

## Office Hours June 2024 - Chat

00:04:06 Tina Wallace: Hi!!  
00:04:13 Dr. Laura Markham: Welcome To Office Hours!  
00:05:16 Tina Wallace: I've been wanting to make it for a while and haven't been. I'm finally leaning toward homeschooling for my son that I have shared about before  
00:06:08 Tina Wallace: Welcome Dajana!!  
00:06:20 dajana yoakley: Reacted to "Welcome Dajana!!" with ❤️  
00:08:46 Heidi Whipple: Replying to "I've been wanting to..."

We are glad to have you here today! :)

00:08:49 Natasha Coombs: Hi I'm Natasha from the UK and I'm new here  
00:09:00 Heidi Whipple: Reacted to "Hi I'm Natasha from ..." with ❤️  
00:09:25 dajana yoakley: Welcome Natasha! Glad you're here!  
00:15:47 Heidi Whipple: Queue:  
00:16:03 Heidi Whipple: We'll start with Natasha  
00:16:13 Heidi Whipple: then Catherine  
00:26:23 Heidi Whipple: Nutritionist Jennifer Anderson from Kids Eat in Color advocates for food play as another great way to help kids get used to new foods.  
00:27:43 dajana yoakley: Also, I would add laughter to mealtime! Laughter is the antidote to anxious feelings, so shift the hormones a bit.  
00:27:54 Christel Vincent: I love Kids Eat in Color! I was going to suggest the same thing!  
00:28:11 Marta Khader: We have a vegetable garden and my kids eat anything from there because they grew it.  
00:28:21 Heidi Whipple: Reacted to "We have a vegetable ..." with ❤️  
00:28:29 Heidi Whipple: Reacted to "Also, I would add la..." with ❤️  
00:29:08 Heidi Whipple: Replying to "Nutritionist Jennife..."

<https://kidseatincolor.com/>

00:29:33 Christel Vincent: I have also found that my son will try new foods if he is helping prep the meal. Not always but some of the time and it is another form of exposure.  
00:29:39 Heidi Whipple: Reacted to "I have also found th..." with ❤️  
00:29:41 dajana yoakley: Reacted to "I have also found th..." with ❤️  
00:29:45 dajana yoakley: Reacted to "Nutritionist Jennife..." with ❤️  
00:30:17 Heidi Whipple: Replying to "I have also found th..."

I occasionally take one kid at a time grocery shopping with me, and they love to ask for new foods to try.

00:30:33 Marta Khader: Reacted to "I have also found th..." with ❤️  
00:30:42 dajana yoakley: Reacted to "I occasionally take ..." with ❤️  
00:33:02 Tina Wallace: I definitely wrote too much so this is 3 parts I apologize in advance 🙏 that Laura or one of the coaches can respond in email or something if possible because I can't talk right now because my kids are around.

How would you decide when it's the right time to tell your child that their father isn't their biological father? I have 3 kids and my oldest isn't from the same dad. I'm worried because she always feels dad is harder on her /loves her less, she is 11 now and I'm afraid going to middle school is going to be hard on her so I feel like too much at once will be overwhelming for her. She is neurodivergent and also has depression and she is definitely immature for her age which I know is in part because of the adhd brain - I'm also concerned as the whole family will be involved, and I'm worried about how all the siblings will be affected.

One of the big parts is I understand and have always explained to her

00:33:31 Tina Wallace: Pt 2 what a dad is and it's not just dna but I don't want her to ask too much about the biological father which I know she will but he isn't a good person and I'm afraid she looks for him or wants to meet him and he always threatened me that he would wait until she was old enough to look for him.... There is also a no contact order and restraining order that he can't go near me.

00:34:17 Tina Wallace: Pt 3 - again I apologize in advance for the length

It's all a lot but I know it's things that she wouldn't understand or even be able to. I don't want to say she has lived a sheltered life but she really doesn't understand different things in life. It's hard to explain that part but I've never talked to her about abuse in relationships or unhealthy things that can happen to people...

