

## Office Hours January 2026

### Transcript of Chat

00:09:02 Heidi Whipple: My son handled a difficult interaction with his brother in the way I have coached him to, and this was a big win! It has taken a lot of practice to get to this point. I made sure to express my appreciation, which he really appreciated.

00:10:21 Mitra Ordibehesht: I have a question: is that ok if my 7 year old son join protestors during their protest event on the streets

00:10:34 Eddie Hoffmann: We've had a very tough time with friendships lately & my teen daughter had some very good conversations & really opened to me this weekend. In a world where talking is harder for her this embed like a big win.

00:10:59 Heidi Whipple: Reacted to "We've had a very tou..." with ❤️

00:11:19 Eileen Fauver: Reacted to "We've had a very ..." with ❤️

00:11:22 Marta Khader: My son and I have had some hysterical laughing fits together and that has felt really connecting and good.

00:11:23 Eddie Hoffmann: Reacted to "My son handled a dif..." with ❤️

00:11:30 Eileen Fauver: Reacted to "My son and I have ..." with ❤️

00:11:32 Eddie Hoffmann: Reacted to "My son and I have ha..." with ❤️

00:11:35 Heidi Whipple: Reacted to "My son and I have ha..." with ❤️

00:11:53 Dajana Yoakley: Reacted to "My son and I have ha..." with ❤️

00:11:57 Dajana Yoakley: Reacted to "We've had a very tou..." with ❤️

00:12:37 Marta Khader: Reacted to "We've had a very tou..." with ❤️

00:12:52 Heidi Whipple: Reacted to "I have a question: i..." with 👍

00:16:11 Mitra Ordibehesht: Some people are not even humans

00:19:20 Makale Cullen: I'm not Persian, but my childhood friend is - we've been friends for 40+years and I notice that Mitra your last name is Persian, so acknowledging the staggering violence and pain in your country, too right now.

00:19:34 Dajana Yoakley: Reacted to "I'm not Persian, but..." with ❤️

00:19:57 Mitra Ordibehesht: Reacted to "I'm not Persian, but..." with 💕

00:20:00 Mitra Ordibehesht: Reacted to "I'm not Persian, but..." with ❤️

00:20:18 Heidi Whipple: Reacted to "I'm not Persian, but..." with ❤️

00:20:38 Eileen Fauver: Reacted to "I'm not Persian, ..." with ❤️

00:22:24 Linnea Petsonk: Reacted to "I'm not Persian, but..." with ❤️

00:22:47 Mitra Ordibehesht: I wish 1/100 of democracy we are living in the states existed in my home country 😞😞😞

00:23:25 Dajana Yoakley: Reacted to "I wish 1/100 of demo..." with 👍

00:24:52 Eileen Fauver: Reacted to "I wish 1/100 of de..." with ❤️

00:26:15 Heidi Whipple: Reacted to "I wish 1/100 of demo..." with ❤️

00:26:47 Mitra Ordibehesht: Its so hard

00:28:18 Jeremiah Kornder from Minnesota: Take a bath. Slow down. Reading news is a good idea. Maybe print it off your reading from social media. Good ideas.

00:28:35 Jeremiah Kornder from Minnesota: So hard to do. Yes. We can do it!

00:28:35 Dajana Yoakley: Reacted to "Take a bath. Slow do..." with 👍

00:28:50 Heidi Whipple: Replying to "Its so hard"

It is extremely hard! The CALM spotlight this month is so timely to give us more tools. The daily inspirations from the course are still helpful if you have just a few minutes, too.

00:30:08 Heidi Whipple: Reacted to "So hard to do. Yes. ..." with 👍

00:30:14 Heidi Whipple: Reacted to "Take a bath. Slow do..." with 👍

00:30:17 Makale Cullen: A win has been holding my tongue and practicing pausing. One of my challenges has been repeating some of the hyper critique/pressure (academic/manners/manage my parents unhappy marriage etc.)with my son and sort of holding this idea that my son is not 'doing his best' .... but he always is.

With my own stresses in my own marriage and all the floating anxiety, it has been hard for me to not 'let it out' and of course it makes my son (and me) feel badly. I've been listening to Dr. Laura's audiobook and it's really helped me to understand what's happening with me and with him.

Thank you for holding space in this meeting to acknowledge what is happening. So many spaces aren't...❤️

00:30:34 Makale Cullen: Reacted to "I wish 1/100 of demo..." with ❤️

00:30:39 Heidi Whipple: Reacted to "A win has been holdi..." with ❤️

00:30:49 Eileen Fauver: Reacted to "A win has been hol..." with ❤️

00:31:56 Dajana Yoakley: Reacted to "A win has been holdi..." with ❤️

00:34:44 Heidi Whipple: Please raise your hand if you have a question today.

00:34:56 Dajana Yoakley: I wonder if you can address teaching our kids critical thinking skills related to world events?

