

00:12:33 Candace Kielbiski: First Question will be asked by Cara
00:14:57 Esther James: I like your question, Cara! My parents were permissive and I also have trouble setting limits.
00:24:11 Lubna Rasheed: Breath. stop drop and breath
00:24:13 Dajana Yoakley: "My kid does so many things right every day!" Like putting them in the positive light
00:25:08 Chaya Weinberg: I love that Jolita!
00:25:10 Dajana Yoakley: Keeping the relationship warm all day as much as possible (repair after a rupture) so when you set a limit, it's much easier to think to yourself "my kid needs some help with this! Usually they're so good at listening! This must be hard for them! Let me help them".
00:25:30 Eva Cartagena: I would say that my kids remind me themselves because they don't even listen until I get to them and join them ;)
00:26:42 Terri Knutson: Asking myself if I really need to set a limit right now...
00:28:25 Dajana Yoakley: And call them out throughout the day on how much you appreciate them! Then it's a spoken word that everyone hears in the room as well as a feeling (within you!)
00:28:30 Candace Kielbiski: The next three in the queue:
Kristin
Becky
Pat
00:28:59 Filyet I: Could you possibly focus on one limit that's the most important?
00:37:21 Cara: Thank you everyone for your suggestions 💕
00:37:31 Dajana Yoakley: For self-care, I would say learn to delight in yourself! :) also, to learn to delight in yourself, the PPHK workbook has a 3 minute breathing meditation where you come back to the present (a few times a day!)! Really powerful if you can come into the present moment!
00:37:33 Terri Knutson: Also, maybe seeing smaller opportunities - dancing around with my kids is a great self-care thing for me and bonding fun thing with my kids.
00:39:45 Chaya Weinberg: I like to notice the small things like enjoying my food, enjoying a tea, a shower, notice my kids cute faces because these things I can do easily and they do make me feel good.
00:39:57 Eva Cartagena: I take advantage of the 10 minute car ride to the kid's school and either I go in complete silence, checking in with myself, or I listen to my favorite podcast or my favorite songs. I love those rides now!
00:40:37 Dajana Yoakley: Yes I agree! Great ideas!
00:43:28 Clara Roulev: Oh Becky! Much love to you!
00:46:28 Eva Cartagena: Also, during the pandemic I discover ways to have "me time" with everybody around. I have to choose activities that I can do in the same room as my kids and that allow me to be interrupted a million times, like jigsaw puzzles (they relax me so much) or sudokus, coloring...
00:49:35 bug: The interrupting! That is the challenging part for me, is a break that is uninterrupted - but you know it will not be

interrupted.

00:50:42 Dajana Yoakley: It's hard to be consistent! It's a lot of emotional work to self-regulate, on top of the daily life struggles! Just take one step in the right direction every day, and over time you'll find yourself in a new landscape! It's ok to be rough around the edges, that's growth! You're becoming a new person inside!

00:53:19 Hannah Morley-Fletcher: Being consistent is HUGE. I like to remind myself that I'm PRACTISING. Journaling every morning even for only 5 mins, writing down what I'm practising on that day and an affirmation, adding loving thoughts towards myself when I can take more time and really almost write to myself, to my little me inside - that really helps me a LOT.

00:53:41 Dajana Yoakley: Also, I wonder if success path members should start a small support group for parents. 3-4 parents per group! Just for support and weekly check in!

00:54:08 Chaya Weinberg: That sounds so nice Hannah! I can see that helping me!

00:54:41 barbara paixao: Becky. It's really hard and all you're feeling is normal. Welcome to the human race. We all dysregulate and regulate throughout the day. This is what our body, brain, emotions do. I find that regular practices help to become regulated faster.

00:55:37 Becky: Thank you all :)

01:00:15 Filyet I: If it is okay to share here, you may want to check out Allie Casazza's work about decluttering.

