

Office Hours May 2025

Transcript of Chat

00:04:50 Dr. Laura Markham: Welcome to May Office Hours!

00:06:05 Heidi Whipple: Go ahead and raise your hand if you want to ask a question today. :)

00:16:59 Heidi Whipple: Mitra will be next

00:19:48 Mitra Ordibehesht: Thank you

00:22:08 Terri Knutson: My daughter is much more social on the phone than my son and they're both social kids, so I do feel like it has been more important for my girl

00:28:49 Heidi Whipple: Reacted to "My daughter is much ..." with 👍

00:29:29 Dajana Yoakley: Reacted to "My daughter is much ..." with ❤️

00:33:20 Heidi Whipple: We're going to renegotiate screen time limits this week since it's the end of the school year here.

00:35:49 Christie Man: What is the current research on the limit of screen time a day for kids?

00:36:17 Heidi Whipple: We do this, too. Keep them out of sight or put away when it's not screen time. Love the idea to keep it as family time.

00:37:45 Terri Knutson: My kids use timers too, so that I'm not the one telling them to stop - the reminder is coming from the timer instead

00:39:11 Heidi Whipple: Replying to "My kids use timers t..."

This is so helpful!

00:41:50 Heidi Whipple:
<https://www.peacefulparenthappykids.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:57:25 Heidi Whipple:
<https://www.peacefulparenthappykids.com/guide/concern-sexuality>

00:57:42 Heidi Whipple:

<https://www.peacefulparenthappykids.com/read/talking-to-kids-about-sex-an-age-by-age-guide>

01:08:47 Angela Scala: Yes

01:30:21 Mitra Ordibehesht: 😭😭😭😭😭😭 I feel you Kendra 😭😭😭 I was there too

01:32:04 Heidi Whipple: Replying to "😭😭😭😭😭😭 I feel y..."

Sending love and hugs. ❤️ So glad we can come together in this community and know we are not alone!

01:33:20 Philippe Grebert: Reacted to Sending love and hug... with "❤️"