

Office Hours – July 2025

Transcript of Chat

00:10:49 Heidi Whipple: Queue: We'll start with Philippe today
 00:22:08 Bharthi Kanagaratnam: I find staying quiet with my 14 year old really helps when she's angry and bristly. That often signals emotional generosity from my part.
 00:22:38 Heidi Whipple: Reacted to "I find staying quiet..." with ❤️
 00:22:39 Marta Khader: Reacted to "I find staying quiet..." with ❤️
 00:22:54 Bharthi Kanagaratnam: Reacted to "I find staying quiet..." with ❤️
 00:24:54 Jeremiah Kornder: Q: Is there a peaceful husband, happy wife book? :] And same question for unmarried, and divorced parents... and vice versa (peaceful wife, happy husband, etc...)
 00:25:11 dajana yoakley: Reacted to "Q: Is there a peacef..." with 👍
 00:25:25 Eileen Fauver: Reacted to "Q: Is there a peacef..." with ❤️
 00:25:34 Eileen Fauver: Reacted to "I find staying quiet..." with ❤️
 00:27:09 Heidi Whipple: Replying to "Q: Is there a peacef..."

The admin team was just discussing how this is such a common question we are getting. You can find all of Dr. Laura's current resources on divorce here:

<https://www.peacefulparenthappykids.com/guide/concern-divorce>

00:27:14 dajana yoakley: Replying to "Q: Is there a peacef..."

Great question! I would recommend Dr. Terry Real as a couples therapist! He does amazing work helping couples, particularly couples on the verge of divorce. but everything related to marriage and couples. He has a book called "The New Rules of Marriage" which is very aligned with peaceful parenting. 1. Self regulation 2. Connection/Intimacy 3. Boundaries and Healthy self esteem. I would check out his free resources online.

00:27:17 Heidi Whipple: Replying to "Q: Is there a peacef..."

And her bundle on co-parenting is available here:

<https://www.peacefulparenthappykids.com/product/how-to-partner-coparenting-team>

00:27:39 Heidi Whipple: Reacted to "Great question! I wo..." with 👍

00:28:07 Heidi Whipple: Replying to "Q: Is there a peacef..."

And if you want to ask Dr. Laura about this today, raise your hand and I'll add you to the queue. :)

00:28:32 Jeremiah Kornder: Reacted to Great question! I wo... with "👍"
00:28:39 Jeremiah Kornder: Replying to "Q: Is there a peacef..."

Thank you. I'll copy that and check it out.

00:29:08 dajana yoakley: Reacted to "Thank you. I'll copy..." with ❤️
00:31:16 Bharthi Kanagaratnam: Reacted to "I find staying quiet..." with ❤️
00:36:02 Heidi Whipple: This is so hard, Phillipe! Two of my kids had a lot of potty anxiety also, and it was difficult to overcome. The good news is that both finally made it. It feels so hard in the moment, though.
00:36:28 dajana yoakley: Reacted to "This is so hard, Phi..." with 👍
00:36:31 Heidi Whipple: Queue: Catherine, Meghan, Ana
00:36:54 Eileen Fauver: Reacted to "This is so hard, Phi..." with ❤️
00:37:55 Jeremiah Kornder: You can do it, Phillipe!
00:37:58 Jay Straub: If there is time left I have a question as well.
00:38:06 Heidi Whipple: Reacted to "If there is time lef..." with 👍
00:38:33 Heidi Whipple: Replying to "If there is time lef..."

Go ahead and raise your hand, we'll get to as many as we can!

00:39:09 Lena kachouri: Hello, Am i in the queue?
00:39:40 Heidi Whipple: Replying to "Hello, Am i in the q..."

Yes! I have your name down. :)

00:40:00 Lena kachouri: Reacted to Yes! I have your nam... with "👍"
00:41:03 Philippe Grebert: Reacted to And her bundle on co... with "👍"
00:43:34 Eileen Fauver: Reacted to "You can do it, Phill..." with ❤️
00:43:46 Philippe Grebert: Replying to "This is so hard, Phi..."