01:00:29 Esther James: Everyone's questions are so relatable for me today! Love to you all.

01:00:32 Chaya Weinberg: or flylady...

01:01:22 Chaya Weinberg: Flylady is an organizing system..

01:01:36 bug: Learn Do Become can be helpful bc they create systems and routines so you can keep on, not just stuff-clearing.

01:02:27 Dajana Yoakley: For organizing, cut down on the unimportant stuff. I think you may have too much on your plate. There's only one way, get rid off stuff off the list.

01:03:06 bug: I feel like pandemic trauma is making all of these daily executive function tasks so much more difficult - while traumatized family rely on us. It's SO HARD. ❤️

01:03:39 Dajana Yoakley: Yes! Permission to take a break and stop doing so much.

01:04:20 Dajana Yoakley: Paper plates so there's less dishes. Less clothes to wear so there's less laundry! Put toys in storage, so there's less toys.

01:04:28 barbara paixao: Becky, there are also different levels of dysregulation. If you're on level 3 rather than 9 or 10; you'll find it harder. I find that by having a few minutes daily where I commit to a certain practice, e.g. being aware of the breath, being aware of body sensations, etc; then throughout the day whenever I remember I try to become conscious of things happening in my body, e.g. I may be washing up and make the effort to become aware of the sensations on my hands, the water, the detergent, the hardness of the dishes, etc When I get quite overwhelmed if I am not too dysregulated I try to walk

away from the trigger; go to a different room and use a combination of havening techniques, Eft and self-compassion. Last Saturday I had an exam and found it so hard; when I could get 5 minutes to move out of the room I started sobbing and felt unable to go back to the room, where I still had to do one more exam. I then said to myself 'this is really hard', I used havening techniques & within a few minutes I was totally calm

01:04:31 Chaya Weinberg: Can you use paper goods? Anything to help cleaning to be easier...

01:04:38 Lubna Rasheed: Cassandra – clutterbug is an organisation expert who has ADD. She way of explaining organisation is really easy to follow.

01:05:11 Lubna Rasheed: Her* way

01:05:12 Yvonne Kropp: I started rotating toys. So the kids can only „produce“ so much chaos with less toys at hand. And not having so much toys everywhere I feel less overwhelmed with everything else...

01:06:07 Dajana Yoakley: Exactly!

01:07:18 Dajana Yoakley: Haha! That's what I told my sons, "you don't care about putting toys away? Ok we can donate them to the consignment store", they ran to get their stuff put away! Lol

01:07:26 barbara paixao: Great idea. We should do some small groups. I'd suggest between 5 and 10 people so no one feels pressurised to be there all the time and there will always be someone available for one someone need support.

01:08:16 Dajana Yoakley: Yes agree!

01:08:24 Eva Cartagena: marie kondo

01:08:24 Lubna Rasheed: So true Dr Laura!

01:08:28 Hannah Morley-Fletcher: I love the idea of the support group! I've tried to implement listening partnerships in my life but it's been harder than expected to find other parents who might be interested

01:08:38 Candace Kielbiski: Too many is choices can be overwhelming for adults! (a nod to myself). I also regularly have to de-clutter

01:08:43 Liliana Perez: Marie Kondo

01:08:52 Becky: Thank you Barbara :-)

01:09:00 Liliana Perez: For organization tips

01:09:22 Esther James: I'm reading a book right now called "Everything In Its Place – The Power of Mise-En-Place to Organize Your Life, Work and Mind"

01:09:53 Yvonne Kropp: Another thing I started, is getting more relaxed with having my kids orderly rooms. At least 2 of them have Adhd, so it's chaotic just an hour after cleaning up. So every now and then in the evening I go through a part of one shelf with one of my kids, make order together with them and clean it. So there is never a time everything is clean. But I know, that we are getting through one step at a time, and it's not that overwhelming to have everything neat with 4 chaotic kids. 😊

01:10:29 barbara paixao: Djana I sometimes say such things also; however I'm aware that It is threatening your child. The child will do

what you want, not out of motivation and learning but because of fear. You're basically saying ' I have power over you'. This will potentially affect the connection with your child if you do it often. They need to be helped to problem solve, to be tidy, etc They're still learning.

