

## Office Hours December 2023

00:02:21 Dr. Laura Markham: Welcome to Office Hours!  
00:02:38 mooniek Seebregts: Hi everyone!  
00:05:33 Candace Kielbiski: The next queue:  
Lee  
Michele  
Martyna  
00:13:13 Candace Kielbiski: And I wonder if it isn't only that they are allowed to be heard, but they ALSO have the right to  
00:13:16 mooniek Seebregts: In our family, we called our daughter's grandfather 'Grumpy Grandpa' which made it easier for her, because we would talk about him before, and after and that she could come to us at any time during the visit.  
00:13:40 eva kruiper: what if that makes the parent more angry.. when the child speaks up for him or herself..  
00:13:45 Candace Kielbiski: Reacted to "In our family, we ..." with 👍  
00:13:56 eva kruiper: Reacted to "In our family, we ca..." with 👍  
00:14:50 eva kruiper: Mooniek I love that  
00:15:07 Marine Alneel: Reacted to "In our family, we ca..." with ❤️  
00:24:57 Jason Arenburg: Lee, I know it's getting cold in Maine, but I'm wondering if the roughhousing could be done outside. I wonder whether it would FEEL more adventurous for him to be tossed into a pile of leaves or otherwise have a little more space in which to roughhouse.  
00:25:17 Marine Alneel: Reacted to "Lee, I know it's get..." with ❤️  
00:25:18 Heidi Whipple: Reacted to "Lee, I know it's get..." with 👍  
00:25:19 Megan Robertson: Reacted to "Lee, I know it's get..." with ❤️  
00:25:41 mooniek Seebregts: Reacted to "Lee, I know it's get..." with ❤️  
00:25:51 Michele Childs: I'm still here :)  
00:26:17 Lee Leviter (they/them): Replying to "Lee, I know it's get..."

Love the suggestion! We had an outdoor rough play group over the summer last year and that was really fun.

00:26:20 Candace Kielbiski: Replying to "I'm still here :)"

I am so sorry! I lost your hand!! Would you like to ask the next question?

00:26:43 Jason Arenburg: Replying to "Lee, I know it's get..."



00:27:17 Michele Childs: Replying to "I'm still here :)"

Sure, thank you!

00:29:02 Heidi Whipple: Martyna, I wonder if you have tried pointing to the person who is getting tired of him and saying "It looks like (name) needs a break right now." and redirecting him to another activity in that way. If you focus on what the other person needs, do you think he would go along with you?

## Office Hours December 2023

- 00:29:16 Candace Kielbiski: Reacted to "Martyna, I wonder ..." with 👍
- 00:29:42 Megan Robertson: Reacted to "Martyna, I wonder if..." with 👍
- 00:31:17 mooniek Seebregts: How about informing your family so that they can have the conversation, so they can say: 'Darling, I need some time to speak to another person.' You talk to the adults also so that it is not a 'hidden discomfort' for the adults and they can better help your son?
- 00:31:25 Marta Khader: Lee, I've heard Dr. Lawrence Cohen, who wrote The Art of Roughhousing, often advise starting and stopping roughhousing which can help keep it from getting out of control. Sorta like red light green light...so you'd start the wrestling for example and then you'd say Stop and you'd freeze and then you'd say, GO! and start again and then say Stop!
- 00:31:50 Megan Robertson: Reacted to "Lee, I've heard Dr. ..." with 👍
- 00:31:52 Jason Arenburg: Reacted to "Lee, I've heard Dr. ..." with 👍
- 00:31:53 Heidi Whipple: Reacted to "How about informing ..." with 👍
- 00:31:58 Ellen Morris: Reacted to "How about informing ..." with 👍
- 00:32:09 Ellen Morris: Reacted to "Lee, I've heard Dr. ..." with 👍
- 00:32:16 Heidi Whipple: Reacted to "Lee, I've heard Dr. ..." with 👍
- 00:33:38 Candace Kielbiski: Next queu:  
Michele  
Shammama  
Jason
- 00:34:49 Martyna Hempel: Reacted to "How about informing ..." with 👍
- 00:35:38 Lee Leviter (they/them): Reacted to "Lee, I've heard Dr. ..." with ❤️
- 00:36:25 eva kruiper: Reacted to "Lee, I know it's get..." with 👍
- 00:36:35 Martyna Hempel: Reacted to "Martyna, I wonder if..." with 👍
- 00:36:41 mooniek Seebregts: We told the older ones that now they were part of 'the secret' that now we were all going to make the young ones happy (which would make us happy as well)
- 00:37:31 eva kruiper: Reacted to "We told the older on..." with ❤️
- 00:39:31 Ellen Morris: Mooniek I was thinking the same thing! My parents did this with me and it was so fun to help them with things for my little brother (it's still magical but they get to feel grown up too)
- 00:39:47 mooniek Seebregts: Reacted to "Mooniek I was thinki..." with 😊
- 00:40:18 eva kruiper: Reacted to "Mooniek I was thinki..." with 👍
- 00:40:34 Megan Robertson: I also wonder if you aren't ready to tell him yet, you could say something like, 'we all get to decide on our own what we believe in.' in the case he still wants to believe
- 00:40:41 Candace Kielbiski: <https://www.ahaparenting.com/read/is-it-wrong-to-lie-to-kids-about-santa>
- 00:40:49 Marta Khader: I've seen some really lovely books that talk about this topic as well.
- 00:40:50 Heidi Whipple: <https://www.ahaparenting.com/read/appropriate-age-to-talk-about-tooth-fairy-tale-and-other-myths>

