

Office Hours – November 2025

Transcript of Chat

00:10:23 Dr. Laura Markham: Welcome to November Office Hours!

00:29:39 Marta Khader: 5 Preventive Maintenance Practices:
<https://www.peacefulparenthappykids.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:43:12 Heidi Whipple: I love this story, Marta! It always helps to hear from those a little further ahead.

00:43:15 Louise Mansergh: Can I add something here? I suspect there are other parents that feel the same as you. Could she invite a friend, or a few friends round, and spend time with them doing something in the real world, instead of relying on communicating online?

00:43:29 Heidi Whipple: Reacted to "Can I add somethin..." with 👍

00:45:35 Heidi Whipple: Next question: Heidi Gordon

01:02:51 Marta Khader: Heidi, it is great to see you. Something similar is happening in my home with my 11-year-old son and 7-year-old daughter. It is so tempting for him to be right all the time and make his sister wrong or to correct her or simply announce he knows more than she does. I love the idea of channeling that energy into protection vs. competition. Just wanted to say that I can relate to your situation.

01:03:27 Heidi Gordon: Reacted to "Heidi, it is great t..." with ❤️

01:05:35 Heidi Whipple: Reacted to "Heidi, it is great..." with ❤️

01:05:59 Heidi Whipple: These articles about characteristics of gifted children help describe the characteristics and how their brains work: Characteristics and Traits of Gifted Children | Davidson Institute

01:06:13 Heidi Whipple: What is Giftedness? - National Association for Gifted Children

01:09:51 Angela Scala: Thank you! I have to go play monopoly now :) I wonder if maybe anyone has ideas for online workouts for an 11 year old.? He is tired and doesn't want to go to the afterschool program. I work from home, and worry that he isnt getting enough movement. We don't live in a neighborhood where there are kids playing outside. He does play baseball, but resists a lot of other structured, adult driven activities. Thanks again, I had forgotten to download the screentime resources

01:14:47 Heidi Whipple: For testing: "We are going to learn more about how your brain works - because you have a strong brain. This is a doctor that specializes in how our brain works, not a doctor who gives shots. It's called testing, but it's not a test with paper and pencil

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or even on the computer. It's doing activities like puzzles and games. This will help us learn more about things your brain is good at and how you learn."

01:22:24 Marta Khader: Hi Angela, my 11-year-old son does shorter workout routines online such as HIIT or strength training. He does need my help or my husband's help getting going and set up. We play soccer in the back and recently, although the age limit is 12 at our gym, he has been running on the treadmill next to me on the weekends. My husband has been taking him to play pickleball with another father and son duo. We have looked into Redline Athletics as well. You may consider looking to see if you have that in your area.

<https://redlineathletics.com/>