

Office Hours July 2024 - Chat

00:52:03 Dr. Laura Markham: Welcome to Office Hours
00:55:23 Mitra Ordibehesht: Hi Im mitra from
CA : I have a 6 year old son with DX : autism and ADHD . I myself have personality disorder which makes it so hard to be a peaceful parent
00:55:42 Lauren O'Carroll: Reacted to "Hi Im mitra from
CA ..." with ❤️
00:55:47 Heidi Whipple: Reacted to "Hi Im mitra from
CA ..." with ❤️
00:56:11 Lauren O'Carroll: Replying to "Hi Im mitra from
CA ..."

what do you find the hardest? Regulation?

00:56:36 Lauren O'Carroll: I often respond with, Oh! you wish you hadn't done xyz as if i'm agreeing with them
00:57:01 Mitra Ordibehesht: Replying to "Hi Im mitra from
CA ..."
Yes im kind of being too kind and then cant control and regulate my emotions
00:57:04 Heidi Whipple: Replying to "Hi Im mitra from
CA ..."

Glad you are here! One of my kids has those diagnoses also. :)

00:57:19 Heidi Whipple: Reacted to "I often respond with..." with ❤️
00:57:35 Heidi Whipple: Replying to "I often respond with..."

I love this response!

00:58:01 Lauren O'Carroll: Replying to "Hi Im mitra from
CA ..."

@Mitra Ordibehesht I know exactly what you mean - I'm ADHD so very explosive naturally. It is possible to rewire your brain but it is definitely harder.

00:58:24 Lauren O'Carroll: Replying to "Hi Im mitra from
CA ..."

are you able to meditate at all? That really helps. And self compassion

00:58:55 Lauren O'Carroll: Replying to "Hi Im mitra from
CA ..."

but again, often harder with a neurodiverse brain

00:59:17 Lauren O'Carroll: Reacted to "I love this response..." with ❤️
00:59:29 Lauren O'Carroll: Replying to "I often respond with..."

It takes the shame and blame out of it x

00:59:55 Heidi Whipple: Reacted to "are you able to medi..." with ❤️

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01:03:15 Sarah Lowery: Replying to "I often respond with..."

Thanks, that's a great response!

01:07:04 Heidi Whipple: Sometimes I tell the older one they can be done and I'll help the other one finish.

01:07:40 Lauren O'Carroll: Reacted to "Sometimes I tell the..." with 💕

01:12:23 Sarah Lowery: Reacted to "Sometimes I tell the..." with 💕

01:13:00 Lauren O'Carroll: @Marianna Demattè I have been there with my daughter. It can take a while for them to soften when they build up the wall but it sounds like special time is really working for you.

Can you make some time later in the evening to snuggle with her in bed and chat once the others have gone to bed - especially when you're back at work

01:13:32 Betsy Schneider: Reacted to "@Marianna Demattè I ..." with 👍

01:13:50 Dajana Yoakley: Reacted to "@Marianna Demattè I ..." with 👍

01:16:47 Heidi Whipple: Queue:

Theresa Betts

Mitra Ordibehesht

Rocio Gonzalez Clot

01:16:49 Sarah Lowery: Reacted to "@Marianna Demattè I ..." with ❤️

01:17:39 Heidi Whipple: I try to look for lots of little moments to connect with each kid throughout the day when I can see that our connection needs some extra work. As soon as I start to look for the little moments, I find more of them.

01:17:46 Dajana Yoakley: I also have three children, and it is hard to do special time separately. A few things that have worked is to do special time with the smaller child first, to fill their cup, and then set them up with something to play while you attend to the next most needy child. So the younger one's cup is filled and they can tolerate being independent while you play with the other siblings one at a time.

01:18:01 Heidi Whipple: Reacted to "I also have three ch..." with 👍

01:18:04 Dajana Yoakley: Reacted to "I try to look for lo..." with 👍

01:18:22 Lauren O'Carroll: Replying to "I also have three ch..."

yes I do that too :)

01:18:35 Dajana Yoakley: Reacted to "yes I do that too :)" with ❤️

01:19:08 Dajana Yoakley: Once they see that special time is available daily and more consistently, they will be able to wait more patiently for their turn.

01:19:16 Sarah Lowery: @Marianna Demattè My oldest feels a lot of sibling rivalry too! It is definitely hard to make time for special time. I find that podcasts/audiobooks work really well so the kid(s) not having special time are more peaceful and patient.

01:19:44 Heidi Whipple: Self-compassion for yourself!

01:19:54 Sarah Lowery: Reacted to "Once they see that s..." with ❤️

01:20:18 Lauren O'Carroll: i also find joint roughhousing can really help to build the sibling bond and creating more positive interactions can really start to shift things x

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01:20:43 Heidi Whipple: Anything to get everyone laughing!
01:20:48 Sarah Lowery: Replying to "i also find joint ro..."

