

## Office Hours December 2025

### Transcript of Chat

- 00:07:33 Heidi Whipple: We have a special gift for everyone attending live today:
- 00:08:42 Heidi Whipple: Queue: We're going to start with Maki and then Marian today.
- 00:28:33 Abigail Wightman: Sending you a big hug Maki ❤️
- 00:28:39 Heidi Whipple: Maki, sending you so much love. ❤️
- 00:28:49 merima bejtagic: ❤️❤️❤️
- 00:28:51 Dajana Yoakley: You're not alone in this!
- 00:29:19 Marian Headon: Maki, I can relate so much!! ❤️❤️❤️
- 00:36:09 Eileen Fauver: Maki 💕💕💕
- 00:37:43 Heidi Whipple: You can also come to the Facebook group for more support in between office hours. We are here for you. ❤️
- 00:38:28 Maki: thank you everyone. so grateful. looking forward to our shared community. ❤️❤️
- 00:38:35 Eileen Fauver: Reacted to "thank you everyone. ..." with ❤️
- 00:38:36 Dajana Yoakley: Reacted to "thank you everyone. ..." with ❤️
- 00:41:03 Heidi Whipple: Marian, I relate to this question so much. I also have held deep regret for using cry it out sleep training with my oldest son. It has taken a lot of self-compassion for myself to work on healing this.
- 00:41:19 Maki: oh, Marian. i am so sorry about your sister. you have such a big, beautiful heart — that comes through so clearly. he also feels that too. you did the best thing at the time and took advice that you needed when you were vulnerable. be kind to yourself.
- 00:41:36 Heidi Whipple: Reacted to "oh, Marian. i am so ..." with ❤️

00:41:47 Heidi Whipple: Reacted to "thank you everyone. ..." with ❤️  
 00:41:58 Heidi Whipple: Reacted to "Maki 🍷🍷🍷" with ❤️  
 00:42:02 Heidi Whipple: Reacted to "Maki, I can relate s..." with ❤️  
 00:42:06 Heidi Whipple: Reacted to "You're not alone in ..." with ❤️  
 00:42:10 Heidi Whipple: Reacted to "❤️❤️❤️" with ❤️  
 00:42:17 Heidi Whipple: Reacted to "Sending you a big hu..." with ❤️  
 00:44:38 Maki: so good, dr laura. in two words: forgive yourself. 🍷

we really do all relate to needing to sleep especially in mourning and distress with two kids. kindness to self.

00:44:52 Heidi Whipple: Reacted to "so good, dr laura. i..." with ❤️  
 00:48:06 Heidi Whipple: Some sort of race game - "Oh no, I'm not going to get to you in time!" (slow motion) then speeding up and running "Whew! Look, I made it!" lots of hugs and kisses  
 00:48:52 Heidi Whipple: Next question: Abigail then Mitra  
 00:50:24 Maki: mirror game. they freeze, you freeze.

If they make a sound, you copy the sound.

If they change speed suddenly, you do too.

What makes kids laugh isn't the copying it's the attunement. They feel seen. They test you. They try to trick you. And when you still stay with them, it lands emotionally as: "You're paying attention to me. You're not leaving."

00:50:43 Heidi Whipple: Reacted to "mirror game. they fr..." with ❤️  
 00:52:47 Maki: @Heidi Whipple ❤️  
 00:52:57 Marian Headon: Reacted to "Marian, I relate to ..." with ❤️  
 00:53:00 Heidi Whipple: Reacted to "@Heidi Whipple ❤️" with ❤️  
 00:53:07 Marian Headon: Reacted to "oh, Marian. i am so ..." with ❤️  
 00:53:17 Marian Headon: Reacted to "so good, dr laura. i..." with ❤️

- 00:53:25 Marian Headon: Reacted to "Some sort of race ga..." with ❤️
- 00:53:37 Marian Headon: Reacted to "mirror game. they fr..." with ❤️
- 00:59:29 Heidi Whipple: Sharing this again in case anyone missed it earlier:
- 00:59:50 Eileen Fauver: Reacted to "oh, Marian. i am so ..." with ❤️
- 01:00:07 Eileen Fauver: Reacted to "so good, dr laura. i..." with ❤️
- 01:01:13 Heidi Whipple: There's a really long list of laughter games in the PPHK workbook - look for the roughhousing games
- 01:03:00 Heidi Whipple:  
<https://www.peacefulparenthappykids.com/read/play-child-emotional-intelligence>
- 01:03:20 Heidi Whipple: If you search in the course Facebook group or the Success Path group, you'll find many more ideas, too.
- 01:12:37 Dr. Laura Markham: Wonderfully wired brains
- 01:12:52 Heidi Whipple: [https://www.amazon.com/Wonderfully-Wired-Brains-Introduction-Neurodiversity/dp/0744074630/ref=pd\\_lpo\\_d\\_sccl\\_1/146-5005413-4370551?pd\\_rd\\_w=yNv9u&content-id=amzn1.sym.4c8c52db-06f8-4e42-8e56-912796f2ea6c&pf\\_rd\\_p=4c8c52db-06f8-4e42-8e56-912796f2ea6c&pf\\_rd\\_r=17YEHWNXATWV9K2JY8P&pd\\_rd\\_wg=tylfx&pd\\_rd\\_r=8dc55fc6-c43c-4cb5-968e-3ad9e944e754&pd\\_rd\\_i=0744074630&pssc=1](https://www.amazon.com/Wonderfully-Wired-Brains-Introduction-Neurodiversity/dp/0744074630/ref=pd_lpo_d_sccl_1/146-5005413-4370551?pd_rd_w=yNv9u&content-id=amzn1.sym.4c8c52db-06f8-4e42-8e56-912796f2ea6c&pf_rd_p=4c8c52db-06f8-4e42-8e56-912796f2ea6c&pf_rd_r=17YEHWNXATWV9K2JY8P&pd_rd_wg=tylfx&pd_rd_r=8dc55fc6-c43c-4cb5-968e-3ad9e944e754&pd_rd_i=0744074630&pssc=1)
- 01:16:31 Dr. Laura Markham: Tilt Parenting
- 01:16:53 Maki: I have to go. Thank you so much. ❤️
- 01:22:55 Heidi Whipple: This list has podcast episodes about explaining diagnosis to kids and processing your own feelings about it  
<https://tiltparenting.com/assessments-and-testing-episodes/>
- 01:27:35 Heidi Whipple: If you just came in, make sure to grab the printable I just posted. :)
- 01:29:28 Heidi Whipple: You are never alone. Every question is relatable.

peaceful  
parent  
happy  
kids



01:31:37 Eileen Fauver:  thank you!

01:31:50 Joanne Xie: Thank you! Happy holidays! Love, peace and joy