

00:08:39 Dr. Laura Markham: Welcome Everyone!

00:09:11 Sara Thatcher: Hello, I'm happy to be here. 😊

00:17:22 Candace Kielbiski: Next in the queue:  
Thais  
Bob  
Naomi

00:24:21 NAOMI PEEK: Thais I totally get this! I'm so glad you asked this question!

00:25:37 Candace Kielbiski: Thai, I am not sure if this will work for you. I mark my calendar, with a reminder. This prepares me, and it is so much easier to remind myself that I am being dictated to by hormones.

00:26:44 NAOMI PEEK: Also, preventive maintenance to allow myself to cry with a really sappy movie

00:28:25 christine charron: Hello, Happy Friday! Thank you Thais for asking this question, and all of these ideas are so helpful!

00:28:43 Becky Tatum: So helpful, great question i can relate!

00:31:13 Thais Leandrini Brand: Thank you for all your support.

00:38:44 Allison Henderson: Can you recommend resources for children who do appear to be locking down feelings and turning to anger, sometimes hitting at age 9?

00:38:46 Heidi Whipple: One thing I find helpful with leaning in to those difficult moments with my children is to remember that they're having a hard time, not giving me a hard time, and that kids do when they can. When I truly believe this, then I can see the situation through a much more compassionate lens.

00:43:26 Heidi Whipple: Offering a hug really works well with a couple of my kids

00:43:52 christine charron: Bob, this is so hard sometimes! I find that keeping up on self care, for me, gives me much more space to be able to pause and lean in to my kids when they are having really hard times

00:44:10 Heidi Whipple: Bob, Sarah Rosensweet just posted looking for a father who wanted to do coaching as a part of her podcast. She posted in the main PPHK group.

00:45:07 Heidi Whipple: Link to coaches directory for the parent coaches trained by Dr. Laura <https://www.ahaparenting.com/coaches-directory>

00:47:35 Marta Khader: Thank you for asking Naomi. I'm experiencing something similar.

00:49:22 Veronika Rosova: Bob, you are a very courageous dad! Wishing you all the best in bringing up your children, if we stick to empathy, no matter what, it always helps:-)

00:50:09 Candace Kielbiski: Next queue:  
Dennis and Megan  
Jitka  
Shelley

00:50:58 Thais Leandrini Brand: I was thinking the same thing Veronika, it warms my heart to see a dad taking the lead on peaceful parenting. ❤️

01:03:51 christine charron: I love what you just said Dr. Laura, that by giving them the humor and fun in the moments we are setting limits or handling upsets, we are being the "nice" parent by having humor to help them work through it!

01:06:31 christine charron: My heart goes out to you Jitka ❤️

01:06:54 Meghan Howcroft: That sounds so hard Jitka! Sending you lots of love. What an amazing parent you are to be trying to break a cycle and parent your kids in a different way, EVEN though you are in such a tough spot. That's a testament to an amazing parent.

01:07:52 Shammama Zia: Sending you love Jitka <3

01:11:16 Candace Kielbiski: Yes Jitka. Sending you so much love. I am so sorry <3

01:11:39 Eva Cartagena: Jitka, sending you love and strength. You are a great model for your kids. ❤️

01:11:49 Jitka Ansari: Thank you for your love and support

01:12:23 Thais Leandrini Brand: Sending you so much love Jitka ❤️

01:13:01 sedda "bug": Jitka, I'm sorry this is such a challenging time. Sometimes it can be healthier to dissolve the relationship than to continue on...We want our kids to have perseverance and never quit, but It is important that they know that sometimes quitting can be the thing that preserves one's better health. People sometimes call it a "failed marriage" but that does not mean the people involved are failures! It means only a different path, one that was not planned. Wishing you healing during this hard, hard transition. You will find your path!

01:13:12 Zoe Field: Lots of love to you Jitka xx

01:14:27 Heidi Whipple: Sending love and strength to you, Jitka. We are here to support you.

01:15:43 Elana Steinberg: You seem like a strong person Jitka. Your kids are lucky to have a parent who really is there for them. I hope you find good positive people to support you. Glad you found this group. Hang in there!

01:15:43 Candace Kielbiski: A strong sense of Justice?

01:16:38 Heidi Whipple: Siblings also tend to see each other as equals despite age differences. So this can be really tricky when there are big age differences.

01:18:46 Candace Kielbiski: Allison  
Eleni

Shammama

01:22:44 Jitka Ansari: Thank you so much!

01:26:51 Heidi Whipple: I think whenever a parent's gut is wondering about getting more help, it doesn't hurt to reach out to someone and get help. It can make such a big difference.

01:31:03 Heidi Whipple: Website for Steve Hodges <https://www.bedwettingandaccidents.com/>

01:44:48 Heidi Whipple: I love the idea from the course to set a timer and check in with yourself throughout the day. Taking this short time to check in with my emotions really helps me. It helps to just acknowledge what I am feeling even if I can't do anything about it at

the moment. It can also be an opportunity to practice self compassion.

01:48:58 Heidi Whipple: I'm going to post the link again to the Coaches Directory with parent coaches who have trained with Dr.

Markham: <https://www.ahaparenting.com/coaches-directory>

01:54:03 Eva Cartagena: Have to leave. I'll listen to the recording. Thank you, everybody!

01:54:15 Shammama Zia: Thank you Heidi, appreciate your points!

01:58:57 Heidi Whipple: Like when a new baby joins the family, the kids may not be able to envision what it would mean to them and their life before a new family joins the home.

02:05:16 Jitka Ansari: I am sorry Aimee, that's so hard. Lots of love to you, you are doing your best and you are a great mum

02:06:01 Heidi Whipple: Sending love and strength to you, Aimee.

02:07:17 Heidi Whipple: Grief meditation on this page @Aimee <https://www.ahaparenting.com/workbook>

02:08:07 Shammama Zia: whats the surname for Steven for meditation please?

02:08:19 Heidi Whipple: Stephen Lavine

02:08:24 Shammama Zia: thank you!

02:08:25 Heidi Whipple: (not sure if that's spelled right)

02:08:31 Candace Kielbiski: It is Heidi!

02:08:34 Aimee Petty: thank you all for your love

02:08:44 Candace Kielbiski: Thank you everyone!

02:08:49 Shelley Wu: 