## Office Hours December 2023

00:42:09 Heidi Whipple: I try to redirect - "What do you think?" until they really press to know.

00:43:52 Megan Robertson: me too!

00:44:38 Chaya W: I have a similar question with joking/pretending with kids who take it seriously. This morning I joked and told my son that is 7 that his shirt is really is so happy to be on him- it can't believe its good luck and so on... He laughed but then seriously asked me if his shirt actually really knows who is wearing it. I worry that I am "joking" but he does take it seriously. I also used to say that I understand baby language and know his baby sister said "I love you" to him- and he really thought I knew baby language and still thinks that I do. I am now thinking to tell him another time that those were jokes and it was so fun to pretend...

00:46:44 Marine Alneel: What about letting the kids have that space in fantasy and talking to them about this being fantasy and "wouldn't be nice if we could get everything we want", and then managing expectations about what they might actually get

00:46:59 Heidi Whipple: Chaya, I think with the joke you can say, "Of course your shirt really can't tell, but isn't it fun to think about?" And you can still be playful. And I think you do "speak" baby because you are interpreting your baby's body language to help your son better understand how the baby likely feels. It's a process to learn about truth and fiction, jokes and fun.

00:47:23 Chaya W: Reacted to "Chaya, I think with ..." with ❤️

00:47:36 Lee Leviter (they/them): I also wonder if a deeper issue here is struggling with whether there is magic in the world. It's possible for Santa to not be an actual person and there still be magic of all kinds.

00:47:36 mooniek Seebregts: Michele, maybe a question : what could you do with 1 million dollars. (He may be a business man in the making)

00:48:53 Candace Kielbiski: Reacted to "I also wonder if a..." with ❤️

00:48:55 Michele Childs: Reacted to I also wonder if a d... with "❤️"

00:49:03 Zoë Field: Reacted to "I also wonder if a d..." with ❤️

00:49:18 Zoë Field: Reacted to "Michele, maybe a que..." with ❤️

00:49:23 Candace Kielbiski: Reacted to "What about letting..." with 👍

00:49:30 Michele Childs: Reacted to We told the older on... with "❤️"

00:50:15 eva kruiper: shamamma thank you for being brave to talk about this

00:50:28 Michele Childs: Thank you for all the suggestions!

00:50:31 mooniek Seebregts: Reacted to "Thank you for all th..." with ❤️

00:50:47 eva kruiper: great question

00:53:01 mooniek Seebregts: Reacted to "shamamma thank you f..." with ❤️

00:53:14 Jason Arenburg (he/him): Reacted to "shamamma thank you f..." with ❤️

00:54:04 Candace Kielbiski: My kid's still have an "Only soft pants" condition.

00:54:33 Betsy Schneider (she/her): My 14 yo, Eli wears sweatpants! I hope a kid at school says something to him LOL

00:54:33 Jason Arenburg (he/him): Reacted to "My kid's still have ..." with 👍

00:54:42 Megan Robertson: Reacted to "My 14 yo, Eli wears ..." with 😂

00:54:56 Marta Khader: Reacted to "My 14 yo, Eli wears ..." with 😂

00:54:58 Heidi Whipple: Reacted to "My 14 yo, Eli wears ..." with 😂

## Office Hours December 2023

00:55:32 Michele Childs: Same, we love soft pants

00:55:58 Jason Arenburg (he/him): Reacted to "My 14 yo, Eli wears ..." with 😂

00:58:41 mooniek Seebregts: DR Markham: my son you inspired me to look for better ideas as a parent and that is very powerful.

