

Office Hours October 2025

Transcript of Chat

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

00:11:06 Heidi Whipple: We'll start with a presubmitted question and then Meghan

00:19:02 Meghan Schoening: Sorry my zoom stopped connecting for a second

00:19:24 Heidi Whipple: Reacted to "Sorry my zoom stoppe..." with 👍

00:26:47 Disha Trivedi: Sometimes we take turns being each other..and we would say things that normally each of us does... and for some reason it really gets us laughing...

00:26:58 Marta Khader: Reacted to "Sometimes we take tu..." with ❤️

00:27:01 Heidi Whipple: Reacted to "Sometimes we take tu..." with ❤️

00:27:16 Zoë Field: Reacted to "Sometimes we take tu..." with ❤️

00:28:01 merima bejtagic: with my 12 year old son, we play interviewing and I get to ask him questions..and it becomes funny

00:28:39 Marta Khader: Reacted to "with my 12 year old ..." with ❤️

00:28:40 Heidi Whipple: Reacted to "with my 12 year old ..." with ❤️

00:30:31 Marta Khader: My 11-year-old loves to play pranks and trick me. I actually bought him the prank kit recommended on Dr. Laura's Gift Guide and I just ham it up when he plays one on me. <https://amzn.to/43FXOEQ>

00:32:01 Heidi Whipple: Reacted to "My 11-year-old loves..." with ❤️

00:34:14 Heidi Whipple: Do you have access to a child life specialist who can help prep her for things that still come up, like the blood draw?

00:34:37 Heidi Whipple: Would she play nurse and act out the blood draw or medical procedures with stuffed animals or dolls?

00:35:45 Heidi Whipple: Queue: Disha then Abigail
00:38:51 Marta Khader: Trauma Proofing Your Kids
<https://amzn.to/3WKnlKI>
00:38:58 Heidi Whipple: Reacted to "Trauma Proofing Your..." with 👍
00:39:24 Zoë Field: Reacted to "Trauma Proofing Your..." with 👍
00:45:36 Disha Trivedi: Meghan you are so incredibly strong and such an inspiration ❤️ Sending you and the little one tones of good vibes.
00:45:46 Heidi Whipple: Reacted to "Meghan you are so in..." with ❤️
00:46:10 Zoë Field: Reacted to "Meghan you are so in..." with ❤️
00:46:20 Meghan Schoening: Thank you all
00:47:10 Heidi Whipple: Queue: Abigail, Ory, Merima
00:47:26 merima bejtagic: sending so much love to both of you and your daughter seems to be so strong and I know its hard now but it see that she has the energy to be angry which may mean she doesnt supress and become passive.
00:49:51 Heidi Whipple: 12 is such an emotional age!
00:52:02 merima bejtagic: Reacted to "12 is such an emotio..." with ❤️
00:52:28 Maya Aly: Is brain rewiring the same for a girl with ADHD and on the spectrum? They're about 2-3 yrs younger in brain maturity I hear
00:53:08 Heidi Whipple: Replying to "Is brain rewiring th..."

This is a great question! It is my understanding that the brain re-wiring happens at about the same age, but executive function skills still lag 2-3 years behind.

00:53:56 Heidi Whipple: Replying to "Is brain rewiring th..."

Because it is driven, as Dr. Laura said, by hormones. And physical development continues even as development of the prefrontal cortex lags.

00:54:03 Maya Aly: Replying to "Is brain rewiring th..."

Yes, that's true, I know hormones play a huge role

00:54:16 Maya Aly: Replying to "Is brain rewiring th..."

You read my mind :)

00:54:20 Maya Aly: Replying to "Is brain rewiring th..."

Thank you

00:56:10 Marta Khader: Reacted to "Because it is driven..." with ❤️

00:56:15 Heidi Whipple: I think at this age, they sometimes can handle more limit-setting on tone of voice or how they are treating people then when they were younger. "I hear how upset you are at your sibling. Can you try telling them again in a different way without attacking?" or "Can you try that again in a kinder voice?" Of course, starting with the empathy and connection first before doing this.

00:57:03 Disha Trivedi: Reacted to "12 is such an emotio..." with ❤️

00:58:50 Disha Trivedi: Reacted to "I think at this age,..." with ❤️

00:58:58 Disha Trivedi: Reacted to "Yes, that's true, I ..." with 👍

00:59:02 Disha Trivedi: Reacted to "Because it is driven..." with 👍

00:59:49 Heidi Whipple:

<https://www.peacefulparenthappykids.com/read/helping-your-toddler-with-separation-anxiety>

01:00:23 Heidi Whipple:

<https://www.peacefulparenthappykids.com/read/2-year-olds-sleep-anxiety-following-separation-from-mother>

01:01:28 Heidi Whipple: If you have the PPHK workbook, there's a big list of roughhousing games around themes like control and separation