Thanks a lot :) I'm conscious self-regulation is key to make her feel safe. I like the idea of little steps. I'll keep you updated with small Wednesday wins where there's progress

00:43:58 Philippe Grebert: Reacted to You can do it, Phill... with "❤️"
00:44:16 Heidi Whipple: Reacted to "Thanks a lot :) I'm ..." with ❤️
00:46:00 Heidi Whipple: Replying to "This is so hard, Phi..."

@Philippe Grebert I would love to hear how it goes for you. One thing that did help us was make a big celebration for every tiny win. It was hard to look for those little tiny signs of

progress as a parent, and they sometimes came slow. But celebrating them helped us feel like we were making progress (and we were!). Good luck!

00:46:35 Philippe Grebert: Reacted to @Philippe Grebert I ... with "❤️"

00:46:40 Catherine A: Thanks so much! I need to go pick them up - I will listen to the recording afterwards to finish hearing your answer.

00:48:03 Heidi Whipple: Queue: Ana, Lena, Jeremiah

00:54:17 Heidi Whipple: Meghan, this sounds so tricky. If you can bring some of the specific situations to the Facebook group, we can help brainstorm alternative things to do to help support her where her abilities are at in the moment.

00:58:15 Eileen Fauver: Reacted to "Meghan, this sounds ..." with ❤️

00:58:27 meghan schoening: thank you

01:01:00 Jeremiah Kornder: I have to get back to work, but I'm happy to see other wonderful, thoughtful parents here. I plan to watch the replay and attend next week. Be strong, everyone! Parenting is tough, but it's worth it! Bye!

01:01:11 dajana yoakley: Reacted to "I have to get back t..." with 👍

01:01:14 Heidi Whipple: Reacted to "I have to get back t..." with ❤️

01:06:47 Eileen Fauver: Reacted to "I have to get back t..." with ❤️

01:08:27 Heidi Whipple: Parenting coaches trained by Dr. Laura:

<https://www.peacefulparenthappykids.com/coaches-directory>

01:10:23 Marta Khader: This is a great article about Bathtime Fears:

<https://www.peacefulparenthappykids.com/read/19-month-old-baby-hates-baths>

01:11:34 Ana Chinelli: Reacted to "Parenting coaches tr..." with ❤️

01:12:11 Ana Chinelli: I will have to leave now, thank you so much for your time and all your support ❤️

01:12:43 Heidi Whipple: Ana, I have a child like this. I have a child who is very sensitive, whose emotional backpack is filled up very quickly and has lots and lots of big emotions. Learning about his sensory system and nervous system helped. He is very sensitive to sounds and textures, and so working to accommodate that helped his system feel less threatened. Over time we could figure out how to reduce stress and help his nervous system feel safer.

01:13:21 Marta Khader: Reacted to "Ana, I have a child ..." with ❤️

01:15:06 Eileen Fauver: Reacted to "Ana, I have a child ..." with ❤️

01:15:47 Heidi Whipple: 6 is still really young to handle daily routines on their own. Many kids need more help and time. I have noticed with my own kids that are all older that they each developed this ability at a different age.

01:17:43 Marta Khader: Lena I wonder if you could make the routine an imaginary world. My daughter will do anything if she can pretend to be a baby unicorn. So I say, Oh Sparkles, we have to get our Sparkle Lake Water (toothpaste) to keep your teeth sparkly....for example.

01:17:56 Heidi Whipple: Reacted to "Lena I wonder if you..." with ❤️
01:18:14 Heidi Whipple: Replying to "Lena I wonder if you..."

I was thinking similarly, there are so many imaginative ways we can playfully move through the routine.

01:20:09 Heidi Whipple: Sometimes learning challenges are easier to diagnose when a child is older, when their abilities are more different than their peers. I love what Dr. Laura is suggesting here.