Yes, me too! Especially when they're all on a team against you.

01:22:37 Mitra Ordibehesht: Can I ask unrelated question to peaceful parenting : its related to my son vision assessment

01:23:09 Heidi Whipple: It's never too late!

01:23:23 Lauren O'Carroll: I try to apprehend their needs. Give them a hug before they ask for it etc.

My eldest was very similar and it took a few months to bring down that wall... once that started to fall she was ready to accept empathy and she has come sooo far since.

Never too late x

01:23:44 Lauren O'Carroll: Reacted to "Anything to get ever..." with ❤️

01:23:54 Marta Khader: Reacted to "I try to apprehend t..." with ❤️

01:23:58 Heidi Whipple: Replying to "Can I ask unrelated ..."

Ask in the chat or in the Facebook group and parents can chime in! :)

01:24:14 Dajana Yoakley: Reacted to "I try to apprehend t..." with ❤️

01:24:39 Heidi Whipple: Reacted to "I try to apprehend t..." with ❤️

01:25:29 Heidi Whipple: 6 is a hard age!

01:25:45 Lauren O'Carroll: Reacted to "6 is a hard age!" with 🤔

01:30:41 Marianna Demattè: Replying to "@Marianna Demattè I ..."

Thank you Lauren. I often do snuggle with her in the evening, but I'll try to be more intentional there too.

01:31:09 Marianna Demattè: Reacted to "I try to look for lo..." with ❤️

01:31:44 Dajana Yoakley: <https://www.peacefulparenthappykids.com/read/Setting-Limits-Leaving-the-Playground> This article focuses on empathy during limit setting with a script! What to say.

01:31:56 Theresa Betts: Reacted to "https://www.peaceful..." with 👍

01:32:41 Heidi Whipple: Reacted to "https://www.peaceful..." with 👍

01:32:42 Lauren O'Carroll: i created a visual tool for my daughter which had lots of pictures on it for things she could do to calm herself down when she was in frequent meltdowns like you describe. We called it 'What do I need right now'.

It was really helpful to empower her during meltdowns.

Took some practice to get it going but was helpful for her to angrily jab at a picture of us hugging and then melt into a hug etc.

Happy to share if you'd like it.

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01:32:54 Rocio Gonzalez Clot: I've also learnt to "choose my battles" and sometimes we can negotiate some things

01:33:01 Lauren O'Carroll: Reacted to "I've also learnt to ..." with ❤️

01:33:06 Heidi Whipple: Reacted to "i created a visual t..." with ❤️

01:33:09 Dajana Yoakley: Reacted to "i created a visual t..." with 👍

01:33:12 Dajana Yoakley: Reacted to "I've also learnt to ..." with 👍

01:33:13 Heidi Whipple: Reacted to "I've also learnt to ..." with ❤️

01:33:35 Theresa Betts: Reacted to "I've also learnt to ..." with 👍

01:33:40 Heidi Whipple: Replying to "I've also learnt to ..."

With my strong-willed kids, I need to be careful to set fewer limits also.

01:34:20 Marianna Demattè: Replying to "I try to look for lo..."

Thanks Heidi, that's helpful too.

01:34:31 Marianna Demattè: Reacted to "I also have three ch..." with ❤️

01:35:55 Marianna Demattè: Replying to "@Marianna Demattè My..."

True! Thanks Sarah!

01:36:08 Heidi Whipple: Checking in with yourself, to make sure you can handle the meltdown! Sometimes if I'm worn down, I don't set the limit because I need to just smooth things over to get us all to bed so I don't join the meltdown.

01:36:23 Dajana Yoakley: Reacted to "Checking in with you..." with 👍

01:36:25 Marianna Demattè: Reacted to "Self-compassion for ..." with ❤️

01:37:08 Heidi Whipple: My kids respond great to a hug, too!

01:37:11 Theresa Betts: Reacted to "Checking in with you..." with 👍

01:38:21 Marianna Demattè: Replying to "i also find joint ro..."

Yes! Thanks for reminding that. We have done it in the past with the 3 of them chasing me and they loved it. I'll surely do it more regularly.

01:38:30 Marianna Demattè: Reacted to "It's never too late!" with ❤️

01:40:01 Heidi Whipple: I've been there too, Theresa! ❤️

01:40:07 Heidi Whipple: You're not alone!

01:40:23 Lauren O'Carroll: love that book!

