

00:15:59 Candace Kielbiski: First question will be from Judit

00:22:49 Candace Kielbiski: Next questions in the queue:

00:22:53 Candace Kielbiski: Camille

00:22:56 Candace Kielbiski: Marian

00:23:02 Candace Kielbiski: Meghan

00:31:31 Dajana Yoakley: So is it a good practice to cry with a listening partner? A compassionate witness?

00:36:15 Heidi Garcia: Such a beautiful idea!

00:36:48 Candace Kielbiski: Yeah Marian!!

00:37:52 Marta Khader: Yes Marian! This is my third time and I hear/read it with new ears every single time! It keeps building on itself.

00:39:36 Marta Khader: Yes! My son actually asked me why I was being mean to him and loving to his sister because I gave him a purple vitamin and her a yellow one! Comes up in so many ways!

00:40:00 Heidi Garcia: <3

00:42:13 Marika Tsircou: How do you uphold that limit if the child won't stop saying mean things??

00:43:13 Candace Kielbiski: I am so excited about both of these workshops.

00:43:30 Heidi Whipple: Marika, with my kids when that happens I separate them, and then try to give empathy individually. Once they really feel heard, then the attacking diminishes in that moment.

00:44:26 Camille Bissmeyer: Ditto on the future workshops, Candace!

00:50:45 Lauren O'Carroll: Sounds very familiar Meghan! although my daughter is very needy in the day too!

00:50:55 Candace Kielbiski: Do you also think it is that rising cortisol levels that happen through the night, waking her up?

00:51:05 Candace Kielbiski: Thinking of myself here ;)

00:53:32 Heidi Whipple: This might be a good question to ask in the group too for ideas of little connections through the day

00:53:50 Heidi Whipple: Since every family has their own little things

00:54:37 Marika Tsircou: One of my 8 year old twins is saying hurtful things to me daily. "I hate you, I wish you weren't my mom, you're an idiot" etc He refuses to cooperate much of the time unless he's calm. Hard to get in the bath, etc. When I set limits he says I'm a horrible mom, calls me names. It's getting impossible for our family and me as a mother to three boys. After his outburst he calms down and says sorry, and the cycle happens all over again. I also have an 11 year old son. Three boys. The

other two boys are sick of it too, and will say “that’s not true” - I end up getting frustrated with all of them as none of them listen 100%. Last night he went to bed crying after he refused to get in bed and was on the floor. His behavior is worse when he doesn’t sleep well so I needed him in bed. After 15 minutes I took his arm and helped him up but had to squeeze his arm as he’s 53 lbs and I’m 105 lbs so can’t lift him. Then he screamed that I hurt him. I normally lie with each child, chat, rub their back, sing to them at bedtime

00:55:46 Terri K: My daughter is the exact same way. I find that when I can spend more 1:1 time with her during the day, she is better at night. Very in line with what Dr. Laura is saying. She doesn't ask for it, but she needs it and ultimately wants it and enjoys our time together when we have it.

00:56:03 Dajana Yoakley: I’ve read that the negativity bias is strongest before bed

00:56:04 Marta Khader: WOW!! That happens to me! I had no idea about the cortisol! Thank you for letting me know that.

00:56:38 Eva Cartagena: It happens to me too! Hormones... pffff, always messing with us

00:56:39 Heidi Garcia: I did not know that, Dajana. (It makes sense, though.)

00:56:55 Candace Kielbiski: Next Up:

00:56:57 Candace Kielbiski: Caroline

00:57:00 Candace Kielbiski: Marika

00:57:30 sedda (bug): She seems to love a magical world -- maybe she'd love to see more magic. Sparkle Stories stories have a lot on this.

00:57:59 Dajana Yoakley: Yeah it’s pretty amazing to know this and then you can adjust the environment to support the child or yourself more during those periods!

00:58:31 Heidi Garcia: Thanks for the recommendation, Bug! My son lives his entire life in a magical, made-up world.

00:58:56 sedda (bug): I hope he likes them!

