

00:04:39 Dr. Laura Markham: Welcome to our December Office Hours!

00:12:25 Catherine: Can he have playdates with the four friends who aren't at his school anymore?

00:14:30 Candace Kielbiski: Next Up:  
Marta  
Catherine

00:17:47 Heidi Whipple: Peaceful Parenting coaches <https://www.ahaparenting.com/coaches-directory>

00:19:14 Candace Kielbiski: Wren, this is so hard. You are doing such a great job.

00:26:19 Wren: Thank you Candace <3

00:32:16 Miriam Fernandez: Unfortunately, I have to go... thank you everyone for the sharings. I'll try to catch up later.

00:33:41 Elana Steinberg: I can sooo relate Catherine. Single twin Mom too. Same with the toothbrushes!

00:39:05 Elana Steinberg: I dk if you mentioned this but I find mine seem to accept the bedtime more when we do some roughhousing before. I often feel there's no time for it but they are happier and listen more after these times.

00:39:56 Heidi Whipple: So far with each of my boys they have been reluctant to try taking showers, but then once they finally tried it they liked it and kept taking showers after that. It was a lot of coaxing to get each of them to try. One thing that helped was letting them know that they could still take baths too if they wanted.

00:41:15 Candace Kielbiski: We also rough house before bed. It works for us. They are super cooperative for getting down for snuggles after.

00:42:00 Candace Kielbiski: Next queue:  
Annie  
Aimee

00:43:49 Candace Kielbiski: So common with girls!!

00:46:21 Marta Khader: Thank you for asking this Annie. This is helpful for me too.

00:51:34 Candace Kielbiski: We prepare responses to the weird/confusing/rejecting comments from peers

01:05:19 Heidi Whipple: Some of my kids don't like to talk about their day right after school. Some of them do, and some don't talk until later in the evening.

01:06:02 Marta Khader: I actually chase my son out of the car when we get home to get roughhousing started right away and I've noticed it makes a huge difference to start is ASAP.

01:06:13 Annie Pellegrini: Sorry I have to run to my next meeting. Thank you for a very insightful session! Best to all of you!

01:06:29 Disha Trivedi: Thanks Heidi. Yeah, the only reason I wish she would is because that's our alone time together. When she tries to talk to me at the end of the day her sister is present and wants to talk to me too:)

01:06:51 Disha Trivedi: Thanks Marta. I am going to try that :)

01:07:03 Heidi Whipple: Yeah, it's so hard when everyone wants to talk to you at once!

01:09:10 Marta Khader: One thing we started which was recommended in the book Listen was Potty Talk Time and worked wonders when my son was a little younger and brought home these words.

01:19:45 Candace Kielbiski: I have really been thinking about the sibling relationship. I think I have been subconsciously thinking that somehow it moves towards perfection

01:20:53 Aimee Petty: Thank you, Candace, that resonates, yes.

01:22:04 Aimee Petty: They get along so well so often that it feels alarming and scary when they flip and so vehemently don't get along seemingly all of a sudden

01:23:45 Disha Trivedi: Had a follow up question to what dr Laura just said, if there is time

01:33:00 Heidi Whipple: I use the mantra "He's doing the best he can. He's not giving me a hard time, he's having a hard time."

01:33:07 Yvonne Castillo Urbina: I just shut it-walk away...

01:33:08 Catherine: Sometimes my kid will tell me, "mom, stop, drop, and breathe."

01:33:12 Disha Trivedi: I remind myself that I need to walk away because nothing helpful happens when I am in FFF mode. Hugs.

01:33:43 Candace Kielbiski: One thing I did, is give my kids permission to say that they noticed I was getting triggered. It reminded me that I wanted to drop my agenda. It was an extension of my yelling chart

01:33:50 Marta Khader: Something that has helped me so much was learning about the physiology of calming down my nervous system and what having vagal tone actually means.

01:33:55 Heidi Whipple: I also really like checking in with my emotions throughout the day so I notice when I am gathering kindling or when my body resources are low.

01:33:59 Marta Quintas: Catherine, my kids also remind me that it's better not to talk and go away

01:35:13 Disha Trivedi: Hugs Jennifer! Wishing you the best.

01:35:33 Marta Quintas: Marta, can you recommend a book about that

01:36:36 Disha Trivedi: Thank you Dr Laura!

01:36:38 Jennifer Bream: Thank you so much!