

00:24:34 Danielle Avdul: Are there books you recommend for adults to read about how to help our kids with their impulse control/ self-regulation?

00:24:45 Candace Kielbiski: Next queue:
Katherine Crotty
Meaghan Howcroft

00:25:21 Candace Kielbiski: Danielle Avdul~ are you in our Facebook group?

00:25:51 Meghan Howcroft: Zelda, sending you so much love!!!

00:26:06 Abby Arant: Lots of love and hugs to you Zelda.

00:26:11 Heidi Whipple: Danielle, Self Reg by Stuart Shanker is a good one to start with.

00:26:29 Disha Trivedi: Hugs Zelda!! Lots of hugs.

00:27:01 Maja Žorga Dulmin: Zelda, i am sending you a huge hug. You were there all the time for them, they feel this love.

00:27:18 Esther James: lots of love to you, Zelda.

00:27:36 Clara Roulev: Oh, Zelda! You are in a safe space here!

00:27:42 Ghada Nadi: Good thoughts and prayers for you Zelda.

00:27:51 Tiffany Christopulos: Lots of love

00:27:58 Natalia Johnson: Zelda, I am sending you lots of love.

00:28:00 Kim Eisele: much love to you zelda

00:28:18 Eva Cartagena: Big hug, Zelda, you are not alone

00:28:34 Danielle Avdul: Sending love Zelda...

00:28:49 Kim Eisele: getting help like a Coach can make such a difference

00:28:52 Lesley Iwinski: Love and compassion to you, Zelda. You can do this and heal and grow. Sending a warm hug.

00:30:03 Keyla Ortiz: Sending a huge hug Zelda. You are above and beyond a wonderful mother! You are not alone!

00:30:10 Lesley Iwinski: Can someone remind Zelda to check the chat?

00:30:17 Esther James: Zelda I'm reminded of what I discuss in therapy. I am hoping you can find someone good to help support you

00:30:34 Mishka Willis: Sending you so much love Zelda! You are definitely not alone.

00:31:08 Yvonne Kropp: Sending you so much love and understanding, Zelda

00:31:15 Arlette Chinappi: Zelda, your children love you and need you. YOU did not abandon them, you have been there for them. Maybe consulting with a coach for yourself will help you, and perhaps a parenting coach too so they can help you with both together. Sending you lots of hugs. You've got this! Choose to love yourself over and over again. ❤️❤️❤️

00:31:40 Zoe Field: So much love to you Zelda xxx

00:39:14 Dajana Yoakley: Also isn't this the time period (18 months?) where children should be exposed to different foods in order to not become such picky eaters later on? If she's refusing food a lot; she's not exploring those foods and is limiting her taste buds for healthier eating later

00:41:03 Naomi Peek: I had this same experience at age 2.5. We made a book for each child talking about the weaning process with

pictures of me and the child and started reading it daily for about a month before I started to wean.

00:42:02 Zelda Chapman: Meghan, my ex husband has severe ADHD so I understand how hard this can be xx Thank you for your support to me too

00:43:23 Candace Kielbiski: Next Queue:

Tiffany C

Lisette

Marianna

00:45:41 Eva Cartagena: Meghan, it happens here all the time, too, the apology for the same behavior over and over again, and one thing that I invite them to do now in the repair is to say that are they gonna do to really try to not do it again, like a specific thing that they are going to do to avoid doing it again

00:49:15 Ghada Nadi: My son is the same Meghan. I hear you!

00:49:49 Yvonne Kropp: Same here also, Meghan. I really feel you

00:49:50 Naomi Peek: Us too. I remind my child that everyone is working on something.

00:50:02 Candace Kielbiski: Unpacking the gift of adhad! We are working on this in our house as well Meghan

00:50:38 Louise: really resonates with me - thanks for asking this question Meghan

00:51:21 Mishka Willis: Meghan, also along with the positives Dr. Laura mentioned, there are also some lovely and enjoyable things to choose from that help with self regulation that are so fun and lovely and connecting, and there is joy in that. And that everyone can benefit from these as well. He is not alone. Also, my 11yo also has ADHD, Tourette syndrome, SPD, Anxiety, and it can be tough. Definitely. One last thing, is anything that is a win for him in that area I would consider really playing up, because anything that is improvement is really something you can build on and he can feel good about, and as he feels better he can do better.

00:53:05 Meghan Howcroft: Thanks so much everybody! So glad to hear others struggle with this and some great recommendations/suggestions. Thanks!

00:57:32 sedda (bug) wuller: Tiffany, this group may be helpful.

00:57:34 sedda (bug) wuller: <https://pflag.org>

00:58:55 Candace Kielbiski: <https://www.ahaparenting.com/read/talking-to-kids-about-sex-an-age-by-age-guide>

00:59:00 sedda (bug) wuller: Link to related articles on Aha!

website: <https://www.ahaparenting.com/guide/concern-sexuality>

00:59:00 Lindsey Etheridge: Good for you Tiffany for being loving and supportive of your son, despite the indoctrination of your childhood religion. As you navigate his desire to express himself in a way that is gender non-conforming (GNC), consider checking out the site "Raising My Rainbow" to hear from a parent and now from her son about wearing GNC clothes at school.

