

Office Hours February 2024 – Chat

00:11:16 Dr. Laura Markham: Welcome to our February Office Hours!

00:31:09 Heidi Whipple: Sending love, Aimee. This is so challenging. ❤️

00:35:28 Candace Kielbiski: Aimee, my daughter lost a friend suddenly in second grade. She is now in grade 5, and we still honour her friend by talking about her by name, and the year that she past away we made a special Christmas ornament, and we put it on the tree every year.

00:35:52 Heidi Whipple: Reacted to "Aimee, my daughter I..." with ❤️

00:36:01 Marine Alneel: Reacted to "Aimee, my daughter I..." with ❤️

00:39:09 Candace Kielbiski: Next up: Rabab

00:53:34 Marine Alneel: Your hard work and loving work is not futile. Much love Rabab

00:53:46 Heidi Whipple: Reacted to "Your hard work and I..." with ❤️

00:54:03 Candace Kielbiski: Reacted to "Your hard work and I..." with ❤️

01:00:10 Heidi Whipple: Some kids fill their emotional backpacks so easily!

01:00:21 Candace Kielbiski: Reacted to "Some kids fill their..." with 👍

01:02:41 Heidi Whipple: Rabab, you are doing so much good as a parent. ❤️

01:02:51 Candace Kielbiski: Rabab, you are doing an AMAZING job!

01:03:19 Heidi Whipple: Reacted to "Rabab, you are doing..." with ❤️

01:03:45 Rabab Hadan: Thank you guys!)

01:05:43 Lana Zhang: New to the path - Could anyone please tell me where I could see the recording of the workshop on 09.02?

01:06:14 Candace Kielbiski: Replying to "New to the path - Co..."

Lana, you are going to go to the Aha! website

01:06:29 Heidi Whipple: Lana, here's a direct link:
<https://courses.ahaparenting.com/video-archive/parenting-kids-who-need-more-workshop-february-2024>

01:06:29 Candace Kielbiski: Replying to "New to the path - Co..."

You will find the Success Path listed under your courses.

01:06:37 Candace Kielbiski: Replying to "New to the path - Co..."

You will find the workshop posted there!

01:06:49 Lana Zhang: Reacted to "Lana, here's a direc..." with 🙏

01:07:06 Lana Zhang: Replying to "New to the path - Co..."



01:07:23 Heidi Whipple: The workshops are always posted with the office hours recordings.

01:10:12 Lana Zhang: Replying to "The workshops are al..."

I can only see all past Office Hours in the office hours archive,. Is there a workshop archive?

01:11:06 Heidi Whipple: Replying to "The workshops are al..."

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Scroll down, there are only a few per year.

01:11:57 Lana Zhang: Replying to "The workshops are al..."



01:12:01 Heidi Whipple: Replying to "The workshops are al..."

There was a screens workshop in June 2023, raising an only child workshop in Dec 2022.

01:12:24 Heidi Whipple: Replying to "The workshops are al..."

If you don't see them, you can send me a message in the FB group and I can help you

01:13:10 Lana Zhang: Replying to "The workshops are al..."

I saw them now. I thought there is a workshop and a office hour per spotlight. Sorry my mistake.

Thank you.

01:13:37 Heidi Whipple: Replying to "The workshops are al..."

No worries, we are glad you are here. :)

01:30:25 Heidi Whipple: "How" and "Why" questions can be very hard for kids to answer! Statements like "I wonder..." can be much less threatening.

01:31:17 Heidi Whipple: I find sometimes I rush the empathy, too. There is definitely a "feel" for it, and attuning to make sure parent and child are resonating.

01:36:58 Marine Alneel: I love this moving away from catastrophizing lying, I think many adults don't admit to lies (and maybe even make it worse) because we've been conditioned to believe it is only something the worst of us do

01:37:15 Heidi Whipple: Reacted to "I love this moving a..." with 👍