

00:05:56 Dr. Laura Markham: Welcome to Office Hours!
00:07:05 Valerie Rodrigues: How do I raise my hand?
00:07:33 Valerie Rodrigues: I got it. Thank you
00:07:56 Lisette DiPasquale: I cant raise my hand
00:10:58 Kelly Lubeck: You've made a difference in SO many lives... we are all so grateful to you, Dr Laura!
00:11:43 Terri Knutson: I completely echo Lisette's comments! So thankful for you Dr. Laura and all of the helpful information you share to help us be our best version of our selves so that we can be the best parents possible.
00:13:17 Chaya Weinberg: Thank you Dr. Laura. I feel so understood when engaging with your materials. I can't thank you enough.
00:13:19 Angela Scala: yes!
00:19:06 Candace Kielbiski: Next Queue:
00:19:13 Candace Kielbiski: Lisa Mckendry
00:19:25 Candace Kielbiski: Amy Miller
00:19:31 Candace Kielbiski: Gael Ollivier
00:28:41 Esther James: Lisa, big empathy. I have a 7 year old who has struggled with online learning format.
00:32:03 Kelly Lubeck: Online learning has been SO challenging for sure. So disconnected for the kids...
00:34:00 Natalia Johnson: Yes, please do the spotlight on anxiety!
00:34:04 lisa russo pettigrew: A spotlight on anxiety would be GREAT:)
00:34:14 Terri Knutson: yes!
00:37:21 Candace Kielbiski: <https://getsuperpowered.com/>
00:37:48 Chaya Weinberg: thank you Candace!
00:38:16 Candace Kielbiski: I can do that!
00:38:49 Lisette DiPasquale: Hi Lisa I have some resources that I used to help my son and his anxiety. I could reach out to through FB if you would like.
00:39:20 lisa mckendry: Thank you everyone! yes, Lisette- that would be wonderful!
00:39:55 Angela Scala: Lisette I would be interested too, ty!
00:40:09 Lisette DiPasquale: Ok!
00:40:22 Lyn Erickson: Lisette, would it be possible to share with me/ the rest of us too? Thanks so much :))
00:45:31 Lisette DiPasquale: Sure, Lyn!
00:53:36 lisa russo pettigrew: Curious, if this last question was with younger kids, a 7 year old and a 4 year old, would the same information apply?
00:54:01 Chaya Weinberg: I had exact question too.
00:54:31 Matrona Ward: Me too, mine are 4 and 2 and this happens several times a day.
00:54:50 Matrona Ward: *4, 4, and 2
00:55:55 Candace Kielbiski: <https://www.ahaparenting.com/ask-the-doctor-1/4-year-old-bossy-social-conflicts?A=SearchResult&SearchID=11598060&ObjectID=3156648&ObjectType=35>
00:56:09 Candace Kielbiski: Next Queue:
00:56:12 Candace Kielbiski: Valerie

00:56:15 Candace Kielbiski: Joanna
 00:56:16 Candace Kielbiski: Lauren
 00:57:39 Valerie Rodrigues: Sorry I have to leave the call. I'll ask. My question the next time. Thank you
 00:57:58 Candace Kielbiski: Thank you Valerie! We will see you next time
 00:58:16 Mary Lester: Thank you for this call and the questions. It was very helpful.
 00:58:30 Candace Kielbiski: Ok, new Queue-
 00:58:34 Candace Kielbiski: Joanna
 00:58:36 Candace Kielbiski: Jenny
 00:58:40 Candace Kielbiski: Lauren
 01:03:18 Lisette DiPasquale: Hello everyone, Here are some resources I have used with my son to help him with his anxiety.
 01:03:28 Lisette DiPasquale: What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) Not Yet by Lisa Cox
 Bubble Gum Brain by Julia Cook
 I Can Handle It 1 & 2 by Laurie Wright
 Worry Says What? Allison Edwards
 A little Spot of Emotion Box Set by Diane Alber
 I also used this journal to document any time my kids overcame something they were scared to do. My Book of Brave by Maureen Gaspari
 Freeing your child From Anxiety by Tamar E. Chansky
 Anxious Kids, Anxious Parents by Lynn Lyons
 01:03:49 Natalia Boyko: Joanna_ my older son was exactly like that when his baby brother was born!! And I worked so hard to heal this and we are good now!
 01:05:07 Eva Cartagena: I have to leave now, so I'll try to ask my question next time. Thank you everybody!
 01:05:53 Angela Scala: thank you Lisette!
 01:06:22 Angela Scala: have not tried these
 01:06:33 sile Walsh: Omg my daughter use to get upset when my husband held my second daughter too
 01:07:33 lisa russo pettigrew: If time is there a way, even within the chat for the moderator or dr. laura to answer or modify the reply to younger children fighting as the question was previously asked? thanks
 01:09:29 Candace Kielbiski: Hi Lisa~ I don't believe that you necessarily need a contract for older children. To answer your question: you would absolutely do the same thing with younger children. If they are too young to express themselves, you can help them express themselves with their sibling.
 01:09:32 Lyn Erickson: Lisette - sorry - I had to log off and now I can't see the earlier chat stream ... I think my message went through? would you be able to post your materials to the FB group or send to us here? thanks so much!
 01:09:52 Angela Scala: you are not alone Jenny
 01:09:59 Lisette DiPasquale: Sure! I'll post it on FB
 01:10:03 Candace Kielbiski: Lisa, sorry younger children

