

00:10:38 Candace Kielbiski: Welcome everyone! First Queue:
00:10:55 Candace Kielbiski: Lauren O'Carroll
00:11:01 Candace Kielbiski: Saira Hanif\
00:11:07 Candace Kielbiski: Mei Yang
00:14:24 Lauren O'Carroll: sorry can I go second? my child is
having a meltdown!
00:15:18 Candace Kielbiski: Sure!
00:16:18 sedda "bug": Welcome, T !
00:34:45 Saira Hanif: Please could you address the 'God doesn't
like me' aspect of the question?
00:37:52 Saira Hanif: Brilliant. Thank you!
00:37:56 Candace Kielbiski: Jodi Whiteside, my messenger isn't
working :) messge me again.
00:40:47 Chaya: Lauren - I follow a wonderful podcast called "DBT and
me"- it has many skills to help with emotional regulation and it is a
free podcast. I like the DBT because it really goes into detail
about how to manage our emotions..
00:41:03 Candace Kielbiski: Next queue:
00:41:08 Candace Kielbiski: Susanna
00:41:13 Candace Kielbiski: Heather
00:41:36 Candace Kielbiski: Jodi
00:42:53 Candace Kielbiski: My chat function is a little wonky.
I apologize if your private messages are flipping in between pm and
message to everyone.
00:46:34 Kelly Ryan: Can I ask if she has seen this before?
00:55:33 Cara: Thank you for your vulnerability on the last
question. I am right there with you in working with my own triggers
from my parents and shame, and forgiveness for being an imperfect
parent
00:55:47 Lauren O'Carroll: thanks Chaya. what does DBT stand
for?
00:56:28 Heidi Whipple: DBT is Dialectical behavior therapy, a form
of cognitive behavioral therapy
00:56:52 Lauren O'Carroll: great thanks
00:57:09 Mei Yang: Cara, thank you!
01:02:16 Chaya: Lauren- Dialectical Behavior Therapy . Its usually
done in groups. It includes four modules. Mindfulness, emotional
regulation, distress tolerance, and interpersonal skills. There is a
workbook you can buy on amazon too. It's by Marsha Linham.
01:02:47 Lauren O'Carroll: that sounds really interesting.
thanks
01:04:06 Kelly Ryan: Thank you. I need to go to a meeting.
01:05:23 Candace Kielbiski: Could this be a piece of flipping
between permissive to authoritarian parenting? I have had similar
issues (in the past) with not being clear with my limits, having poor
results, and then getting a bit forceful... much to the surprise of my
children.
01:07:07 Susanna: Yes Candace, I think that is an apt description. Do
you have any tips about what worked for you when you experienced this
issue?

01:08:51 Eva Cartagena: I'm loving all the questions, and they all seem to have in common how hard it is that our children show us what we need to work on, on ourselves. It is really hard! And they push us to do the work, so it's also a great opportunity... but it's still hard!

01:10:06 Saira Hanif: I can't get over how useful and relevant ALL these question and answers are! Thank you everyone

01:10:15 Heidi Whipple: Susanna, one thing I found is that I needed to take action sooner because I was actually "gathering kindling" instead. I learned how to recognize when I was gathering kindling sooner and take action sooner.

01:11:31 Susanna: Thanks Heidi

01:12:25 Candace Kielbiski: Susanna, I so related to your question :), I actually really needed to get clear about what the limits in my household were going to be, then I made those rules clear to my family, and then my kid's actually knew what to expect. For myself, I actually needed to have a few sessions with a parenting coach. I bet if you brought this question to the Success Path fb group, you will find a whole lot of us that came to parenting as permissive (in response to our authoritarian family backgrounds)

01:12:53 Saira Hanif: Our son just came in this meeting and got happy that we are trying to be better parents! 😊

01:13:22 Meghan Howcroft: Saira, that is so fabulous!! Something for everyone to be excited about!

01:13:33 Susanna: Thank you Candace.

01:13:55 Susanna: I love that, Saira 😊

01:14:23 sedda "bug": Regarding 3yo's, I found this backgrounder very helpful when my son was 3.

01:14:27 sedda "bug": <https://slate.com/human-interest/2013/02/why-does-my-kid-freak-out-the-science-behind-toddler-tantrums.html>

01:17:48 sedda "bug": Solidarity! It's so very hard. I really related to the idea that 3s have phases of being living "land mines." So much brain growth, led to so much dysregulation at our house.

01:19:41 Saira Hanif: I am very good at making my son laugh however, I don't do it alot because he gets sooo excited and then is harder to manage! What do you advise?

01:21:44 Saira Hanif: Wha did Dr Lura just say about the key to strong wills kids is...?

01:21:59 Saira Hanif: What did Dr Laura...

01:22:14 sedda "bug": Connection!

01:22:20 Clara Roulev: connection

01:22:22 Saira Hanif: Connection! Thank you 😊

01:23:03 Caroline Billington: This is my question by the way! I made it!

01:23:12 Candace Kielbiski: Yeah!!!

01:28:40 Caroline Billington: I think what I struggle with is knowing what I should go to the bat for. I am naturally the most permissive parent.

01:30:30 Meghan Howcroft: I go to bat for health and safety type things. Things that would prevent someone or something from getting

hurt or damaged.

01:35:34 Cara: Thank you!

01:36:48 Saira Hanif: Thank you so much. See you in the FB group

01:37:02 Heather Nitz: Thank you so much, Dr. Laura! I would be lost without your insights and guidance!

01:41:33 Clara Roulev: Thank you, Dr Laura for your wisdom! thank you everyone for being part of this compassionate community. may you be well!

01:43:50 Ilona Brandt: what's DBT again?

01:44:58 Candace Kielbiski: Dialectical Behavioural Therapy

01:45:44 Ilona Brandt: TYSM

01:46:34 Phyllis Jachowski: It's my first opportunity to join into listening/participating.....my take away is that all topics I've heard so far relate to ALL ages, even tho we're talking about "kids".....Thanks!! Phyllis