01:20:37 Jay Straub: Still here

01:21:06 Heidi Whipple: Reacted to "Still here" with ❤️

01:21:12 Marta Khader: Reacted to "Sometimes learning c..." with ❤️

01:21:31 Philippe Grebert: @Ana Chinelli that sounds so incredibly hard. I really admire how you're able not to lose your temper in the situations you described. My kids are 6 and 3.5 and they both don't like the shower. My 3.5 will eventually have one but it has to be on his term "ok you play 5 more minutes but then it's shower time". The 6 year old tolerates it if I don't use soap and she's in and out in under a minute. We wash them only once a week and locally clean them with wet wipes every day. Bath day is Sunday and they call it "silly sunday bath". Maybe reducing the number of showers could reduce stress and give room for more play and connection which would help him feel safer. My 3.5 likes holding the shower and pretending he's a fire fighter putting down fires. Once he's played for a bit I'm able to step in and wash him. Going straight into washing him would definitely cause a meltdown. All the best with everything. I hope you find ways to reduce the load that all this puts on you.

01:22:18 Eileen Fauver: Reacted to "@Ana Chinelli that s..." with ❤️

01:22:22 Marta Khader: Reacted to "@Ana Chinelli that s..." with ❤️

01:22:24 Eileen Fauver: Reacted to "Sometimes learning c..." with ❤️

01:22:33 Eileen Fauver: Reacted to "Lena I wonder if you..." with ❤️

01:22:34 dajana yoakley: Reacted to "@Ana Chinelli that s..." with ❤️

01:23:34 Heidi Whipple: Reacted to "@Ana Chinelli that s..." with ❤️

01:24:15 Marta Khader: Article on helping two kids with big emotions at the same time:
<https://www.peacefulparenthappykids.com/read/big-emotions-with-multiple-upset-children>

01:24:36 Patti Naim: Reacted to "Lena I wonder if you..." with ❤️

01:27:37 Heidi Whipple: Multiple kids with big emotions at once is so taxing and exhausting on our own nervous systems as parents!

01:29:04 dajana yoakley: Reacted to "Multiple kids with b..." with 👍

01:31:00 Marta Khader: Jay it is so hard for all of us when we have more than one child who needs us. I can't tell you how much have mantras such as "This is not an emergency." I actually say to myself. This is the moment Dr. Laura talks about. This is when you get to Choose Love. This is the time.

01:33:03 Heidi Whipple: Reacted to "Jay it is so hard fo..." with ❤️
01:33:25 Heidi Whipple: Replying to "Jay it is so hard fo..."

My mantra on repeat is, "He's not giving me a hard time, he's having a hard time."

01:33:47 Jay Straub: Thank You so much
01:34:52 Philippe Grebert: Reacted to Jay it is so hard fo... with "❤️"
01:34:55 Philippe Grebert: Reacted to My mantra on repeat ... with "❤️"
01:35:05 Bharthi Kanagaratnam: Even when I feel the question doesn't apply to my family, I learn SO much! I loved all the questions today- I've learnt so much for my own parenting journey and for my self growth. Thank you all so much.
01:35:16 Heidi Whipple: Reacted to "Even when I feel the..." with ❤️
01:35:16 Marta Khader: Reacted to "Even when I feel the..." with ❤️
01:37:53 Eileen Fauver: Reacted to "Even when I feel the..." with ❤️
01:39:12 Heidi Whipple: I used to be a piano teacher who used a rewards chart, I can vouch that it didn't work very well. 😅
01:39:21 Marta Khader: Reacted to "I used to be a piano..." with 👍
01:39:34 Marta Khader: Replying to "I used to be a piano..."

I'd love to chat more about what did!

01:40:31 Bharthi Kanagaratnam: For music in our house it's definitely scaffolding from me by sitting next to her and helping as a silent witness!
01:40:39 Eileen Fauver: Reacted to "For music in our hou..." with ❤️
01:40:42 Eileen Fauver: Reacted to "I used to be a piano..." with 👍
01:40:49 Heidi Whipple: Reacted to "For music in our hou..." with ❤️
01:40:50 Marta Khader: Reacted to "For music in our hou..." with ❤️
01:42:14 Eileen Fauver: Wow.