01:41:12 Heidi Whipple: Stuart Shanker <https://self-reg.ca/>

01:41:27 Heidi Whipple: <https://shop.self-reg.ca/collections/all/products/self-reg-how-to-help-your-child-and-you-break-the-stress-cycle-and-successfully-engage-with-life>

01:41:31 Dajana Yoakley: also lots of Self-compassion for you Theresa. Giving yourself compassion will shift your energy for your child as well.

01:41:39 Heidi Whipple: Reacted to "also lots of Self-co..." with ❤️

01:43:05 Marianna Demattè: Replying to "I try to apprehend t..."

Thanks Lauren, it really helps to hear that you had a similar situation and that it takes some time, but that the wall can come down...

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01:47:01 Heidi Whipple: Parenting audios in week 7 of the PPHK course:
<https://courses.peacefulparenthappykids.com/pphkc-graduate/week-07>

01:47:34 Marianna Demattè: I must go as it's 8 pm in Italy and the family needs la mamma 😊 Thanks so much everyone for listening and sharing your experiences and precious suggestions, Thanks dr Laura for your wisdom.

01:47:43 Heidi Whipple: Reacted to "I must go as it's 8 ..." with ❤️

01:48:03 Dajana Yoakley: Reacted to "Parenting audios in ..." with 👍

01:49:45 Lauren O'Carroll: Reacted to "I must go as it's 8 ..." with ❤️

01:50:05 Lauren O'Carroll: Replying to "I try to apprehend t..."

no problem at all x

01:50:29 Heidi Whipple: If anyone still wants to ask a question today, please raise your hand. :)

01:52:19 Lauren O'Carroll: Replying to "I try to apprehend t..."

i'm often in the success path group so do reach out on there if you have further questions and we'll all help x

01:52:36 Rocio Gonzalez Clot: Reacted to "Parenting audios in ..." with 👍

01:53:01 Lauren O'Carroll: Yes!!!

01:53:03 Andrea James: Reacted to "I also have three ch..." with 👍

01:55:33 Andrea James: Reacted to "i also find joint ro..." with ❤️

01:59:27 Heidi Whipple: This book is a good resource to go alongside Peaceful Parenting when you have a neurodivergent kid. It talks more about polyvagal theory which Lauren mentioned. <https://robyngobbel.com/book/>

02:00:21 Rocio Gonzalez Clot: Everything changed when I was able to see his grateness in his neurodivergent min

02:00:29 Heidi Whipple: Reacted to "Everything changed w..." with ❤️

02:00:32 Lauren O'Carroll: Reacted to "This book is a good ..." with ❤️

02:01:38 Lauren O'Carroll: Replying to "This book is a good ..."

thanks for the reminder Heidi. This is still on my to read list

02:02:05 Lauren O'Carroll: Wow Bunny, this is making me want to cry. You are amazing for doing this x

02:02:26 Heidi Whipple: That is amazing, Bunny! What a blessing this will be for your family! ❤️

02:02:51 Dajana Yoakley: It's never too late!! Your daughter is waiting for you! And you're on your way!

02:02:59 Lauren O'Carroll: Reacted to "It's never too late!..." with ❤️

02:03:15 Lauren O'Carroll: It would mean everything to me if my mum did this

02:03:24 Heidi Whipple: Reacted to "It would mean everyt..." with ❤️

02:03:24 Dajana Yoakley: Reacted to "It would mean everyt..." with ❤️

02:03:34 Heidi Whipple: Replying to "It would mean everyt..."

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Me too.

02:03:56	Rocio Gonzalez Clot:	It's so inspiring
02:04:21	Dajana Yoakley:	Reacted to "It's so inspiring" with ❤️
02:04:27	Heidi Whipple:	Reacted to "It's so inspiring" with ❤️
02:05:05	Lauren O'Carroll:	Reacted to "Me too." with ❤️
02:05:26	Mitra Ordibehesht:	So proud of you Bunny
02:05:39	Heidi Whipple:	Reacted to "So proud of you Bunn..." with ❤️
02:06:12	Lauren O'Carroll:	You are healing all of us by being here
02:06:22	Heidi Whipple:	Reacted to "You are healing all ..." with ❤️
02:06:38	Marta Khader:	Reacted to "You are healing all ..." with ❤️
02:07:57	Lauren O'Carroll:	wow, you guys are incredible. Thank you for being here x
02:08:04	Dajana Yoakley:	Reacted to "wow, you guys are in..." with ❤️
02:08:08	Mitra Ordibehesht:	👏👏👏👏👏👏👏👏😭
02:08:12	Mitra Ordibehesht:	👏👏👏👏👏👏👏👏
02:08:15	Mitra Ordibehesht:	❤️❤️❤️❤️❤️❤️
02:08:19	Heidi Whipple:	Reacted to "wow, you guys are in..." with ❤️