wouldn't need a contract!

01:10:11 Esther James: not alone AT ALL Jenny! Sounds like my 7 year old

01:10:40 lisa russo pettigrew: candace, thanks! got it...that's why i imagined:)

01:11:54 Colleen St. James: So sorry to hear this Jenny

01:12:57 Lyn Erickson: Jenny - sending you strength and support!

01:14:09 Angela Scala: jenny - if he likes reading then something is working! so sorry for your son's experience at his old school, awful!

01:14:12 sile Walsh: Sending support Jenny

01:16:42 Esther James: my thoughts with you Jenny. I know what it's like to have a very bright child who doesn't want to learn from mom. It can be disheartening. I really wanted to be a homeschooler and it isn't nearly as easy as I hoped.

01:16:42 sile Walsh: We started Kumon with my kids when COVID happened

01:17:59 lisa russo pettigrew: Jenny, you could go to care.com and find someone to help take the teaching off your plate...i lived rural last year and was able to find someone wonderful! i wish the same for you...they charge a nominal fee to use the service and you can cancel at any time. just be specific in your search that your looking for someone to teach him etc. all the best to you!

01:18:20 Esther James: My daughter starts in person school on Monday! Fingers crossed. Jenny I hope you find something that is middle ground if it can't be a regular school. We have had good success with a one-on-one online math tutor. Maybe you could line these up for different subjects and see if it helps.

01:20:06 Katharine Talbot: Sending empathy and strength Jenny - Echo above, if he is reading then everything else will follow. It's hard to be both a teacher and a mum, sounds like you are doing an amazing job.

01:20:47 Jenny Ellerbe: Thanks everybody! I appreciate all the support and words of encouragement! @Lisa, that is a great idea! I never thought about care.com for help with homeschooling. @Esther, that's a good idea about the online tutoring. Thank you again everyone!

01:20:57 sile Walsh: I can really relate, my daughter who is 8 is very same ❤️

01:29:52 Lyn Erickson: Hi all - so glad to be here with you. With Dr Laura mentioning laughter many times again on this call, it's making me think of this short video I watched recently that's really got me thinking. In my mind (inner view of me), I'm a person who smiles and laughs readily, but I'm pretty sure my children see me looking serious/almost frowning in concentration nearly all the time :(So I'm working on bringing much more laughter in and watching my facial expressions ... and I'd like to laugh much more: <https://youtu.be/MCX4YqcW7kU> (Three Laughing Monks story)

01:32:22 lisa russo pettigrew: Thanks everyone so much! i have to jump off the call. so grateful... & lyn thanks for this video i feel the same! can't wait to watch it. Lauren we are going through a

similar thing with our 7 year old. hang in there!

01:32:35 sile Walsh: I have a parenting coach, Thanna with aha parenting ❤️ out of LA I'm in Ireland

01:32:47 Candace Kielbiski: <https://www.theparentpractice.com/>

01:33:49 Katharine Talbot: Lauren, sending empathy – my daughter has had similar moments, she's 8 now. Feel free to message me on Facebook if that would help, I'm in the UK too and on both peaceful parenting facebook groups.

