

00:11:49 Catherine: Also, the question about why we need to label everyone with gender pronouns just to describe them. I've advocated for the use of gender neutral pronouns for everyone. https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2319688

00:12:30 Victoria Clarke: this is interesting as I had a similar conversation with my son about long hair. We discussed how in older cultures like Native American and certain Asian culture, long hair was symbolic of vitality and strength, even in men.

00:12:50 Catherine: Also, I have sometimes been mistaken for a male, and sometimes when that happens I don't bother to correct it because I've decided it doesn't matter in that moment.

00:13:08 Candace Kielbiski: First up in the Queue:

Victoria

Disha

00:13:13 Heidi Whipple: I could imagine some playacting with stuffed animals with mistaken identity "I'm not a zebra, I'm an elephant!"

00:14:09 Marta Khader: There are some great books. Julián is a Mermaid is on that comes to mind.

00:17:03 Leslie Richardson: Yes, Catherine. And maybe an opportunity to discuss how it doesn't really matter what other people think of you or how they label you. More important in how you feel about yourself!

00:19:06 Candace Kielbiski: Thank you everyone! We will continue with my original Queue:

Victoria

Disha

00:19:35 Disha Trivedi: NP. Thanks Candace.

00:20:54 Margaret MacInnis: Does this same script work with older children swearing and using hurtful language?

00:22:55 Victoria Clarke: victoria Disha?

00:27:26 Heidi Whipple: This makes a lot of sense. My youngest especially wants to be first, to be special. He's 5.

00:30:19 Candace Kielbiski: Up next in the queue:

Michelle

Reem

00:31:28 Filyet Iscimen: Anxiety?

00:31:56 Heidi Whipple: That's wonderful to hear about how much things have changed in a positive way, Disha!

00:32:25 Lauren O'carroll: i have the same problem with my 6 year old. getting her evaluated but she really struggles to fall asleep despite lots of sleep hygiene. and then wakes up at 5.45 like clockwork! so gets about 9 hours :(No idea what to do!

00:32:54 Candace Kielbiski: Disha, I am also wondering about sensory. My 10 year old can't sleep~

00:33:29 Martina Tschumi: Not sure at that age, but what about iron deficiency? This can make kids feel restless. This is not medical advice, just you might want to check that too.

00:33:43 Heidi Whipple: My neurodivergent child has a really hard time with sleeping, also. In general, he has a hard time regulating his body in many ways.

00:36:59 Martina Tschumi: Also you mention she's sensitive. Is that sensory too? Would she like some particular cover or pajamas or anything like that?

00:37:11 Victoria Clarke: we do progressive muscle relaxation and listening to sleep stories. I've also worked with kids who have a lot going on in their heads so doing a brain dump before bed helps them

00:40:00 Disha Trivedi: Thanks Heidi! Thanks Candace - you are right, that is on my mind. I just know where to start, but it is definitely something I need to look into.

00:40:57 Disha Trivedi: Thank you Martina - I come from a family of anemic females so yes, definitely, worth checking it out. I think the fabric part is okay, because they loves her snuggly pajamas :)

00:41:53 Disha Trivedi: Victoria - Brain Dump is such a great idea! and I love progressive muscle relaxation, although I haven't come across anything for kids...

00:43:34 Candace Kielbiski: Oh Michelle, you are not alone! This is the hardest work.

00:43:35 Victoria Clarke: Disha- Go Noodle has one called Melting

00:43:46 Victoria Clarke: on Youtube.

00:44:36 Heidi Whipple: Here is a link to the directory of coaches trained by Dr. Laura <https://www.ahaparenting.com/coaches-directory>

00:46:39 Disha Trivedi: Thank you Victoria!

00:50:26 Candace Kielbiski: Queue:

Reem

Lauren

00:50:47 Leslie Richardson: May I just add that the newly trained coaches are not yet on the directory. Some are offering free sessions so maybe checking in with Candace if you'd like to be introduced to one of the newer coaches. 😊

00:51:53 Candace Kielbiski: Thanks Leslie~ anyone here can be free to contact me at SuccessPath@ahaparenting.com

00:55:01 Heidi Whipple: Michelle, I recognize the fear of what will happen when kid gets bigger and I can't physically pick him up/handle him anymore. I think age 6-7 can be a really hard time with challenging kids. My most challenging child is 12 now and taller than me. I want to give you hope. We have been keeping with Peaceful Parenting for years, and things have improved - I don't need to physically handle him anymore. Even though he still has lots of challenges, he is not nearly as aggressive as he used to be.

01:06:14 Heidi Whipple: Yes, it's week 7 <https://courses.ahaparenting.com/pphkc-graduate/week-07>

01:06:15 Candace Kielbiski: Week 7 <https://courses.ahaparenting.com/pphkc-graduate/week-07#:~:text=Happily%20Ever%20After%3A%20Conscious%20Co%2DParenting>

01:11:34 Lauren Edwards: Thank you very much

01:14:34 Marta Khader: Terri, I have recently been reading You Are Not Your Pain by Burch and Penman which is about using mindfulness to help with pain or physical manifestations of other issues like anxiety. It has really helped me. You could read it and help her with the meditations and ideas in a more kid-friendly way.

01:16:29 Heidi Whipple: Some kids books I like for anxiety are Hey Warrior by Karen Young and What to Do when you Worry Too Much by Dawn Huebner

01:17:09 Marta Khader: GoZen also has some wonderful resources for older kids.

01:17:22 Lauren O'carroll: we have one called forest of feelings which is a work book but also younger kids i think

01:17:57 Disha Trivedi: we have been reading this one:<https://www.amazon.com/Superpowered-Transform-Anxiety-Confidence-Resilience/dp/0593126394>

01:18:17 Disha Trivedi: It has some exercises in there

01:18:18 Candace Kielbiski: <https://www.lynnlyons.com/>

01:18:56 Annie Pellegrini: This is random but just an idea for your parenting toolkit if it resonates... every night for 5-10 minutes my daughter and I do legs up the wall yoga pose with breathe in for 3 seconds, hold it for 4, exhale for 5 seconds. its been nice to help with calming the mind and it's a fun routine for us. Just an idea!

01:19:22 Heidi Whipple: Link to Dawn Huebner's books and workbooks - there's one for older kids as well <https://www.dawnhuebnerphd.com/books-by-dawn/>

01:22:52 Terri: Thank you so much for the suggestions and resources!

01:25:21 Candace Kielbiski: For those interested in Peter Levine <https://www.somaticexperiencing.com/about-peter>

01:25:55 Heidi Whipple: <https://www.ahaparenting.com/read/4-year-old-who-is-being-bullied-bossed>

01:37:22 Margaret MacInnis: Mei—My daughter started playing violin at age 4. Practice was always a struggle, but we continued anyway. Now she wants to practice on her own. Maybe the teacher needs to adjust her expectations...

01:37:42 Margaret MacInnis: My daughter is 11 now.

01:37:43 Catherine Archibald: I wonder if practicing every day is strictly necessary? Would a couple of times a week work instead?

01:38:06 Margaret MacInnis: I don't think it is necessary to play every single day.

01:39:00 Margaret MacInnis: What if you said to the teacher that you only have so many minutes to practice...

01:39:11 Catherine Archibald: Thank you!

01:39:28 Margaret MacInnis: Candace—Could you connect me to Mei in some way? I'd love to talk to her about this.