

## Office Hours November 2024 - Chat

00:10:43 Lauren O'Carroll: and Megan Howcroft 😊  
00:10:48 Dajana Yoakley: Reacted to "and Megan Howcroft ?..." with 👍  
00:11:14 Lauren O'Carroll: Replying to "and Megan Howcroft ?..."

Meghan - sorry lovely!

00:12:38 Sarah Galea-Pace: Are we able to ask 2 questions when it's our turn?  
00:13:07 Dajana Yoakley: Replying to "Are we able to ask 2..."

Hi Sarah- just one at a time. Then letting others have a turn, but if there's time at the end, yes, you can ask additional questions. 😊

00:13:25 Sarah Galea-Pace: Replying to "Are we able to ask 2..."  
Ok great. Thanks

00:13:49 Dajana Yoakley: Reacted to "Ok great. Thanks" with 👍  
00:14:38 Sarah Lowery: No glitches for me  
00:14:42 Eileen Fauver: clear for me too  
00:14:45 Meghan Mulkerin: Great for me  
00:14:49 Graziella Baulig-Otte: Fine here too  
00:15:17 Sarah Galea-Pace: Not for me  
00:16:48 Graziella Baulig-Otte: Is cortisol also one contributor?  
00:18:09 Dajana Yoakley: Replying to "Is cortisol also one..."

yes, it would be. Cortisol is released when we are feeling anxious.

00:19:27 Graziella Baulig-Otte: Could trauma cause ocd?  
00:19:40 Dajana Yoakley: <https://tamarchansky.com/books/freeing-your-child-from-obsessive-compulsive-disorder/>  
00:19:41 Heidi Whipple: Queue: We'll start with Sarah Galea-Pace and then Catherine

00:19:50 Meghan Howcroft: Yes, absolutely get the child checked for OCD. My son has it and a quick diagnosis can be SO vital. It's such a well understood disorder that the treatment is well researched and quite successful.

00:19:59 Dajana Yoakley: Reacted to "Yes, absolutely get ..." with ❤️  
00:20:03 Heidi Whipple: Reacted to "Yes, absolutely get ..." with ❤️  
00:20:07 Eileen Fauver: Reacted to "Yes, absolutely get ..." with ❤️  
00:20:37 Dajana Yoakley: Replying to "Could trauma cause o..."

Yes, I think so. Trauma is overwhelming feelings including anxiety.

00:20:39 Lauren O'Carroll: Replying to "Could trauma cause o..."

yes i believe it can. ADHD and Autism type symptoms can also be caused by trauma

00:20:46 Dajana Yoakley: Reacted to "yes i believe it can..." with 👍  
00:20:50 Heidi Whipple: Reacted to "yes i believe it can..." with 👍  
00:21:57 Graziella Baulig-Otte: Replying to "Could trauma cause o..."

Interesting! Maybe especially in the first three years of life when brain development is so explosive?

00:22:25 Meghan Howcroft: Replying to "Could trauma cause o..."

They don't know for certain. genetics plays a role. Trauma can definitely trigger OCD but I don't think they know for sure whether it is the cause which is an important distinction.

00:22:59 Filyet Iscimen: Reacted to "Yes, absolutely get ..." with ❤️

00:25:05 Graziella Baulig-Otte: Replying to "Could trauma cause o..."

I heard there is a "sensitive" gene. Maybe that would contribute to it?

00:25:35 Meghan Howcroft: Yes, medication can turn down the volume of the OCD so that the child is ABLE to do the CBT (exposure response prevention) which is the gold standard for treatment.

00:25:43 Dajana Yoakley: Reacted to "Yes, medication can ..." with ❤️

00:28:39 Meghan Howcroft: Natasha Daniels is an incredible resource for OCD and anxiety.

00:29:11 Meghan Howcroft: YES! Missy, definitely find a therapist, counselor, etc with specific OCD training.

00:29:17 Dajana Yoakley: Reacted to "Natasha Daniels is a..." with 👍

00:31:01 Meghan Howcroft: Here's the link to Natasha's stuff. She's incredible for parents and kids with anxiety and OCD. <https://www.anxioustoddlers.com>

00:31:22 Meghan Howcroft: Ignore the fact that it's called anxious toddlers. That's how she started but she deals with kids of all ages.

00:34:32 Dajana Yoakley: Reacted to "Ignore the fact that..." with 👍

00:35:07 Lauren O'Carroll: Its also easy to get so stressed about the situation that you then take it out on the child even though you are annoyed with your partner not them

00:35:26 Dajana Yoakley: Reacted to "Its also easy to get..." with ❤️

00:38:22 Marta Khader: Catherine, I don't call it Special Time with my son anymore, and he is 10. I just ask if he would like to go kick the soccer ball outside or I just sorta insert myself in what he's doing and show interest, even silly YouTube videos. I don't know if a side door approach would work for you.