01:01:39 Marta Khader: Games to Build Emotional Intelligence
<https://www.peacefulparenthappykids.com/read/play-child-emotional-intelligence>

- 01:02:43 Maya Aly: Reacted to "Because it is driven..." with 👍
- 01:09:32 Disha Trivedi: need to drop off to get kids from school. Thank you for the call.
- 01:09:39 Heidi Whipple: Reacted to "need to drop off to ..." with 👍
- 01:10:21 Abigail Wightman: Replying to "If you have the PPHK..."
I do! Thank you I will have a look
- 01:12:34 Heidi Whipple: One thing I have noticed with my neurodivergent kids are that their sensory needs or sensitivities become worse the more stressed they are. So working on reducing stressors overall can sometimes help with the sensory issues.
- 01:14:25 P M: You could try a weighted blanket it can do wonders for some (human touch is different since it's more electric sorta) vs. that hug feeling. [My first thought initially was whether there is any kind of molest kinda situation, but hopefully it's just the sensitivity]. Proprioception was a term I researched that really helped us around that age to do firm massages to help with the normalization of sensitivities. Hope it helps .
- 01:14:50 Heidi Whipple: Reacted to "You could try a weig..." with 👍
- 01:15:37 Ory Ben-Zeev: Reacted to "One thing I have not..." with ❤️
- 01:17:56 Ory Ben-Zeev: Reacted to "You could try a weig..." with ❤️
- 01:21:43 Heidi Whipple: It is common for neurodivergent kids to have either very high or very low pain tolerances. I wonder if this is a factor here also?
- 01:23:01 P M: Depending on his overall personality, mine at that age, hated any attention to anything negative, anything showing weakness and also in your case maybe so it does not lead to more touchy attention. Mine only cried once from physical pain when he had a hairline fracture in all these years.
- 01:24:04 Ory Ben-Zeev: Reacted to "Depending on his ove..." with ❤️
- 01:25:17 Ory Ben-Zeev: Reacted to "It is common for neu..." with ❤️

01:25:38 Ory Ben-Zeev: Replying to "It is common for neu..."

it is certainly a possibility 🙏

01:26:13 Heidi Whipple: PM will be next and then the presubmitted question.

01:29:37 Heidi Whipple: Merima, I feel this struggle! I have to drive my kids more this year, too, and it is hard.

01:32:02 Heidi Whipple: When you are feeling trapped, can you tell yourself, "This is only for this year/this month/this week. We can change our minds and try something else whenever we want to,"

01:33:24 Heidi Whipple: Are there other aspects of life that could be changed or simplified to make the driving more doable?

01:35:37 P M: If you set boundaries for yourself Miriam, they will also learn to not take others for granted, it could be a two part win

01:35:39 Heidi Whipple: I love the idea of some creative problem-solving to think of solutions. Maybe a new routine to check the weather in the morning if that makes a difference in the pickup plans? I think for my kids, it would be hard for them to not know ahead of time how they are getting home.

01:38:30 Heidi Whipple: Reacted to "If you set boundarie..." with ❤️

01:45:56 Heidi Whipple: I'm linking a post from the Facebook group with ideas for connecting with teens:

<https://www.facebook.com/groups/PeacefulParentingSuccessPath/posts/2361359534217611/>

01:46:49 Marta Khader: Discussions to Have Before Teen Goes to College: <https://www.peacefulparenthappykids.com/read/discussions-before-prepare-college>

01:47:25 Marta Khader: Ways to Raise a Child with Great Values <https://www.peacefulparenthappykids.com/read/values>

01:47:56 Marta Khader: Ways to Stay Connected with Your Teen
<https://www.peacefulparenthappykids.com/read/tips-bond-close-teen>

01:47:58 Heidi Whipple: This post has some more connection and laughter ideas for this age:
<https://www.facebook.com/groups/PeacefulParentingSuccessPath/posts/2388377698182461/>

01:48:12 Heidi Whipple: Reacted to "Ways to Stay Connect..." with ❤️

01:48:42 Marta Khader: Conversation Starters
<https://www.peacefulparenthappykids.com/read/family-discussions>

01:50:23 P M: Reacted to "Discussions to Have ..." with ❤️

01:50:42 P M: Reacted to "This post has some m..." with ❤️

01:53:36 Heidi Whipple:
<https://www.peacefulparenthappykids.com/read/helping-your-toddler-learn-to-put-himself-to-sleep>

01:56:22 Heidi Whipple: I found it helpful at this age to jot down some notes of what step we were on, so I could look back in a week or two or see that we had made progress.

01:56:37 Marta Khader: Reacted to "I found it helpful a..." with ❤️

01:58:12 Marta Khader: Parenting Coach Directory
<https://www.peacefulparenthappykids.com/coaches-directoryand hug...> with
"❤️"