

00:03:49 Dr. Laura Markham: Welcome to March 2024 Office Hours!

00:07:09 Heidi Whipple: <https://www.peacefulparenthappykids.com/read/how-to-talk-to-kids-about-alcohol-drinking>

00:26:01 Candace Kielbiski: <https://www.peacefulparenthappykids.com/read/judgment>

00:30:44 Candace Kielbiski: Elana you are up next!

00:40:44 Candace Kielbiski: Elana~ this is so hard. I really want you to know that this is so hard. I know all of you are going to get to the other side. It feels so impossible to know this, when you are really in it.

00:42:17 Candace Kielbiski: they often say that an ADHD young human is roughly 4 years behind in the development of impulse control etc.

00:42:25 Heidi Whipple: Reacted to "they often say that ..." with 👍

00:43:53 Heidi Whipple: This is so hard, Elana. It's extra hard to know what the future might look like with a kid that is not typical. My neurodivergent kid is now 14, and I will say that many of the things I was worried about when he was 7 are much better now. I really could not have predicted at all how our future went. I am now worried about the next 7 years as there are a lot of big things coming up in this time frame, and I know I can't predict. I try to do my best at parenting how he needs and trust that things will work out. I have been told that leaps in growth and development make a big difference. Kids surprise us. There is so much hope.

00:44:24 Heidi Whipple: Reacted to "Elana~ this is so ha..." with ❤️

00:45:56 Mooniek Seebregts: Elana 😊 good for you for being a loving mom. Good book about anxiety: freeing yourself from anxiety by Tamar Chansky

00:46:11 Marine Alneel: Reacted to This is so hard, Ela... with "❤️"

00:46:36 Mooniek Seebregts: Great ideas Dr. Laura!

00:47:04 Heidi Whipple: <https://www.peacefulparenthappykids.com/read/mindful-parenting>

00:48:46 Heidi Whipple: I think the email series Dr. Laura is talking about is Spring-cleaning for your psyche - here is the first in the series <https://www.peacefulparenthappykids.com/read/Spring-cleaning-for-your-psyche>

00:51:17 Heidi Whipple: Article about nightmares <https://www.peacefulparenthappykids.com/read/bad-dreams-and-nightmares>

00:54:27 Candace Kielbiski: Elana~ have you read Self-Reg by Stuart Shanker? He goes into depth about all of the stresses these kiddos have at school, and out and about. Remembering that is hard.

00:54:49 Heidi Whipple: Reacted to "Elana~ have you read..." with ❤️

00:55:20 Jenny Ellerbe: Reacted to "Elana~ have you read..." with ❤️

00:59:35 Heidi Whipple: Age 6-7 is an extremely challenging age for many kids who have extra challenges or are neurodivergent.

01:01:57 Ish G: I feel like, in parenting moments are longer but years are short. Time flies in years, but doesn't move in the present moments sometimes!

We see you, Elana, and you're working so hard, give yourself and your son all the compassion.. wishing you the best..

01:02:14 Heidi Whipple: Reacted to "I feel like, in pare..." with ❤️

01:02:25 Marine Alneel: Reacted to I feel like, in pare... with "❤️"

01:02:41 Jenny Ellerbe: Reacted to "I feel like, in pare..." with ❤️

01:03:07 Elana Steinberg: Reacted to "Elana~ this is so ha..." with ❤️

01:04:22 Elana Steinberg: Reacted to "This is so hard, Ela..." with ❤️

01:04:39 Elana Steinberg: Reacted to "Elana 😊 good for yo..." with ❤️

01:04:40 Heidi Whipple: Minimize demands on myself - simplify schedule, simple meals or order out more. Try to plan something small that I enjoy

01:04:45 Michele Childs: Reacted to "I feel like, in pare..." with ❤️

01:04:56 Marine Alneel: Community

01:05:00 Sarah Gilberg: I put sleep above all else - the exercise plan etc goes out the window

01:05:01 Jenny Ellerbe: Exercise...even just going for a walk.

01:05:08 Elana Steinberg: Replying to "Elana 😊 good for yo..."

Thanks Mooniek!

01:05:22 Michele Childs: Ask grandma or another mom for a play date

01:05:35 Mooniek Seebregts: Mini meditation, music, pancakes with lots of maple sirop, getting French fries together, reading books together in bed

01:05:36 Michele Childs: Reacted to "Elana 😊 good for yo..." with ❤️

01:05:47 Elana Steinberg: Replying to "Elana~ have you read..."

Thanks Candace ! 🙏

01:06:14 Elana Steinberg: Reacted to "I feel like, in pare..." with ❤️

01:06:20 Heidi Whipple: Breakfast for dinner - easy and my kids' favorite

01:06:27 Mooniek Seebregts: Releasing all resistance in your body, letting it flow away, deliberate alone time

01:06:44 Heidi Whipple: Be gentle with myself. Check in with myself. What do I need right now? Chat with a friend.

01:06:57 Marine Alneel: Having fun together with the kids

01:07:08 Elana Steinberg: Ditto sleep! Journaling to unpack and get to that self compassion

01:07:13 Ish G: I try and take pauses before transitioning into something that involves my kids.. so just letting myself take a breath and recenter.

Spending time outdoors

Cozy reading time

Earlier bedtimes

Co-sleeping

Audiobooks/reading our own books

01:07:37 Mooniek Seebregts: Tea tea tea

01:07:43 Marine Alneel: Reacted to Tea tea tea with "❤️"

01:08:00 Rocio Gonzalez Clot: Thank you 🥰🥰🥰

01:09:08 Mooniek Seebregts: Finding my 'Neutral' or parking brake

01:12:00 Mooniek Seebregts: Love the question! Even in survival we can still come from conscious thoughts or feelings: trying not to be reactive :) (and I am still working in that)

01:12:13 Candace Kielbiski: Reacted to "Love the question!..." with 👍

01:13:43 Heidi Whipple: Reacted to "Love the question! E..." with 👍

01:17:09 Marine Alneel: Thank you for the question Michele. I think I was approaching this in a not so helpful way where I would think about trying to find the "non-emergency" part of the emergency. This sounds more validating to the children

01:17:38 Heidi Whipple: Reacted to "Thank you for the qu..." with 👍

01:18:13 Ish G: When I know something is going to frighten my child, I prepare myself for their feelings and anxiety.. and when they say something, I can acknowledge it and say it's ok to be scared.  
I have seen that work as magic with my anxious child.

01:18:29 Candace Kielbiski: Reacted to "When I know someth..." with ❤️

01:18:34 Ish G: Reacted to When I know somethin... with "❤️"

01:18:36 Mooniek Seebregts: Thank you! Great call!