00:38:36 Heidi Whipple: Reacted to "Catherine, I don't c..." with ❤️

00:38:42 Dajana Yoakley: Reacted to "Catherine, I don't c..." with 👍

00:38:43 Linnea Petsonk: Reacted to "Catherine, I don't c..." with ❤️

00:38:59 Veronika Rosova: Reacted to Catherine, I don't c... with "👍"

00:40:17 Heidi Whipple: Coaches directory:

<https://www.peacefulparenthappykids.com/coaches-directory>

00:40:43 Lauren O'Carroll: Sending huge hugs lovely x

00:41:00 Linnea Petsonk: Sending much love, Catherine!

00:41:00 Eileen Fauver: Reacted to "Sending huge hugs lo..." with ❤️

00:41:07 Meghan Howcroft: Sending you love Catherine!

00:41:18 Heidi Whipple: Next queue: Sarah Lowery and then Meghan Mulkerin

00:41:20 Bharthi Kanagaratnam: Sending so much hugs Catherine, totally understand how you are feeling xxxx

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00:41:36 Heidi Whipple: Sending love and hugs and strength, Catherine!  
00:41:54 Lauren O'Carroll: @Bharthi Kanagaratnam @Catherine maybe you guys could consider a listening partnership? x  
00:43:13 Lauren O'Carroll: Replying to "@Bharthi Kanagaratna..."

no pressure and timings may not work but you have similar aged kids x

00:45:11 Marta Khader: <https://www.surveymonkey.com/r/7X5295R> Catherine, my heart goes out to you. You might also consider applying to the ProBono 1-1 Parent Coaching Lottery with current Coach Trainees. The link is above.

00:45:16 Catherine: Reacted to "Catherine, I don't c..." with 👍

00:45:19 Heidi Whipple: Reacted to "<https://www.surveymo...>" with ❤️

00:45:25 Jason Arenburg: Catherine, I'd be honored to support you. I recently completed my coach training with Dr. Laura and I don't think my profile is listed on the website yet, but you can reach me at [jason@enlightenedparentcoaching.com](mailto:jason@enlightenedparentcoaching.com) or (508)223-7969. Of course, the site has a ton of other fantastic coaches, as well, whom you may prefer to work with, so no pressure. Hang in there!

00:45:41 Catherine: Reacted to "Sending huge hugs lo..." with ❤️

00:45:47 Catherine: Reacted to "Coaches directory: h..." with 👍

00:45:51 Catherine: Reacted to "Sending much love, C..." with ❤️

00:45:52 Lauren O'Carroll: Replying to "@Bharthi Kanagaratna..."

Bharthi can't reply to chat but just messaged me that she set one up today with Natasha. Sorry @Catherine x

00:45:54 Catherine: Reacted to "Sending you love Cat..." with ❤️

00:46:01 Catherine: Reacted to "Sending so much hugs..." with ❤️

00:46:07 Catherine: Reacted to "Sending love and hug..." with ❤️

00:46:10 Heidi Whipple: Reacted to "Catherine, I'd be ho..." with ❤️

00:46:29 Dajana Yoakley: And this is a directory of all coaches trained by Dr. Laura Markham: <https://www.peacefulparenthappykids.com/coaches-directory>

00:46:36 Dajana Yoakley: Reacted to "Catherine, I'd be ho..." with ❤️

00:46:37 Jason Arenburg: Reacted to "And this is a direct..." with 👍

00:46:40 Dajana Yoakley: Reacted to "<https://www.surveymo...>" with ❤️

00:47:12 Jason Arenburg: Reacted to "<https://www.surveymo...>" with ❤️

00:47:36 Catherine: Reacted to "Catherine, I'd be ho..." with 👍

00:48:49 Catherine: Replying to "@Bharthi Kanagaratna..."

No problem, thanks for thinking of this - sounds helpful!

00:48:55 Lauren O'Carroll: She sounds alot like my daughter x

00:50:26 Lauren O'Carroll: Co-regulation can be really helpful. In my experience kids like this take a lot longer to calm down than we might expect x

00:51:41 Heidi Whipple: Reacted to "Co-regulation can be..." with ❤️

00:54:33 Lauren O'Carroll: If she is more often dysregulated she might feel like she is the 'tricky one' and blame her sister for showing her up x

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00:56:17 Heidi Whipple: Replying to "Co-regulation can be..."

For us, this looks like lots of proximity throughout the day. I have to keep him close to me, offer extra snuggles, etc.

00:56:27 Dajana Yoakley: Reacted to "For us, this looks l..." with 👍

00:56:33 Dajana Yoakley: Reacted to "If she is more often..." with 👍

00:58:05 Meghan Howcroft: Reacted to "If she is more often..." with 👍

00:59:04 Heidi Whipple: The siblings workshop is in the office hours archive, also!

