



## Office Hours June 2025

### Transcript of Chat

00:05:52 Dajana Yoakley: Welcome to June Office Hours!  
00:07:24 Dr. Laura Markham: Welcome to our June Office Hours!  
00:08:30 Marta Khader: Peaceful Parenting Companion Page:  
<https://www.peacefulparenthappykids.com/companion-purchase>  
00:09:29 Marta Khader: This link opens the companion.  
You'll need a Chat GPT account to use it: <https://chatgpt.com/g/g-685301aaf30c8191b58cbae80102a48b-peaceful-parenting-companion>  
00:30:39 Heidi Whipple: Question queue: Ankita then Gladys  
00:33:05 Keyla Ortiz: My apologies for the sound  
00:38:38 Heidi Whipple: Replying to "My apologies for t..."

We understand, we are all busy parents!

00:45:46 Marta Khader: Maybe saying: I know how to treat bodies in the proper way.  
00:52:17 Melody Grove: Reacted to "Maybe saying: I know..." with ❤️  
01:04:15 Heidi Whipple: I find I have to stay in this empathy step longer than I think I need to for it to be effective!  
01:42:42 Eileen Fauver: Thank you