00:35:03 Makale Cullen: Thank you so very much for this 🙏

00:38:49 Makale Cullen: My mother was a civil rights activist and brought me to demonstrations - just want to say that she always reminded me that before my time - vicious dogs and high pressure hoses were turned on families. Just want to hold space that the Black community here in America has faced this many times with so much bravery.

00:38:52 Heidi Whipple: Wendy will be next, then Merima

- 00:39:26 Eileen Fauver: Reacted to "My mother was a ci..." with ❤️
- 00:44:10 Heidi Whipple: Reacted to "Thank you so very mu..." with ❤️
- 00:44:18 Eddie Hoffmann: Reacted to "My mother was a civi..." with ❤️
- 00:46:23 Veronika Rosova: I am sorry for disturbing:- ( Accident.
- 00:46:37 Dajana Yoakley: Reacted to "I am sorry for distu..." with 👍
- 00:54:33 Heidi Whipple: Replying to "202601261043370000.jpg"

I want to acknowledge how much heartbreak and hurt is throughout the world. It is difficult to hold.

- 00:54:56 Eddie Hoffmann: Reacted to "I want to acknowledg..." with ❤️
- 00:55:00 Marta Khader: When Children Discover Swearing:  
<https://www.peacefulparenthappykids.com/read/how-to-stop-three-year-old-from-swearing>
- 00:57:09 Heidi Whipple: Merima is next, then Graziella.
- 00:58:07 Mitra Ordibehesht: Replying to "Mitra Ordibehesht ha..."  
It extremely is 🙄🙄🙄🙄🖤🖤🖤
- 00:59:51 Linnea Petsonk: ❤️
- 01:00:09 Mitra Ordibehesht: Im so sorry lots of love to you 🙏🙏🙏🙏
- 01:00:14 Marta Khader: Merima I am so sorry your family is going through this. We are all holding you right now.
- 01:00:18 Heidi Whipple: Sending you love, Merima. ❤️ This is so hard.
- 01:00:31 Makale Cullen: Reacted to "Merima I am so sorry..." with 💜
- 01:01:05 Keyla Ortiz: Sending lots of love your way Merima.
- 01:01:07 Linnea Petsonk: Sending love and strength!
- 01:01:22 Heidi Whipple: Reacted to "Merima I am so sorry..." with ❤️
- 01:01:35 Heidi Whipple: Reacted to "❤️" with ❤️
- 01:01:40 Heidi Whipple: Reacted to "Im so sorry lots of ..." with ❤️

- 01:01:47 Heidi Whipple: Reacted to "Sending lots of love..." with ❤️
- 01:01:51 Heidi Whipple: Reacted to "Sending love and str..." with ❤️
- 01:02:17 Marta Khader: Resources for Parents of Kids Who Need More:  
<https://www.peacefulparenthappykids.com/read/more-kids-resources>
- 01:02:25 Heidi Whipple: Reacted to "Resources for Parent..." with ❤️
- 01:03:12 Keyla Ortiz: Reacted to "202601261043370000.jpg" with ❤️
- 01:05:15 Mitra Ordibehesht: Reacted to "Resources for Parent..." with 💕
- 01:05:19 Mitra Ordibehesht: Reacted to "Sending lots of love..." with 💕
- 01:05:22 Mitra Ordibehesht: Reacted to "Sending love and str..." with 💕
- 01:05:26 Mitra Ordibehesht: Reacted to "Sending you love, Me..." with 💕
- 01:06:25 Heidi Whipple: At the bottom of the link above are some resources for talking to kids about anxiety and neurodivergence also.
- 01:07:11 Mitra Ordibehesht: 🤗🤗🤗🤗🤗hugs to you from southern California!
- 01:07:19 Claudia Blanco: Praying for you Merima ❤️.
- 01:07:26 Heidi Whipple: Reacted to "🤗🤗🤗🤗🤗hugs to yo..." with ❤️
- 01:07:31 Heidi Whipple: Reacted to "Praying for you Meri..." with ❤️
- 01:07:31 Eileen Fauver: Reacted to "Merima I am so sor..." with 💕
- 01:07:35 Eileen Fauver: Reacted to "Sending you love, ..." with 💕
- 01:07:58 Graziella Baulig-Otte: ❤️
- 01:08:06 LAR Koslow: Replying to "Resources for Pare..."

Won't get to my specific case this month, but happy to use this to tide me over.

- 01:08:10 Eileen Fauver: hugs to you, Merima
- 01:08:35 Jeremiah Kornder from Minnesota: I'm going to have to leave, but my question is how to reconnect with my 9 year old. His mother and I are

separated and going through a divorce. He is being allowed to not come with me when he should per our parenting time order and I'm accused of hurting him physically. I'm struggling to connect and he's being allowed to escape dealing with things he should regarding he and I. I do not think he is getting quality time with his mother and is hooked on screen time while he's with her. Her and I argued a lot about screen time and appropriate content. I will re-listen. There are other struggles in facing, but tips will help. I pulled out the PPHK book last night for a re read. I need to look at the PPHS book next.

