

Office Hours – February 2026

Transcript of Chat

00:03:35 Dr. Laura Markham: Welcome!

00:03:44 Eileen Fauver: Reacted to "Welcome!" with ❤️

00:04:41 Mitra Ordibeheht: Reacted to "Welcome!" with 💕

00:05:19 Jeremiah Kornder: Hi everyone! I need to refocus on the Facebook page for the tips. I have been listening to some of the audios.

00:05:34 Laura Kirtley: It has been helpful to revisit self regulation. I've found the audios and the printables helpful. Have also been reusing the mindfulness audios from the course to compliment. I always notice a difference in how calm I am after a week or so using them. Thank you for the resources

00:05:39 Jeremiah Kornder: Some audios.

00:07:15 Heidi Whipple: Reacted to "It has been helpful ..." with ❤️

00:08:29 Dajana Yoakley: Reacted to "It has been helpful ..." with ❤️

00:08:36 Dajana Yoakley: Replying to "It has been helpful ..."

Great to hear! Thanks for sharing!

00:08:43 Dajana Yoakley: Reacted to "Hi everyone! I need ..." with ❤️

00:14:59 Heidi Whipple: Please raise your hand if you would like to ask a question today.

00:15:05 Heidi Whipple: Ish G will be the next question.

00:15:26 Laura Kirtley: My 12 year old is going through an adjustment of having moved up to secondary school. He was angry, and then moved in to sadness as feeling in the background. He's gradually finding that lift. Alongside this he is a real talker, which we love in many ways but sometimes it feels like it's all day on the weekend and gets to the point of feeling overwhelming for my husband and I. How can we support him but also respectfully manage those times we are getting overwhelmed without giving him the message that he is "too much"? Alongside this when he's tired or out of sorts he picks on / winds up his younger brother. They have a good relationship and the sibling rivalry tools have helped a lot but this causes friction between them.

00:16:45 Heidi Whipple: Replying to "My 12 year old is go..."

Laura, are in a place where you can talk and ask Dr. Laura your question directly in a few minutes?

- 00:22:11 Marta Khader: Guide to Talking to Kids About Sex:
<https://www.peacefulparenthappykids.com/read/talking-to-kids-about-sex-an-age-by-age-guide>
- 00:26:49 Laura Kirtley: Thanks, apologies I have to drop off in a few mins as it's the start of our evening routine here in the UK. I'll keep an eye out for the replay though for the rest of the session. Glad to have made one of these zooms for first time, even in part 👍
- 00:26:57 Dajana Yoakley: Reacted to "Thanks, apologies I ..." with ❤️
- 00:27:12 Heidi Whipple: Reacted to "Thanks, apologies I ..." with ❤️
- 00:33:05 Marta Khader: Porn-Proof Your Child:
<https://www.peacefulparenthappykids.com/read/prevent-pornography-addiction-child-teen>
- 00:44:54 Heidi Whipple: We found books really helpful for getting into the conversation. There's a bunch of them linked in the article Marta put in the chat above. I checked my public library for books and previewed several before choosing which to share with my kids.
- 00:45:10 Heidi Whipple: Mitra is next
- 00:45:24 Dajana Yoakley: Reacted to "We found books reall..." with ❤️
- 00:46:32 Heidi Whipple: Mitra, we are coming back to you after this question.
- 00:53:13 Mitra Ordibehesht: Hi ok thank you
- 01:16:49 Heidi Whipple: <https://www.peacefulparenthappykids.com/read/helping-your-toddler-learn-to-put-himself-to-sleep>
- 01:16:54 Marta Khader: How To Help Your Child Learn to Fall Asleep Sleep:
<https://www.peacefulparenthappykids.com/read/helping-your-toddler-learn-to-put-himself-to-sleep>
- 01:21:09 Veronika Rosova: Jeremiah, I just wanted to express my acknowledgment for you being such a courageous father, who wants to work consciously on relationship with your kids!
- 01:21:21 Marta Khader: Reacted to "Jeremiah, I just wan..." with ❤️
- 01:21:30 Heidi Whipple: Reacted to "Jeremiah, I just wan..." with ❤️
- 01:22:51 Marta Khader: Help Your Child Adjust to Middle School:
<https://www.peacefulparenthappykids.com/read/Middle-School-Adjust>
- 01:22:59 Jeremiah Kornder: Reacted to We found books reall... with "❤️"
- 01:23:11 Jeremiah Kornder: Reacted to Jeremiah, I just wan... with "❤️"
- 01:24:17 Mitra Ordibehesht: Reacted to "Jeremiah, I just wan..." with 💕
- 01:24:22 Jeremiah Kornder: Replying to "Jeremiah, I just wan..."
- Thank you. I appreciate that. Parenting is tough. A community helps!
- 01:24:23 Mitra Ordibehesht: Reacted to "How To Help Your Chi..." with 🙌
- 01:24:26 Mitra Ordibehesht: Reacted to "https://www.peaceful..." with 🙌

01:26:57 Veronika Rosova: Just to say goodbye, and to thank for all the great questions and answers!

01:27:03 Heidi Whipple: Reacted to "Just to say goodbye,..." with ❤️

01:28:22 Jeremiah Kornder: Art is good. Maybe journaling would be good too. Or singing?

01:33:09 Jeremiah Kornder: At 14 they can get a job! :)

01:34:42 Mitra Ordibehesht: Thank you so much 🙏🙏🙏

01:35:12 Stephanie Korycki: Thank you!

01:35:23 Claudia Blanco: Thank you!

01:35:23 Ish G: Thank you everyone! Have a wonderful weekend ahead.