01:10:43 Dajana Yoakley: Agree Yvonne. I am much more relaxed about how clean their rooms are. If I don't have energy for it, I just close the door. Simple. Make a clear path from their bed to the bathroom is good enough!

01:10:44 bug: More perspective, Pat, these routines take a lot of time to develop. Even if the kids happily participate this weekend (ha!) it likely will take months to get them to the point that they 1. participate 2. without grumbling too much 3. or fighting you 4. or, do it on their own. If there is neurodiversity, also their skills may be a couple of years younger than their actual age. So it might take longer in time to get to where you want to be than you think. You just have to keep at it and keep the same routine. Write the routine down, we're all too overwhelmed to remember this stuff.

01:10:53 bug: I hear how hard this is!

01:11:00 Filyet I: https://www.amazon.com/Declutter-Like-Mother-Guilt-Free-No-Stress/dp/B08R959HST/ref=mp_s_a_1_4?crid=22DCXAK13BBT7&keywords=allie+casazza&qid=1645210834&srefix=allie+c%2Caps%2C66&sr=8-4

01:11:04 Candace Kielbiski: My neighbour has a clean up time after diner. Directly after they eat, they play two music for 10 minutes and everyone runs around and cleans up (mom, dad, kids)

01:11:37 Filyet I: This book focuses on decluttering from the point of view of a mother.

01:12:16 Dajana Yoakley: Love the idea! End of the day clean up! My husband is good at getting the kids to do this! But I know I should help them with this so it doesn't feel like a burden or punishment on just the kids!

01:13:31 barbara paixao: Pat I recommend you read the book unconditional parenting by Alfie Khon.

01:13:41 Chaya Weinberg: I'm excited to try out these ideas to get my kids to clean up!

01:13:48 Dajana Yoakley: Yes I've read that the research shows linking allowance to chores is not effective. Chores are just part of being a member of the family. No payment.

01:15:36 bug: Seth Perler is a popular executive function support guy for ADHD.

01:16:30 Terri: For my crew, working together to pick up was a game-changer!! When we work as a team, attitudes are better and we get a lot done!

01:16:58 barbara paixao: Rewards are a manipulation and with some kids they are aware they are being manipulated so they won't cooperate. Giving rewards raises the levels of dopamine in the brain and they get addicted to the dopamine high. Eventually they have no motivation or interest in doing what you ask unless there is a reward. I think this is potentially a disaster. The rewards basically say that you love the

behaviour, not the child.

01:18:37 Jolita Isodè: Pat, I suggest to check out The Parenting Junkie. There is a mini course where you can find applicable ideas how to design your environment to create more play for kods and make your space easier to clean up!

01:18:39 Chaya Weinberg: Good luck Pat!

01:18:45 Dajana Yoakley: Right and the dopamine should be coming from the connection with the parent! Not the external reward!

01:19:21 Shammama Zia: Pat I have a lot of same struggles as you! Great to hear this answer!

01:20:21 bug: I created a post on decluttering and a post on cleanup routines (and one on self care) in the SP facebook group, so

we can continue the conversation. So many great resources today! ❤️

01:20:38 Candace Kielbiski: Thanks Bug!

01:20:46 Eva Cartagena: thanks, Bug, great!

01:20:51 Dajana Yoakley: Awesome!

01:20:58 Chaya Weinberg: Thank you

01:21:25 Shammama Zia: Thank you Bug!

01:23:04 Jolita Isodè: We have a rule that helps a lot: when kids finish the play / activity, they must clean up before starting a new activity / before eating / screen time, etc. Of course at the begging you will need to be around to make sure they cleaned up before starting working on smth else. But when you are consistent, it really helps 😊

01:23:44 Chaya Weinberg: That sounds good Jolita. I will try it!