01:09:11 Makale Cullen: ❤️ be kind to yourself merima ❤️ so much loving wisdom Dr. Laura. Thank you all - have to head back to work but so grateful for you all.

01:09:25 Mitra Ordibehesht: Reacted to "❤️ be kind to yourse..." with 💕

01:09:30 Mitra Ordibehesht: Reacted to "I'm going to have to..." with ❤️

01:09:35 Mitra Ordibehesht: Reacted to "hugs to you, Merima" with ❤️

01:09:47 Eileen Fauver: Reacted to "I'm going to have ..." with ❤️

01:10:06 Heidi Whipple: Reacted to "❤️ be kind to yourse..." with ❤️

01:10:07 Eileen Fauver: Reacted to "❤️ be kind to yo..." with ❤️

01:14:03 Merima Bejtagic: Thank you all for your support

01:14:26 Eileen Fauver: Reacted to "Thank you all for ..." with ❤️

01:14:41 Heidi Whipple: Tips for helping a child adjust to school - also helpful for child care to help facilitate bonding with caregivers  
<https://www.peacefulparenthappykids.com/read/Help-kids-adjust-school>

01:15:18 Heidi Whipple: Graziella, some of the roughhousing games listed in the PPHK workbook are good for this, too.

01:15:37 Ish G: Sending you so much love Merima. ❤️

I read this in a book, and thought of sharing it here. (I had saved it on my phone)

"The thing is to create some space in your child's heart of hearts for the certainty that she is precisely the person the parents want and love. She does

not have to do any-thing, or be any different, to earn that love—in fact, she cannot do anything, because the love cannot be won and cannot be lost. It is not conditional. It is completely independent of the child's behavior. It is just there, regardless of which side the child is acting from, "good" or "bad." The child can be ornery, unpleasant, whiny, un-cooperative and plain rude, and the parent still lets her feel loved. Ways have to be found to let the child know that certain behaviors are unacceptable, without making the child herself feel not accepted. She has to be able to bring her unrest, her least likable side, to the parent without fear that it would threaten the relationship."

01:16:02 Heidi Whipple: Reacted to "Sending you so much ..." with ❤️

01:17:45 Eileen Fauver: Reacted to "Sending you so muc..." with ❤️

01:18:22 Heidi Whipple: Replying to "Thank you all for yo..."

Meeting with the doctor, and gaining more understanding of how his brain and body work, can bring some more ease. Knowledge alone can make a difference, and hopefully that will lead to other helpful strategies.

01:18:30 Eddie Hoffmann: Reacted to "Sending you so much ..." with ❤️

01:18:37 Patti Naim: Reacted to "Sending you so much ..." with ❤️

01:18:58 Patti Naim: Reacted to "Praying for you Meri..." with ❤️

01:19:09 Merima Bejtagic: Replying to "Thank you all for yo..."

Yeah, great way to look at it. I hope we will have the capacity also to do what we need to do as parents

01:19:16 Eddie Hoffmann: I have to leave - but thank you for today-it's been enlightening & heartwarming.

01:19:22 Heidi Whipple: Reacted to "I have to leave - bu..." with ❤️

01:19:30 Eileen Fauver: Reacted to "I have to leave - ..." with ❤️

01:19:51 Heidi Whipple: Replying to "I have to leave - bu..."

Thank you for being here. You can post your question in the Facebook group also if you don't want to wait until the next office hours.

01:26:11 Heidi Whipple: Replying to "I'm going to have to..."

Jeremiah, I want to acknowledge how challenging this is. The PPHS book is excellent - I highly recommend it! For connection, I would suggest starting to look for little opportunities throughout the day. A warm smile when he enters the room, a hug or hand on the shoulder if he will accept it, sitting near him and just noticing what he is doing, empathizing all day long. Please post this in the Facebook group for more suggestions from our community.

01:31:51 Heidi Whipple: Sending love and strength, Mitra. ❤️ This is such a heavy burden to bear this fear and worry.

01:35:15 Eileen Fauver: Reacted to "Sending love and s..." with ❤️

01:37:05 Heidi Whipple:  
<https://www.peacefulparenthappykids.com/read/Help-kids-adjust-school>

01:40:54 Claudia Blanco: Replying to "Thank you all for yo..."

This is so beautiful, my older son had a strange behavior change when he turned 8yrs old. Similarly, we did not know how to address. An acute loss of focus and depression. Long story short, after months we had a hair analysis done which showed the presence of metals. Likely from food poisoning (seafood) or orthodontic treatment he had started at the time. With limited resources, it would not hurt to start with diet. I hear you and feel you. Mom, don't be hard on yourself. See all kid behavior with compassion, and never take his actions personally. It is great that you will receive help. That helped my son and he is now a successful brilliant kid in college. Best of luck to you all will be well

01:41:16 Joanne Xie: Replying to "Thank you all for yo..."

peaceful  
parent  
happy  
kids



Thank you 🙏

01:41:26 Joanne Xie: Replying to "Thank you all for yo..."

Stay safe and warm