00:59:00 Chaya W: Do we also tell them we can try to make it up to them by doing more special time or something else like that...

01:00:17 Heidi Whipple: I think we can make it up by doing our best to be connected moving forward? Without having to necessarily do extra?

01:00:39 mooniek Seebregts: Reacted to "I think we can make ..." with ❤️

01:00:39 Chaya W: I felt for my son- it helped to tell him tho that I was trying to make it up to him now...

01:00:49 Heidi Whipple: Reacted to "I felt for my son- i..." with ❤️

01:00:50 Candace Kielbiski: Reacted to "I felt for my son-..." with 👍

01:00:53 Heidi Whipple: I love the idea of bringing laughter to that. That can be so healing.

01:01:34 eva kruiper: Reacted to "I love the idea of b..." with ❤️

01:01:43 Marta Khader: Love this role modeling! So helpful!

01:08:44 eva kruiper: read books and ask questions while reading works very well with me and the kids

01:09:09 mooniek Seebregts: Reacted to "read books and ask q..." with ❤️

01:09:12 mooniek Seebregts: Reacted to "Love this role model..." with ❤️

01:11:14 Betsy Schneider (she/her): Jason, my FIL used to play Fan Ball and Stair Ball with my husband and his brother. Maybe that would work differently since it's not an official sport. (You're just throwing the ball at a ceiling fan or up or down the stairs - taking turns. It definitely sparks laughter)

01:11:37 Marta Khader: Reacted to "Jason, my FIL used t..." with ❤️

01:11:59 Ellen Morris: Reacted to "Jason, my FIL used t..." with ❤️

01:12:14 Heidi Whipple: Jason, what about playing a buffoon-type character during the special time game to get him laughing? After-school dad might be more earnest play, and special time dad might be silly?

01:12:23 Candace Kielbiski: Reacted to "Jason, what about ..." with 👍

01:13:00 eva kruiper: do you feel like the kid feels closer..?

01:13:44 Ellen Morris: Another thing that can make it really fun is to pretend to be a commentator of the game, it's a fun way to cheer them on (saying things like here comes so and so, he's undefeated but taking on his toughest opponent yet! Etc) I've found it works for a lot of age groups and makes me feel more connected with them

01:13:59 eva kruiper: Reacted to "Another thing that c..." with ❤️

01:14:06 eva kruiper: I love that Ellen!

01:14:13 mooniek Seebregts: Jason: brainstorming with them what special time could look like?

01:14:23 Heidi Whipple: Reacted to "Another thing that c..." with ❤️

01:14:26 Candace Kielbiski: Reacted to "Another thing that..." with 👍

## Office Hours December 2023

01:14:46 Ellen Morris: Thank you Eva! I learned it from one of my fellow coaches at school :)

01:15:00 eva kruiper: Reacted to "Jason: brainstorming..." with ❤️

01:15:06 eva kruiper: Reacted to "Thank you Eva! I lea..." with ❤️

01:15:23 Christel Vincent: Reacted to "Another thing that c..." with ❤️

01:16:04 Chaya W: My kids only want rough housing for special time because. I probably don't do enough of that otherwise. Or they want me to be acting really funny. The issue is I'm not always in the mood of that!

01:16:23 Betsy Schneider (she/her): Reacted to "My kids only want ro..." with 👍

01:16:32 Heidi Whipple: There's a bunch of games in the workbook!

01:16:38 Betsy Schneider (she/her): Replying to "My kids only want ro..."

שבת שלום 😊

01:16:42 mooniek Seebregts: Reacted to "There's a bunch of g..." with ❤️

01:16:51 Chaya W: We use the list in the workbook. My kids take the workbook and ask me to read them new games from there...

01:16:59 Heidi Whipple: If you search the Facebook group there are lists - search roughhousing.

01:18:12 Heidi Whipple: Replying to "My kids only want ro..."

I feel this! ❤️

01:18:37 Candace Kielbiski: Reacted to "There's a bunch of..." with 👍

01:18:44 Candace Kielbiski: Reacted to "We use the list in..." with 👍

01:18:49 Chaya W: Reacted to "שבת שלום 😊" with ❤️

01:18:50 Candace Kielbiski: Reacted to "If you search the ..." with 👍

01:19:16 Heidi Whipple: Reacted to "We use the list in t..." with ❤️

01:19:23 Chaya W: Replying to "My kids only want ro..."

@Betsy Schneider (she/her) you too!