01:00:03 Heidi Whipple: <https://courses.peacefulparenthappykids.com/video-archive/workshop-siblings-nov-2022>

01:00:51 Heidi Whipple: The printables were downloadable during that Nov 2022 spotlight, email me if you don't have them

01:02:55 Heidi Whipple: If anyone else wants to ask a question today, please raise your hand.

01:03:51 Sarah Lowery: If there is a shortage of questions, I'd love to ask another one. 😊

01:04:44 Heidi Whipple: Reacted to "If there is a shorta..." with 👍

01:10:54 Graziella Baulig-Otte: Loving guidance

01:13:10 Lauren O'Carroll: @Meghan Mulkerin I have ADHD so struggle with my executive function massively. However, it was so much harder for me when my Dad died (also at 65)

01:13:35 Jason Arenburg: Reacted to "@Meghan Mulkerin I h..." with ❤️

01:13:45 Graziella Baulig-Otte: Reacted to @Meghan Mulkerin I h... with "❤️"

01:14:48 Lauren O'Carroll: It's so so hard lovely. Don't blame yourself

01:15:51 Lauren O'Carroll: Your oestrogen levels will probably have shifted too if you've just stopped breastfeeding too so that will also affect your executive function x

01:17:45 Sarah Lowery: Reacted to "Loving guidance" with ❤️

01:17:45 Lauren O'Carroll: i think Sarah had another one too

01:17:56 Meghan Mulkerin: Reacted to Your oestrogen level... with "❤️"

01:18:23 Graziella Baulig-Otte: Me too

01:21:54 Linnea Petsonk: Sending big hugs @Meghan Mulkerin! One thing that we do is ask my son to help us out with his bedtime routines. Together we agree on good time for bed and what the steps are to get there ie brush teeth etc. Putting up images for the step by step plan also helps, both him and us, to follow and check 😊 Maybe this can help you and your girls as well.

01:23:36 Meghan Mulkerin: Reacted to Sending big hugs @Me... with "❤️"

01:23:46 Lauren O'Carroll: Replying to "Sending big hugs @Me..."

these can be super helpful. We do this for mornings. To get through the bedtime dopamine depleting activities such as teeth we do all that BEFORE special time. Really helps us get through all the boring bits x

01:24:38 Heidi Whipple: Reacted to "Sending big hugs @Me..." with ❤️

01:25:10 Linnea Petsonk: Reacted to "these can be super h..." with ❤️

01:25:28 Lauren O'Carroll: Replying to "Sending big hugs @Me..."

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its pretty hard to do at that time when you are depleted though x

01:26:03 Linnea Petsonk: Replying to "Sending big hugs @Me..."

I agree!

01:27:26 Meghan Mulkerin: Replying to "Sending big hugs @Me..."

Thank you everyone

01:27:31 Lauren O'Carroll: Replying to "Sending big hugs @Me..."

but so is getting teeth done!

01:28:47 Meghan Mulkerin: Marta, you may also consider massaging her shoulders or combing her hair when she gets home. Sometimes touch can really help people relax and they go all day at school trying to hard. Maybe some cuddle time would help. I'm so impressed with how you've handled the situation

01:29:04 Lauren O'Carroll: Reacted to "Marta, you may also ..." with ❤️

01:29:10 Heidi Whipple: Reacted to "Marta, you may also ..." with ❤️

01:29:24 Linnea Petsonk: Reacted to "Marta, you may also ..." with ❤️

01:29:38 Marta Khader: Thank you Meghan. Yes! She actually loves to have her back scratched and I rub her forehead and nose as she falls asleep so that is a great suggestion.

01:29:44 Meghan Mulkerin: Replying to "Your oestrogen level..."

I do feel like my brain is mush lately. I didn't make this connection.

01:30:09 Eileen Fauver: Reacted to "Marta, you may also ..." with ❤️

01:30:51 Meghan Mulkerin: My mom was a massage therapist and always emphasized the importance of touch. <3 she used to with in the hospital with transplant patients and even the little preemies

01:30:53 Lauren O'Carroll: Replying to "Your oestrogen level..."

Are you in the facebook group? I can point you to some really good ADHD resources if you are interested in exploring it further x

01:31:04 Marta Khader: Reacted to "My mom was a massage..." with ❤️

01:31:05 Eileen Fauver: Reacted to "My mom was a massage..." with ❤️

01:31:12 Heidi Whipple: Reacted to "Are you in the faceb..." with ❤️

01:31:29 Lauren O'Carroll: Replying to "My mom was a massage..."

what an incredible job x

01:31:33 Lauren O'Carroll: Reacted to "My mom was a massage..." with ❤️

01:32:37 Meghan Mulkerin: Replying to "Your oestrogen level..."