01:34:44 Jenny Ellerbe: Thanks Dr. Markham!

01:34:53 Lauren O'CARROLL: thanks Katherine

01:36:26 Jenny Ellerbe: Thank you so much Dr. Markham and everyone else! I really enjoyed this session and appreciate all the support! I have to leave the meeting but am looking forward to the next one. Thank you again!!!

01:39:19 sile Walsh: Lol that's so funny! Never say it's good for them I wish I knew that 8 years ago!

01:40:39 sile Walsh: This is great cause we have done this with my 8 year old and it does get worse the bigger deal you make about it..

01:41:10 Candace Kielbiski: <https://www.ellynsatterinstitute.org/product/child-of-mine/>

01:41:37 Matrona Ward: Pasta made from lentils is my jam!

01:41:40 Lauren O'CARROLL: very hard to stop the other people in the child's life to stop doing it though even if you aren't! it's so ingrained in our culture!

01:45:02 Angela Scala: thank you!

01:45:06 Matrona Ward: Hello just a sec!

01:45:21 Matrona Ward: You might have to skip me, webcam isn't working

01:47:51 sile Walsh: Sending compassion ❤️ listening partners are great and free

01:47:55 Lauren O'CARROLL: sending you so much love and empathy Chaya. It's so hard.

01:48:33 Lyn Erickson: We call some things "grow food" and they feel proud to have gotten grow food in each day. With you Matrona on the lentils pasta! (And sorry we couldn't hear you!!)

01:48:54 lisa russo pettigrew: chaya sending you so much love & empathy.

01:49:13 Matrona Ward: Got it working on a different device... honestly I'm glad Chaya got to ask her question though :)

01:49:20 Esther James: oh my gosh, Chaya. I have had BAD experiences with therapists too. I have worked with a parenting coach of Dr Laura's and she actually helped me find a good therapist. The new one I'm working with is really helping me. The one I am working with doesn't take insurance. It does make me wonder if the better therapists don't take insurance, because it's a hassle and they don't have to.

01:50:55 Lyn Erickson: Chaya– I've felt that way before too! It's felt overwhelming for me to find someone good / right match – but it's been worth it. Feeling so lucky that we get to have this time with Dr Laura – I always feel the love and care ... in these sessions and in

every recording ... grateful!!

01:50:59 Matrona Ward: BetterHelp has been really helpful for me Chaya, and you can switch your therapist anytime you want (although I've never needed to)

01:51:26 Kelly Lubeck: I wonder about a Somatic Experiencing person to help with nervous system healing and support? (especially after doing so many things, sometimes it's layers of nervous system healing that need to take place) – and coaching can be so powerful as well. Sending love, Chaya.

01:51:49 sile Walsh: I love the work book and journaling

01:52:09 Kelly Lubeck: The course is AMAZING.

01:52:21 sile Walsh: Life changing ❤️🙌🙌

01:53:10 Lisette DiPasquale: I go back often and retake the course!

01:53:36 sile Walsh: I also wonder about self regulating and my hormone levels! I have such bad PMS 😞

01:53:37 Esther James: I agree that the emotional regulation is hardest and when you can't do that it makes everything feel less relevant. Kudos to you for doing this work Chaya!!!

01:54:08 Colleen St. James: what a great week Chaya – hang in there!!

01:54:38 sile Walsh: It's an onion! Layer

01:55:58 sile Walsh: Your not alone Chaya xx

01:56:11 Chaya Weinberg: Thank you so much

01:56:20 Colleen St. James: Thank you so much Dr.Laura

01:56:38 Cici: So much love ... thank you

01:56:51 Colleen St. James: We are trying to parent our kids while reparenting ourselves – not easy!!

01:57:00 Kelly Lubeck: Dr Laura – thank you so much. What a gift.

01:57:13 Lisette DiPasquale: Love you all! Thank you!

01:57:16 lisa russo pettigrew: thank you so very much. just tremendous!

01:57:18 Allison Henderson: Thank you Dr. Laura!

01:57:19 Natalia Boyko: Dr Laura thank you for everything you have said today!

01:57:22 Rakiya Bello Aliyu: Thank you so much Dr.Laura. And thank you everyone for sharing your experiences

01:57:27 Matrona Ward: Bye!