01:19:35 Betsy Schneider (she/her): Reacted to "@Betsy Schneider (sh..." with ❤️

01:21:19 Jason Arenburg (he/him): Reacted to "Jason, my FIL used t..." with ❤️

01:21:36 Jason Arenburg (he/him): Replying to "Jason, my FIL used t..."

Good idea. Thanks, Betsy!

01:21:59 Betsy Schneider (she/her): Reacted to "Good idea. Thanks, B..." with 👍

01:22:26 Jason Arenburg (he/him): Reacted to "Jason, what about pl..." with 👍

01:23:02 Jason Arenburg (he/him): Replying to "Jason, what about pl..."

That might work...can give it a try! Thanks for the idea.

01:23:18 eva kruiper: christel what a great question

01:23:27 eva kruiper: and you must feel for him! I feel for him!

01:24:51 mooniek Seebregts: Christel: fabulous that you can explore this with him.

01:24:56 eva kruiper: Oh Laura I really love this idea!

## Office Hours December 2023

01:24:58 Jason Arenburg (he/him): Replying to "Another thing that c..."

That's what I do during the afternoon soccer games! They love it. But to your point, I often don't do it during Special Time play, and perhaps that would be a welcome addition. Thank you!

01:25:45 Jason Arenburg (he/him): Reacted to "We use the list in t..." with ❤️

01:25:51 Jason Arenburg (he/him): Reacted to "There's a bunch of g..." with ❤️

01:26:59 Jason Arenburg (he/him): It was Betsy Schneider's fault! 🤔

01:27:17 eva kruiper: in a way it's great he has the confidence to do whatever they tell him to do and not feel shame about it...and other kids might feel that too and play on that...but maybe point is that he wouldn't need to be doing anything just because others tell him..?

01:27:21 Jason Arenburg (he/him): Reacted to "If you search the Fa..." with 👍

01:27:21 eva kruiper: just thinking out loud

01:27:25 mooniek Seebregts: Reacted to "It was Betsy Schneid..." with 🤔

01:27:31 Chaya W: Reacted to "It was Betsy Schneid..." with 🤔

01:29:55 mooniek Seebregts: Reacted to "just thinking out lo..." with ❤️

01:32:00 eva kruiper: maybe try to talk to him about PAUSING before acting...and actually pausing to make a conscious choice about whatever behaviour is being pushed

01:32:23 Marine Alneel: Reacted to "maybe try to talk to..." with ❤️

01:33:13 mooniek Seebregts: Replying to "maybe try to talk to..."

With curiosity there is so much to explore... Empowerment can be a long windy journey

01:33:14 Phyllis Jachowski: Thanks for the discussions today....always helpful.

I need to go now,

Phyllis

01:33:25 Candace Kielbiski: Reacted to "Thanks for the dis..." with ❤️

01:33:30 Jason Arenburg (he/him): Reacted to "Thanks for the discu..." with 👍

01:33:36 eva kruiper: maybe play role games where HE gets to be the director..and model saying no to some of he's directions

01:33:51 eva kruiper: and than switch roles

01:33:51 mooniek Seebregts: Reacted to "maybe play role game..." with 👍

01:34:06 Megan Robertson: Reacted to "maybe play role game..." with 👍

01:34:06 eva kruiper: Reacted to "Thanks for the discu..." with ❤️

01:34:52 Betsy Schneider (she/her): Replying to "It was Betsy Schneid..."

haaa, I love that her imaginary friend was Betsy 😊

01:35:06 mooniek Seebregts: Reacted to "haaa, I love that he..." with ❤️

01:35:09 Jason Arenburg (he/him): Reacted to "haaa, I love that he..." with 🙌

01:35:29 Betsy Schneider (she/her): This is fascinating. Thank you! Bye

01:35:40 Chaya W: Reacted to "This is fascinating...." with ❤️

01:37:01 eva kruiper: Reacted to "With curiosity there..." with ❤️

01:37:57 Candace Kielbiski: Such great questions!!!

## Office Hours December 2023

01:38:27 Marine Alneel: This was so helpful! Both questions and answers, thank you Dr Laura and everyone

01:38:37 Megan Robertson: Thank you!!

01:38:50 Heidi Whipple: It was lovely to be with you all today! Happy holidays!

01:38:51 Martyna Hempel: Thank you!

01:38:53 eva kruiper: thanks evrryone

01:38:55 Christel Vincent: Reacted to "With curiosity there..." with ❤️

01:39:01 eva kruiper: Reacted to "It was lovely to be ..." with ❤️

01:39:05 Christel Vincent: Reacted to "maybe play role game..." with 👍