 Chaya: Thank you so much Dr. Laura and Candace! It was a wonderful office hours! Have a great weekend everyone!

01:53:19 Candace Kielbiski: Thank you Chaya. Thanks for always being here.

01:53:27 Lyn: Thanks everyone for being together in this – and all the recommendations, good questions and comments : D  
01:55:35 Barbara Paixao: Dr Laura, I'm so glad you mentioned giving Mona Delahook book to the school as I've thought about that but was worried that school might not take this the best way.  
01:55:36 Ilona Brandt: thank you!!!!  
01:55:51 Allison Henderson: Yes, thank you everyone!  
01:56:00 Ellen L-D: thank you so much. really helpful tonight.  
01:56:15 Eva Cartagena: Thank you, Dr Laura. Take care ❤️  
01:56:23 Eva Cartagena: And thank you everybody!!!  
01:56:29 Lauren O'Carroll: thanks all  
01:56:31 Lyn: ❤️ you, Dr. Laura  
01:56:31 Lubna Rasheed: Thank you so much!  
01:56:49 sedda ("bug"): Lauren you are not helping my bedside reading tower! Ordered Gabor mate!  
01:56:58 Rakiya Bello Aliyu: Thank you so much Dr. Laura, Candace and everyone.  
01:56:58 Clara Roulev: Thank you! :)  
01:57:04 Lauren O'Carroll: ha Ha