00:37:43 Tina Wallace: My youngest definitely does the touching me a lot and I never realized it but my son did it recently even at his drs office.. I am wondering if he does it when he feels uncomfortable.. he's 5 (mine)

00:39:12 dajana yoakley: Reacted to "Pt 2 what a dad is a..." with 👍

00:39:39 dajana yoakley: Reacted to "Pt 3 - again I apolo..." with 👍

00:40:36 dajana yoakley: What does he do in his free time? I would watch for what he's doing in his free time on his own, that he's choosing, then join him in that during special time...

00:41:07 Sarah Lowery: Reacted to "What does he do in h..." with ❤️

00:41:43 Marta Khader: Catherine I have a 10 year old boy and now for Special Time I have now started inviting him to go hit the tennis ball or kick the soccer ball or something that I know he enjoys so he isn't put on the spot to decide. And he may suggest something different but it takes the pressure off.

00:41:59 dajana yoakley: Reacted to "Catherine I have a 1..." with ❤️

00:45:29 Heidi Whipple: Next question: Sarah Lowery

00:47:50 Heidi Whipple: Queue: Sarah, Kimberly, Tina

00:54:48 Tina Wallace: Save my ? Because everyone around me

00:54:55 Dajana Yoakley: Reacted to "Save my ? Because ev..." with 👍

00:55:38 Dajana Yoakley: <https://www.peacefulparenthappykids.com/read/the-6-step-process-for-emotion-coaching-when-your-child-is-upset>

01:13:58 Marta Khader: <https://www.peacefulparenthappykids.com/read/family-discussions>

01:14:49 Ilona Brandt: I would love to ask a question

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01:14:52 Christel Vincent: Love this group! Thank you all!

01:14:52 Ilona Brandt: Ok

01:19:54 Marta Khader: The Girl Who Never Made Mistakes is a children's book recommended by Dr. Laura which addresses perfectionism. <https://amzn.to/4eAb2qk>

01:20:13 Heidi Whipple: Reacted to "The Girl Who Never M..." with ❤️

01:20:45 Heidi Whipple: Reacted to "Love this group! Th..." with ❤️

01:22:49 Marta Khader: A great game that Dr. Lawrence Cohen recommends is role reversal. Ask your daughter to be the parent and boss you around and you be the kid who doesn't want to do the chore.

01:23:02 Dajana Yoakley: Reacted to "A great game that Dr..." with ❤️

01:23:32 Natasha Coombs: This group really is great. Thank you for your suggestions, support and for sharing.

01:23:41 Heidi Whipple: Reacted to "A great game that Dr..." with ❤️

01:23:44 Dajana Yoakley: Reacted to "This group really is..." with ❤️

01:23:49 Heidi Whipple: Reacted to "This group really is..." with ❤️

01:24:31 Heidi Whipple: I remember how old and responsible I thought my oldest was at age 6, and my youngest seemed so much younger! It can be helpful to make sure our expectations are appropriate for our child developmentally, too.

01:24:58 Ilona Brandt: Yes

01:25:43 Marta Khader: Reacted to "I remember how old a..." with ❤️

01:30:10 Heidi Whipple: This series is so helpful for self-care - so much of it is how we treat ourselves. <https://www.peacefulparenthappykids.com/read/Healing-Your-Ability-to-Love>

01:30:57 Dajana Yoakley: His emotions are driving his behavior. If we can help him with his emotions, his behavior will change.

01:31:16 Heidi Whipple: Reacted to "His emotions are dri..." with ❤️

01:31:46 Dajana Yoakley: He might even want just more attention. "Do you see me?" "Are you listening?" Just more verbal attention while we take care of the baby is helpful too.

01:31:55 Heidi Whipple: Reacted to "He might even want j..." with ❤️

01:32:12 Patti Naim: Many thanks!