01:25:05 Dajana Yoakley: How about putting the 4 year old on an audio book with headphones under some dark covers in the same room so it's still dark even with the flashlight he has under docera? Tell the 2.5 year old that everyone is going to bed. But not everyone is, the 4 year old is still awake but hiding under covers! Then each one gets the separate time with mom! It's tough!

01:26:06 Kelly Ryan: Mad Libs works for us

01:27:12 Jolita Isodè: Another tip on cleaning up: picking up things as go through your day. I have few baskets in places that tend to get messy, and when I am passing by, I pick at least few things and throw them in a basket. Then in in the evening or when I have time, I empty the baskets.

01:28:17 Hannah Morley-Fletcher: I do a running monsters game on our way home from the car after school and then right before dinner we have a dance party. That has helped immensely with the whole bedtime thing. I'm a single mum and we live in a TINY apartment, so they share the same room btw.

01:29:12 bug: Card game Taco Cat Goat Cheese Pizza is fairly short, with laughs, and can be a great release...but losers might empty their backpack given the time of day.

01:30:03 Candace Kielbiski: Lenore~ this was one of the hardest stages for us. My husband works very late hours, and putting children to bed solo, and simultaneously dropping naps was a season... it does pass!

01:30:53 Chaya Weinberg: Reading lots of books to my 5.5 and almost 4

year old together is the only thing that works for us. Because the almost 4 year old falls asleep in the interim and then I can focus on my older 5 year old and talk to him. When they are both up, they can also just get silly..

01:35:20 Eva Cartagena: Elephant and Piggie, and Narwhal and Jelly collections are books that might work to read/listen to together for kids that are different ages...

01:36:58 Dajana Yoakley: Larry Cohen has a newsletter and he just released one on how to rough house without expanding a lot of energy during the session as a parent..

01:37:10 Candace Kielbiski: We love everything by Mo Willems (Elephant and Piggie). He has a great book called "Leonardo, the Terrible Monster"

01:37:22 Eva Cartagena: Yes, I was about to say that, Dajana

01:39:16 Dajana Yoakley: Yes Eva!

01:40:09 Dajana Yoakley: One idea for roughhousing with rough kids is to use an object in between you! Maybe roll a ball in a game across the room floor?

01:40:22 Candace Kielbiski: We also do chase games!

01:40:31 bug: Book: The Art of Roughhousing has guidelines

01:40:40 Dajana Yoakley: My son and I play "kick the pillow", he kicks it as hard as he can while laying down! I don't touch him at all, I just throw the pillow at his feet lol

01:40:46 Eva Cartagena: I checked and there's no link to see the newsletter online, you would have to subscribe <http://www.playfulparenting.com/>

01:41:02 Dajana Yoakley: Yeah I think you have to subscribe!

01:42:54 bug: Thanks for this Dajana and Eva!

01:45:30 Dajana Yoakley: Yeah! Also, I think the child that seeks out the wrestling, maybe is just following the laughter? It might be like tickling. They want the laughter not necessarily the tickles. She wants laughter, not necessarily wrestling? Possibly

01:51:06 Cara: Looking forward to the focus on limits and I second that a sibling spotlight this summer would be helpful. Thanks.

01:53:08 bug: The Constipation Gurus have tips, I believe they are Hodges-informed but note they are not doctors...check with your dr but they might help you form the questions for your pediatrician. (stool softeners, miralax vs. Calm vs ex lax....). They have a course called Poop Boot Camp...but ask your dr before offering anything to your

kiddo. ❤️

01:53:11 Eva Cartagena: Thank you everybody!!!

01:53:15 Becky: Thank you so much Dr Laura!

01:53:23 Becky: Thank you everyone

01:53:24 Chaya Weinberg: Thank you!