01:00:43 Meghan Howcroft: This is all such great advice and suggestions everyone! Thank you!! I’m excited to try this and see what happens at night.

01:03:20 Eva Cartagena: Meghan, I’m thinking arts and crafts, or that kind of thing, where you can be manually doing something and talking at the same time... Lately we’ve discovered the Rainbow looms bracelets and my boys love to make them, and we can spend some time sitting together and talking but without the "pressure" to do it

01:04:32 Lauren O'Carroll: Colouring together is also a lovely easy activity to do together. My daughter loves the mindful colouring books and it's a lovely thing to do together

01:04:51 Meghan Howcroft: Yes, Eva! Thank you! She does love arts and crafts and DRAWING and colouring. She would probably love to sit down and just draw with me regularly.

01:04:55 Eva Cartagena: Yeah, love coloring too!

01:05:39 Dajana Yoakley: I think you're allowed to change your mind as a parent though

01:06:05 Heidi Whipple: Is cold weather coming where you live? Maybe the change of seasons is an opportunity to change rules. New rules when it warms up again.

01:06:14 Heidi Garcia: Yes, Dajana! "Being consistent" --even if a valid goal--doesn't mean never changing your mind.

01:06:21 Marta Khader: I was thinking that too, Dajana. You can say, you know, I've given this some more thought and your father and I have talked more about it and....

01:06:26 Dajana Yoakley: "I've changed my mind on this, I really want to clarify this for you..."

01:06:39 Heidi Garcia: Good idea, Heidi.

01:06:45 Dajana Yoakley: Agreed!

01:11:19 sedda (bug): I would guess that many little girls are wanting to be like older kids maybe as much as wanting to be 'sexy'. It ends up being equated bc of the marketing to the older girls as well. I wonder if it also would be helpful for her to be acknowledged for how much she is growing up. (as a parent I am so loathe to do this bc: my baby! But kids want to be equivalent and part of the adult world.)

01:11:20 Dajana Yoakley: Is there a way to look pretty and feminine in the costume without showing exposed skin so much?

01:11:31 Dajana Yoakley: Feminine vs. sexy?

01:11:35 Eva Cartagena: Apart from the gender thing, that is so important... How about using "elegance"? Meaning, elegant people wear different things for different places, moments, etc, and the key to being elegant is to know what to wear when and where

01:12:09 Heidi Garcia: I love that, Eva.

01:12:52 Heidi Whipple: So many good ideas!

01:13:10 Eva Cartagena: trying to find some "rules" (I'm looking for a different word but it doesn't come to me now) to what we were in different places, and in different moments, and in different ages...

01:15:10 Dajana Yoakley: Love that about elegance!

01:16:34 Meghan Howcroft: Oh Marika that is soooo hard. Feel for you. My son was the same for a time and I remember how awful it felt. I'm sure you're going to get some great advice today!

01:18:42 sedda (bug): My friend teaches 9th grade, she says the new students are like 6th/7th graders....bc that's the last time they were in 'normal' school. #covid

01:20:08 Marta Khader: Yes Eva! I think etiquette might also be a good word. I often wish my mother had more openly and overtly talked to me about etiquette in different situations and I think "appropriate" attire absolutely is a part of that.

01:20:42 Dajana Yoakley: I wonder if the aggression he's stuck with would be helped with EMDR therapy? To help him release the deep feelings inside?

01:20:44 Heidi Garcia: I've had that same wish, Marta. ❤️

01:23:05 Heidi Garcia: Oh, Caroline. I said "this isn't working" to my son recently. It is tough.

01:23:15 Marta Khader: Marika, I am so sorry. This sounds really hard.

01:23:33 Lauren O'Carroll: Marika, this is so hard. I really feel for you. I'm there too. Its completely overwhelming and its clear you love him so much and are trying so so hard. Sending hugs xx

01:24:17 Heidi Garcia: I mean Marka. ❤️ (I had the wrong image pinned to my computer.)

