

Office Hours February 2025 – Chat

00:18:20 Dajana Yoakley: Welcome to February Office Hours!

00:18:47 Heidi Whipple: Reacted to "Welcome to February ..." with ❤️

00:24:25 Heidi Whipple: We'll start with Jennifer for the next question

00:27:01 Jennifer Wells: Reacted to "We'll start with Jen..." with 👍

00:31:19 Marta Khader: Articles on Selective Mutism:

00:31:22 Marta Khader: <https://www.peacefulparenthappykids.com/read/3-year-old-wont-talk-in-school-selective-mutism>

00:31:35 Marta Khader: <https://www.peacefulparenthappykids.com/read/selective-mutism-diagnosis>

00:31:41 sedda (bug): Resources: book: Mona Delahooke's Brain Body Parenting....book: Quiet (for introverts, there is a kid version and an adult version)....Morgan Foley feed on Instagram/FB/YouTube for perspective on what it feels like for one autistic person. Anxiety book: Larry Cohen has a great one, Opposite of Worry OR Anxious Kids, Anxious Parents by Lynn Lyons.

00:31:50 Liz Bamber: Thanks so much

00:32:27 Heidi Whipple: Reacted to "Resources: book: Mon..." with ❤️

00:42:21 Heidi Whipple: Queue: Veronika then Disha

00:43:26 Heidi Whipple: I love making these books with kids to help them process the story!

00:43:34 sedda (bug wuller): Empathy book, in the Files area of the PPHK Course group <https://www.facebook.com/groups/1427584320592759/files/files>

00:43:48 sedda (bug wuller): Reacted to "I love making these ..." with 👍

00:46:08 sedda (bug wuller): feelings of powerlessness. It's hard to be a kid!!

00:46:19 Heidi Whipple: Reacted to "feelings of powerles..." with 👍

00:51:35 Disha Trivedi: Book by Tamar Chansky - Freeing your child from Negative thinking, has some good pointers on this.

00:51:42 Heidi Whipple: Reacted to "Book by Tamar Chansk..." with ❤️

00:51:47 sedda (bug wuller): Reacted to "Book by Tamar Chansk..." with 👍

00:53:10 sedda (bug wuller): Winner has to clean up the game!

00:53:21 Dajana Yoakley: Reacted to "Winner has to clean ..." with 👍

00:54:09 Dajana Yoakley: If you have a question, please feel free to raise your hand to go next.

00:54:40 Disha Trivedi: Had my hand up but accidentally lowered it:)

00:54:51 sedda (bug wuller): Reacted to "Had my hand up but a..." with 👍

00:55:21 Heidi Whipple: Reacted to "Had my hand up but a..." with 👍

00:55:38 Heidi Whipple: Disha, you're next! :)

00:55:50 Disha Trivedi: Reacted to "Disha, you're next! ..." with ❤️

01:09:55 Heidi Whipple: Kids are more emotional at this age than any other age since the toddler years - the brain is re-wiring and things will feel better in the next year or so.

01:10:07 Dajana Yoakley: Reacted to "Kids are more emotio..." with ❤️

01:10:14 Melody Grove: Reacted to "Kids are more emotio..." with ❤️

01:14:22 Heidi Whipple: Melody is next

01:14:32 Dajana Yoakley: Reacted to "Melody is next" with 👍

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01:17:47 Disha Trivedi: Reacted to "Kids are more emotio..." with ❤️
01:18:16 sedda (bug wuller): Reacted to "Kids are more emotio..." with ❤️
01:19:10 sedda (bug wuller): intimate
01:23:15 Eileen Fauver: My children loved "it's not the stork"
01:23:20 Dajana Yoakley: <https://a.co/d/85CUIAg>
01:23:21 Heidi Whipple: This is the series of books Sedda mentioned:
<https://www.amazon.com/Family-Library-Books-Set-Perfectly/dp/B0B965SCF7>
01:25:03 Dajana Yoakley: If you have a question, please raise your hand and we'll answer it.
01:27:29 sedda (bug wuller): Book: consent for kids.....Speaking of Sex by Meg Hickling (for adults)....."It's not the stork" series of sex ed books.

Also;;; OWL classes for sex ed. Secular, but run by the Unitarian Church. Great info and lots of consent support.

01:27:43 sedda (bug wuller): OWL=Our Whole Lives
01:28:26 Heidi Whipple: We have time for another question, please raise your hand if you want to ask one!
01:35:35 Liz Bamber: Thanks so much to all of you
01:35:44 sedda (bug wuller): Thanks everyone!