

Office Hours January 2025 - Chat

00:15:53 Heidi Whipple: We'll start with Merima for the next question
00:17:47 Tianne Watson: So is there ever a time to make an accommodation?
00:19:19 Mariana Dimitrova: Heidi, if Merima doesn't mind, may I please go first? I have my son having a bath (safely) so I can ask the question without being overheard
00:19:44 Merima Bejtagic-Makic: yes
00:19:49 Mariana Dimitrova: Reacted to "yes" with 🙏
00:20:13 Heidi Whipple: Ok, let's do Mariana and then Merima
00:20:43 Mariana Dimitrova: Reacted to "Ok, let's do Mariana..." with 🙏
00:20:44 Merima Bejtagic-Makic: Reacted to "Ok, let's do Mariana..." with 👍
00:21:49 Heidi Whipple: Replying to "So is there ever a t..."

It helps to figure out the root cause because if they are avoiding because it is a sensory, that is treated differently than avoiding because of fear.

00:27:47 Heidi Whipple: Queue: Merima, Thu, Terri
00:31:05 Thu Huynh: Reacted to "Queue: Merima, Thu, ..." with 🙏
00:33:54 Arwen Niles: Ours is let's pretend we're native Americans and you're the elder and we have to get ready for winter 🧑
00:38:04 Eileen Fauver: This is good medicine for adults, too --noticing where we are trying to buffer from anxiety. I love the gentle prompt of noticing and asking them about what's behind the pivot to imaginary-world.
00:38:12 Heidi Whipple: Reacted to "This is good medicin..." with ❤️
00:39:47 Mariana Dimitrova: Reacted to "This is good medicin..." with 100
00:42:02 Thu Huynh: Reacted to "This is good medicin..." with ❤️
00:45:38 Marta Khader: Replying to "Ours is let's preten..."

That sounds kinda fun, Arwen! I think I might prefer that over the constant baby unicorn pretend play my daughter is into. 😂

00:45:47 Marta Khader: Reacted to "This is good medicin..." with ❤️
00:45:54 Heidi Whipple: Reacted to "That sounds kinda fu..." with 😂
00:46:12 Thu Huynh: Reacted to "That sounds kinda fu..." with 😂
00:50:38 Arwen Niles: Replying to "Ours is let's preten..."

Lol until I find piles of rotten produce hidden in cupboards!

Let's trade until the endlessness becomes too much and then swap back again 😂

00:53:33 Heidi Whipple: Maybe some sensory play with feet...paint with your feet?
00:53:43 Marta Khader: Reacted to "Maybe some sensory p..." with ❤️
00:54:02 Marta Khader: Reacted to "Lol until I find pil..." with 😂
00:59:46 Heidi Whipple: Queue: Terri, Tianne, Graziella
01:02:13 Heidi Whipple: It's very uncomfortable to not be as good at something as you want to be, to realize you fall short of your ideals. And this is an important part of growing also, to go through this stage.
01:06:36 Arwen Niles: I wonder if he would like to be in a position to help others learn what he knows?

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01:09:57 Marta Khader: I think this stage even has a name, The Intermediate Plateau. It's the stage in learning a new skill when most people want to quit or actually do.

01:10:17 Sarah Gilberg: Thu I find those to be some of the toughest questions as a parent, and I have faced that to some extent with my son too. My tendency is that if he keeps coming back to a place of joy, to encourage him to keep up with it, but if even when he overcomes a challenge he doesn't feel joy, that would be a sign that maybe it's not the right thing for him.

01:10:31 Heidi Whipple: Reacted to "I think this stage e..." with 👍

01:11:07 Heidi Whipple: Reacted to "Thu I find those to ..." with 👍

01:12:55 Eileen Fauver: Reacted to "Thu I find those t..." with 👍

01:13:19 Sarah Gilberg: As a side note, as a musician and a wife of a professional musician, there is something to be said for keeping up the joy of learning something new too. My husband spends time practicing his primary instrument but loves to dabble in new instruments (mandolin, bass, tambura, oud, etc) and I think that helps to keep it fresh. (And sometimes learning a new instrument can inspire new kinds of exploration with the old instrument too)

01:13:34 Heidi Whipple: Reacted to "As a side note, as a..." with ❤️

01:13:41 Dajana Yoakley: Reacted to "As a side note, as a..." with 👍

01:13:48 Dajana Yoakley: Reacted to "I think this stage e..." with ❤️

01:13:54 Marta Khader: Reacted to "As a side note, as a..." with ❤️

01:14:25 Heidi Whipple: ADHD brains crave novelty, and motivation can be a struggle.

01:14:53 Heidi Whipple: Learning more about his brain wiring can give new ideas for helping support him in his interests, too.

01:15:25 Eileen Fauver: Reacted to "As a side note, as..." with ❤️

01:17:22 Thu Huynh: Reacted to "It's very uncomforta..." with 🙏

01:18:10 Thu Huynh: Replying to "I wonder if he would..."

Thank you for your kind support, I've tried, but unfortunately, he thought it's even harder to teach someone 😞

01:18:13 Thu Huynh: Reacted to "I wonder if he would..." with 🙏

01:18:18 Thu Huynh: Reacted to "I think this stage e..." with ❤️

01:18:34 Thu Huynh: Reacted to "Thu I find those to ..." with ❤️

01:19:17 Thu Huynh: Replying to "I think this stage e..."

Thank you for naming this. I'll look into this more to understand both myself and my son's patterns

01:19:26 Marta Khader: Reacted to "Thank you for naming..." with ❤️

01:20:36 Thu Huynh: Replying to "Thu I find those to ..."

oh, this is so helpful! I appreciate your sharing this. I will definitely can put it to good use with my son!!! ❤️

01:20:53 Thu Huynh: Reacted to "As a side note, as a..." with ❤️

01:21:03 Thu Huynh: Reacted to "ADHD brains crave no..." with ❤️

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01:21:11 Thu Huynh: Reacted to "Learning more about ..." with ❤️

01:36:30 Mariana Dimitrova: it's the headphones

01:37:16 Dajana Yoakley: Another strategy for when kids use a potty word is to make it playful. For example, make up a ridiculous word and act like "it so shocking you said that!!" and it's a funny word like "alabaster" or "blabbydi blab". And replace the word "jerk" with a word that doesn't offend anyone, but act like it's so shocking that they said that, and tell them "you can't say that word! I can't believe you said that". And just make them laugh, and get them laughing.

01:37:37 Thu Huynh: Reacted to "Another strategy for..." with ❤️

01:37:41 Eileen Fauver: Reacted to "Another strategy f..." with ❤️

01:39:16 Heidi Whipple: Reacted to "Another strategy for..." with ❤️

01:39:37 Marta Khader: I also did Potty Talk Time with my son and we would just say "potty words" and laugh, or I would pretend to be shocked, or I'd even say, Oh, that's a good one! He would start to ask for it, like when I picked him up from school and we'd play all the way home.

01:40:24 Thu Huynh: Reacted to "I also did Potty Tal..." with ❤️

01:40:36 Arwen Niles: There's a book called, "Don't Say That Word!" that my son loves because the rhymes help predict the "bad" words

01:41:20 Eileen Fauver: Reacted to "There's a book cal..." with 👍

01:41:26 Dajana Yoakley: Reacted to "There's a book calle..." with ❤️

01:41:37 Dajana Yoakley: Reacted to "I also did Potty Tal..." with ❤️

01:41:38 Marta Khader: Reacted to "There's a book calle..." with ❤️

01:43:19 Sarah Gilberg: Thank you!

01:44:02 Thu Huynh: Thank you so much!