

Office Hours – March 2026

Transcript of Chat

00:03:20 Dr. Laura Markham: Welcome to Office Hours!
00:06:00 Stephanie Korycki: can I type my question here?
00:06:54 Heidi Whipple: Replying to "can I type my questi..."

We would love to have you ask Dr. Laura directly if you are able to. If that isn't possible, you can type it here. You'll be the next question after this one.

00:07:27 Stephanie Korycki: Replying to "can I type my questi..."

ok, ill wait.

00:07:40 Heidi Whipple: Reacted to "ok, ill wait." with 👍
00:09:00 Heidi Whipple: Queue: Stephanie next, then Graziella
00:12:42 Heidi Whipple: This question is so relatable - my 11yo often does the same thing.
00:13:13 Marta Khader: Yes, I was thinking about this with regard to my 12-year-old
00:26:24 Heidi Whipple: Stephanie, there are so many parents in our community struggling with this same thing - we all have differences from our parenting partners in how we view parenting and it can be a huge challenge to navigate.
00:43:30 Marta Khader: Resources about anxiety:
<https://www.peacefulparenthappykids.com/guide/concern-anxiety>
00:43:45 Heidi Whipple: Reacted to "Resources about anxi..." with ❤️
00:47:41 Heidi Whipple: Please raise your hand if you would like to ask a question today. We still have time for more questions.
00:51:45 Marta Khader: My daughter is on the anxious/perfectionist side and when I comment that I used to feel that way too as a child (which is true as I was a perfectionist as well) and that I completely understand how she feels but that I now know that it's perfectly OK to not get something exactly right, it really helps. She feels less alone with it.
00:52:17 Heidi Whipple: Reacted to "My daughter is on th..." with ❤️
01:13:35 Heidi Whipple: Jack, I'm wishing much love and peace for your family.
01:13:56 Jack Hilton: Is Dr Markham going to offer training again for professionals?
01:14:08 Jack Hilton: Thank you!
01:20:39 Dr. Laura Markham: Jack- YES! But not this year. Next year. Write to us to get on the waiting list.

- 01:21:43 Heidi Whipple: Jack, email administrator@peacefulparenthappykids.com to get on that waiting list.
- 01:24:03 Jack Hilton: very exciting! ok, thank you
- 01:30:02 Stephanie Korycki: Thank you! See you next time.
- 01:30:08 Heidi Whipple: Reacted to "Thank you! See you n..." with ❤️
- 01:30:14 Marta Khader: Reacted to "Thank you! See you n..." with ❤️
- 01:31:57 Heidi Whipple: When I ask if everyone is having fun, it gives permission to the person who isn't to speak up. Half of the time someone cries. It is a really helpful tool for checking in. Occasionally they say they're all having fun.
- 01:34:29 Marta Khader: Reacted to "When I ask if everyo..." with ❤️
- 01:36:29 graziella baulig-otte: Reacted to My daughter is on th... with "❤️"
- 01:37:29 Marta Khader: Jeremiah, you are doing brave work. I hope you'll continue to feel supported in our virtual community. You are not alone in walking this path.
- 01:37:36 Heidi Whipple: Reacted to "Jeremiah, you are do..." with ❤️
- 01:37:49 Jack Hilton: Reacted to "Jeremiah, you are do..." with ❤️