01:25:01 Dajana Yoakley: I also wonder if he feels deeply inside that he's a bad kid...like he's too much...his big feelings are too much for adults to handle...and what he needs is a container. To feel contained. Like he's not too much for you as the mom. "You're so upset, I believe you!" Has been a magical phrase in my house with an angry child

01:25:24 Lauren O'Carroll: At what age can you leave the room once you've said something loving? I'm often having to walk away from my 6 year old with my 4 year old and I fear it is increasing the chip on her children but I have to protect my 4 year old from the horrible things she is hearing and from the hitting

01:25:52 Lauren O'Carroll: i love that Dajana.

01:26:28 Marta Khader: Does saying, I am getting your message. I read you loud and clear. You are so angry and you are saying/doing this to send me this message and I want you to know I am receiving it. I said that to my son just yesterday during a meltdown in the school parking lot.

01:26:29 Lauren O'Carroll: i bet 'i believe you' is really powerful

01:26:33 Eva Cartagena: Marika ❤️

01:26:36 Meghan Howcroft: Yes, Dajana! Exactly that. Kids internalize that stuff and KNOW that they cause the people around them pain and so feel like bad people. Then sometimes they give up on even trying to behave because they feel like they are already bad kids, so why bother trying to be good?

01:26:48 Candace Kielbiski: Marika~ we want to support you. Let us know how this goes. You are an amazing Mama

01:27:14 Heidi Whipple: <https://www.ahaparenting.com/coaches-directory>

01:27:20 Lauren O'Carroll: My daughter says at least weekly, 'why am i naughty' (not a word we use) 'i dont deserve to live here'

01:27:57 Dajana Yoakley: I think 6 is ok to leave the room from. I would make it clear that you're leaving to keep yourself calm...not that they're too much for you! You're not leaving them, you're just calming yourself down- you're putting yourself in time out to calm down

01:28:12 Heidi Garcia: My son is constantly "punishing" himself and we have never practiced punishment and neither has his school.

01:28:36 Disha Trivedi: Hugs Marika!

01:28:41 Heidi Whipple: Sending you lots of love, Marika!

01:28:56 Candace Kielbiski: Or bring your questions to the group on fb!

01:29:14 Heidi Whipple: Keep us updated in the group and we can keep on encouraging you. We are here for you!

01:29:22 sedda (bug): Marika, it's so hard when we can't figure out the origin of our kids' struggles. It's so frustrating. Hang in there.

01:29:39 Dajana Yoakley: That's so hard Heidi! I would really focus on "you're a good kid having a hard time!" Especially before bed. So it sinks into his subconscious at night!

01:29:52 Lauren O'Carroll: Marika, I feel like my angry child pushes and pushes to get me to be the one who explodes... and then the focus shifts from her to me. Could this be what's happening for you?

01:30:32 Lauren O'Carroll: I've found the workbook an amazing tool to improve my self regulation

01:30:37 sedda (bug): ah, that's so interesting Lauren!

01:30:42 Dajana Yoakley: Lauren, I wonder if the child is trying to get you so mad so that their belief about "I'm a bad kid" when you yell, is validated? In their mind?

01:30:51 Heidi Whipple: I love that phrase, you're a good kid having a hard time! I need to remember to use it more.

01:31:58 Lauren O'Carroll: possibly Dajana - she definitely tries to escape feeling the pain by staying in anger. We have to address the pain when she is very calm

01:33:10 Disha Trivedi: The trigger worksheet has been very helpful! I actually have the questions in my iPhone Notes so I can get to record it immediately.

01:33:18 Camille Bissmeyer: The workbook is WONDERFUL!

01:33:23 Lauren O'Carroll: Does anyone know any particularly effective types of therapy for anger, sensitivity, adhd, and other learning difficulties?

01:33:41 Heidi Garcia: For adult or child, Lauren?

01:33:53 Zoë Field: I love the workbook too, the exercises are so helpful.

01:33:58 Marta Khader: Love that idea Disha! Or you could take picture of the worksheet and heart it.

01:34:09 Lauren O'Carroll: for a 6 year old, I'm already having body psychotherapy which along with the workbook are working really well

01:34:14 Heidi Whipple: I really like the workbook as well!

