

Office Hours May 2024 – Chat

00:07:32 Dr. Laura Markham: Welcome to our May Office Hours!

00:08:01 Candace Kielbiski: First Question will be asked by Fiona!

00:17:23 Mooniek Seebregts: Can it be that going to camp is a separate issue from leaving her with the baby sitter?

00:20:57 Mooniek Seebregts: Is this a good time to come with spiritual input? Like she is protected, she will always be loved

00:21:53 Mooniek Seebregts: I gave my daughter my scarf with my perfume on it

00:23:37 Candace Kielbiski: Next Up:
Shirley
Farinaz

00:27:38 Fíona Verspoor Feeney: Reacted to "I gave my daughter..." with ❤️

00:30:11 Heidi Whipple: Because homeschooling is so tailored to the child, it can make it harder to recognize learning and attention differences. Her needs may have been met more easily in that environment, and it may take time to figure out how to best support her, and for her to figure out how to support herself, in this environment.

00:32:17 Mooniek Seebregts: Go on a car drive or a hike so you can chat

00:33:06 Heidi Whipple: It's helpful to approach from the viewpoint that she is doing the best she can in this situation. She's not *choosing* to do poorly, she's doing the best she can.

00:33:16 Mooniek Seebregts: Reacted to "It's helpful to appr..." with ❤️

00:47:40 Heidi Whipple: About this age, it seems like people's expectations of children rise a lot - they expect them to not lash out. Some kids are still really struggling with managing their emotions at this point. We decided to work more on tone of voice at home.

00:49:07 Kelly Teipe: We work on self compassion and do overs

00:49:14 Heidi Whipple: Reacted to "We work on self comp..." with ❤️

00:49:22 Mooniek Seebregts: Reacted to "We work on self comp..." with ❤️

00:49:43 Heidi Whipple: "I" message to help them communicate their needs

01:01:36 Kelly Teipe: I offer a hug

01:01:50 Mooniek Seebregts: Reacted to "I offer a hug" with 🎉

01:02:39 Kelly Teipe: I love that

01:02:49 Heidi Whipple: Reacted to "I offer a hug" with ❤️