01:00:56 Zelda Chapman: Wow, I just read the messages, thank you everyone Z xx

01:02:13 Heidi Whipple: Tiffany, here's another related post on the

Aha parenting website <https://www.ahaparenting.com/read/supporting-children-who-may-be-nonbinary>

01:05:16 Lindsey Etheridge: Great resource for unpacking what we have been taught in our religions about LGBTQ+ people. Healing both for parents of queer kids and for queer people (like me!): <https://www.freedhearts.org>

01:05:25 sedda (bug) wuller: Tiffany, I wonder if you have allies in a few of the parents and other kids at the school who you could connect with as you child starts changing their attire at school. And maybe meet with the teacher so they know what's happening in advance. Kudos to you for supporting your child in a tricky environment. It sounds like a challenging time for you. Sending light.

01:05:42 Eva Cartagena: Tiffany, 2 authors come to mind that deal with that "trouble", between religion and your own values. I love them both: Glennon Doyle (also for gender identity, she is great) and LR Knost.

01:08:12 Hanna: Tiffany, what was the book you read you just mentioned? Thank you.

01:09:34 Meghan Howcroft: Lisette, my kids do the same with yelling now. They say "when you just yelled at me" and I'm like "waaa??? I wasn't yelling." But I did have a firm voice, or wasn't my usual happy voice. I don't want to discount their feelings and be defensive but I'm also like, sheesh, am I not even allowed to alter my voice slightly when I need to be firm or set a limit without the accusation of yelling.

01:10:33 Candace Kielbiski: Tiffany, I believe you referred to the following book <https://harvilleandhelen.com/books/giving-the-love-that-heals/>

01:10:49 Kelly Ryan: I wonder if they have ever engaged their deep, loud voice to express themselves- into the air, pillow, etc. not at someone but in full, unbridled self expression. - so they can have a relationship w yelling/screaming that is outside the bounds of anger at a person or losing it. It would be theirs, intentional and not directed at Another person. Maybe it could also give them empathy for the feeling of wanting to yell so as to understand where another person is coming from when doing so while also setting a boundary to not accept being treated in that manner.

01:12:30 Amy Behrens: Hi Tiffany, I only got to hear the last part of your question on your son and wanted to recommend a wonderful novel called This is How It Always Is by Laurie Frankel about a family whose youngest son transitions to being a girl. I loved it and I think you may relate to the many feelings. I also wanted to recommend two books that are great for teaching spiritual principals without being tied to a particular religion. Nurturing Spirituality in Children by Peggy Jenkins and The Family Virtues Guide by Linda Kavelin Popov. I used these books to create a Spiritual Parenting class with other parents and kids when my kids were little. I left my religion in my 20s after doing some seeking, joined a different religion and married someone from yet another religion. Welcoming the questions and exploring, especially with other parents can be a wonderful journey of discovery,

and it's also hard. I wish you strength, courage, and love as you explore what makes most sense for you and your family.

01:14:21 Amy Behrens: I'm happy to talk with you about this process if you would find that helpful. You can google my name and contact me.

01:14:37 Kim Eisele: what did dr. Laura say how you should Always react when Children are scared . thanks

01:17:05 Tiffany Christopulos: Thank you Amy. I will read the books and reach out!

01:20:57 Kelly Ryan: Thank you everyone. I am going to excuse myself as my little one just got out of school.

01:21:22 Amy Behrens: I look forward to talking with you, Tiffany. The spirituality books are great for dipping into as you need them. My youngest child is exploring being non-binary, so perhaps we can talk about that as well.

01:22:10 Tiffany Christopulos: Just reading all your messages. Thank you for the love, support and resources. So grateful for this group. Xoxo

01:39:17 Candace Kielbiski: Yvonne~ I try to remind myself, that with adhd, is that he is developmentally behind in this area. He is going to take longer, and more coaching.

01:39:40 Danielle Avdul: Are there books you recommend for adults to read to learn to help kids with impulse control and self regulation

01:39:43 Meghan Howcroft: Yvonne, was just telling my (very similar) son this today - that each time he wants to yell or hit and doesn't, he's making a new "track" (we used a train track analogy) and the more he practices, that track will becoming the well-used track and the train will take that route more often, instead of the old route which lead to hitting, yelling, swearing, etc. He really liked that analogy!

01:40:16 Candace Kielbiski: <https://www.ahaparenting.com/read/how-to-stop-biting-at-preschool>

01:41:01 Candace Kielbiski: Danielle, I love Mona Delahooke's Beyond Behaviours. I know that Dr. Laura often cites her work

01:42:19 Eva Cartagena: Love the train track analogy, Meghan

01:44:36 Sheila Walsh: Sending love Yvonne

01:47:41 lisette dipasquale: The SPot books for kids

01:47:44 Yvonne Kropp: Thank you so much!!

01:48:00 Amy Behrens: I'm also wondering if anyone knows any books or if you have any articles on 4 year olds who have a strong mommy preference despite having involved dads who want to help - I have two friends dealing with this and so far my ideas haven't helped fully

01:48:12 Heidi Whipple: Dawn Huebner also has a series of books for older kids based on CBT techniques. Some of the titles include "What to do When You Worry Too Much" and "What to do When Your Temper Flares". In my experience the coregulation is more helpful than a book for kids, though.