I'm not sure if I have ADHD or just a huge hatred of routine/laziness/nonconformity. I don't want to be mom all the time. I'm somewhat of an introvert who shows up as an extrovert so I have trouble never having time alone.

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01:32:53 Meghan Mulkerin: Replying to "Your oestrogen level..."

I always did really good in school and have no trouble focusing when I really want to

01:33:12 Meghan Mulkerin: Replying to "Your oestrogen level..."

But I did get very blocked in the past doing unpleasant things that had high difficulty

01:33:31 Meghan Mulkerin: Replying to "Your oestrogen level..."

Which Facebook group?

01:33:32 Dajana Yoakley: I wonder if she needs to cry?

01:33:50 Heidi Whipple: Replying to "Your oestrogen level..."

<https://www.facebook.com/groups/PeacefulParentingSuccessPath>

01:33:57 Heidi Whipple: Replying to "Your oestrogen level..."

This link is for the Success Path group

01:34:48 Heidi Whipple: Replying to "Your oestrogen level..."

My son has ADHD and I have learned that a hallmark characteristic is that he hyperfocuses or easily focuses on things he is interested in and difficulty focusing when it is not something he is interested in.

01:34:51 Lauren O'Carroll: Replying to "Your oestrogen level..."

With ADHD if you are interested you will be able to focus. We are just not motivated by importance. Lots of ADHDers do fine at school if they have a high IQ.

That said it could be alot of other things too and I don't know you well enough to say either way!

01:34:52 Meghan Mulkerin: Replying to "Your oestrogen level..."

I was not in the group. I just pressed joing and entered the first two questions without scrolling and clicked join so I may have missed a question lol. Classic adhd

01:35:23 Lauren O'Carroll: Replying to "Your oestrogen level..."

@Heidi Whipple exactly this

01:36:21 Meghan Mulkerin: Replying to "Your oestrogen level..."

Yes that is what I've been hearing. It runs in my dad's family a lot and my brother definitely has it but can't cope with life, whereas I'm pretty excellent at it so it was never thought I could have it

01:36:35 Lauren O'Carroll: Replying to "Your oestrogen level..."

@Meghan Mulkerin i'm sure Dajana can help you out.

01:37:13 Lauren O'Carroll: Replying to "Your oestrogen level..."

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@Meghan Mulkerin It is now thought to have 75%-90% heritability

01:37:26 Heidi Whipple: Replying to "Your oestrogen level..."

Meghan, I'll send Dajana a note to check and make sure you get in the facebook group.

01:37:56 Lauren O'Carroll: Replying to "Your oestrogen level..."

and women ADHDers are very resilient and excellent 'copers'

01:38:57 Meghan Mulkerin: Replying to "Your oestrogen level..."

Wow

01:39:10 Meghan Mulkerin: Replying to "Your oestrogen level..."

Thank you Heidi

01:39:12 Martyna Hempel: Reacted to "My mom was a massage..." with ❤️

01:39:28 Graziella Baulig-Otte: I have a question regarding transitional objects. My 22 month old has started getting really attached to a cuddly toy and has it with her almost all the time now. Does that mean she is stressed out about something? That I am not responsive enough? I am still at home with her (no day care). I have, however, started doing longer errands outside the home without her, with my husband watching her.

01:39:32 Heidi Whipple: Sarah, does she respond to things like "You wish...You wanted..." rather than more empathetic statements?

01:39:43 Meghan Mulkerin: Replying to "My mom was a massage..."

She was so special and helped so many people. I miss her so much

01:40:38 Meghan Mulkerin: Replying to "I have a question re..."

I think totally normal. That's the age they really get attached to their toys and having pretend play.

01:41:44 Heidi Whipple: Replying to "I have a question re..."

Graziella, you are enough. ❤️ Transitional objects are really typical at this age, and not a failure on your part.

01:42:03 Lauren O'Carroll: Replying to "My mom was a massage..."

She sounds incredible. I know exactly how you feel. My dad was my biggest supporter. When he died I felt utterly alone and unsupported. Its scary, dark and lonely. It does shift in time, but the hole a special parent leaves in our lives will always be there in some form x

01:42:35 Graziella Baulig-Otte: Replying to "I have a question re..."

Thanks so much.

01:42:50 Jason Arenburg: Reacted to "Graziella, you are e..." with ❤️

01:43:00 Eileen Fauver: Reacted to "Graziella, you are e..." with ❤️

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01:43:09 Linnea Petsonk: Thank you all for sharing today! So valuable❤️

01:43:15 Heidi Whipple: Reacted to "Thank you all for sh..." with ❤️

01:43:16 Sarah Lowery: Replying to "Sarah, does she resp..."

I do think she has responded well to those statements in the past. I'll try them again. Thanks for the reminder!

01:43:17 Eileen Fauver: Reacted to "Thank you all for sh..." with ❤️