01:34:48 Dajana Yoakley: Lauren, I would say EMDR for anger and sensitivity

01:34:49 Heidi Garcia: For kids is tricky. So much harder to find people.

01:34:58 Candace Kielbiski: I would recommend the workbook! Mine is always out on my desk... It is here right now :)

01:35:01 Marta Khader: Lauren have you tried OT?

01:35:04 Disha Trivedi: That's true Marta.

01:35:23 Heidi Garcia: I found a therapist for my son by Googling "[city] play therapist [diagnosis]"

01:35:25 Lauren O'Carroll: yes, we have a referral to OT. I thought EMDR only worked with trauma that they can pinpoint?

01:35:27 Meghan Howcroft: Play therapy can also be great but as with anything it all depends on the counsellor and their rapport with the child, etc.

01:35:54 Lauren O'Carroll: yes, think the therapeutic relationship is the most important thing.

01:35:57 Lauren O'Carroll: Thanks all

01:36:07 Marta Khader: Lauren, also, for ADHD I've heard EF coaching can be wonderful, I'm exploring that for my son

01:36:08 Dajana Yoakley: No EMDR doesn't need a cause, that's the beauty of it. It's stuck emotions in the body.

01:36:31 Lauren O'Carroll: hmm, will explore it more, Whats EF?

01:36:42 Heidi Garcia: I should add that I then "interviewed" her and gave her list of the people who I personally am inspired by in parenting.

01:36:43 Heidi Whipple: EF=Executive function coaching

01:36:51 Marta Khader: Yes, sorry, executive functioning

01:36:56 Lauren O'Carroll: Oh great thanks

01:37:06 Dajana Yoakley: Totally relate to the coparenting question...so hard!!

01:37:11 Lauren O'Carroll: yep!

01:37:43 Lauren O'Carroll: my husband claims he's just 'not empathetic' end of!

01:38:54 Heidi Garcia: I had a conversation with Mona Delahooke recently and she is very insistent that someone trained in DIR is the best option because it is a relationship-based approach.

01:39:19 Lauren O'Carroll: DIR?

01:39:29 Marika Tsircou: What's DIR?

01:39:30 Heidi Garcia: Of course, there are other relationship-based modalities, but probably harder to pinpoint. You get more into my interviewing the therapist routine. 😊

01:39:42 Caroline McCormick: can you repeat the 3 measures of "getting better"?

01:39:52 Heidi Whipple: DIR <https://www.icdl.com/dir>

01:40:17 Lauren O'Carroll: thanks

01:40:26 sedda (bug): I think DIR is "Development, Individual Difference, Relationship-based"

01:40:30 Heidi Garcia: Thanks, Heidi! I couldn't remember what it stood for. "Developmental, Individual-Difference, Relationship,-based"

01:40:30 Marika Tsircou: Thank you all for your support. I truly appreciate it. Thank you Dr. Laura. ❤️

01:40:31 Heidi Whipple: DIR also called floortime - it is used with autism but I don't think it's limited to that

01:41:04 Candace Kielbiski: often used in trauma informed therapies

01:41:19 Candace Kielbiski: I believe!

01:41:29 Caroline McCormick: thank you!

01:41:32 Disha Trivedi: Thank you Dr Laura. All this information was so powerful and helpful!

Meditating more has helped me manage my expectations with kids and husband both:)

01:41:32 Heidi Garcia: Yes, Heidi. I actually asked about whether it was even relevant for a child who has been evaluated by a neuropsychologist and determined to not be autistic.

01:44:40 Heidi Garcia: (The answer was yes, primarily because of the relationship-focus.)

01:44:58 Heidi Whipple: I think a good therapy is not limited to a specific diagnosis. :)

01:45:06 sedda (bug): Lauren, anger can be anxiety related, so that's an idea to explore. Good luck!

01:45:09 Eva Cartagena: Thank you!!!

01:45:09 Heidi Whipple: Thank you so much, Dr. Laura!

01:45:17 Marta Quintas: Thank you so so much!!

01:45:18 sedda (bug): Thank you everyone!