

Office Hours September 2024 – Chat

00:04:16 Dr. Laura Markham: Welcome to our September Office Hours!

00:08:01 Heidi Whipple: Please raise your hand if you would like to ask a question today.

00:08:41 Heidi Whipple: Our first question will be from Bunny.

00:09:03 Daniel Grinner: Onwant to be part of a group

00:09:16 Heidi Whipple: Dajana@peacefulparenthappykids.com

00:09:19 mooniek Seebregts: DJana@peacefulparents.com?

00:09:35 mooniek Seebregts: Reacted to "Dajana@peacefulparen..." with ❤️

00:09:46 Heidi Whipple: Reacted to "Onwant to be part of..." with 👍

00:17:09 Lauren O'Carroll: I work with lots of Dads both in couples and on their own but I agree it is most often the women who initiate coaching. @Philippe Grebert you are in my group aren't you!

00:18:15 Lauren O'Carroll: I listened to the audiobook many times too 😊 Also the success path q and a's are great

00:19:29 mooniek Seebregts: Reacted to "I listened to the au..." with ❤️

00:19:33 mooniek Seebregts: Reacted to "I work with lots of ..." with ❤️

00:22:42 Marta Khader: Meditations available on the website:<https://www.peacefulparenthappykids.com/workbook>

00:23:40 Heidi Whipple: Next up: Melody

00:24:39 Heidi Whipple: RAIN on our workbook spotlight page
<https://www.peacefulparenthappykids.com/members-v2-spotlight-topic/workbook-book-club>

00:24:55 mooniek Seebregts: Reacted to "RAIN on our workbook..." with ❤️

00:25:23 Heidi Whipple: Reacted to "Meditations availabl..." with 👍

00:25:26 Philippe Grebert: Replying to "I work with lots of ..."

Yes I am @Lauren O'Carroll 😊

00:25:34 Lauren O'Carroll: Reacted to "Yes I am @Lauren O'C..." with ❤️

00:25:38 Philippe Grebert: Reacted to "Meditations availabl..." with 👍

00:31:15 Heidi Whipple: <https://www.peacefulparenthappykids.com/read/how-should-parent-handle-claim-that-son-was-rude-to-classmate>

00:31:54 Graziella Baulig-Otte: You could read stories about peer pressure and courage.

00:32:00 Marta Khader: Bullying Letter from Mom whose son was bullying:

00:32:02 Marta Khader: <https://www.peacefulparenthappykids.com/read/how-should-parent-handle-claim-that-son-was-rude-to-classmate>

00:33:24 Heidi Whipple: More articles on bullying:
<https://www.peacefulparenthappykids.com/guide/concern-bullying>

00:36:07 Heidi Whipple: Reacted to "You could read stori..." with 👍

00:38:33 Rachel Rosenblum: I dealt with a similar situation with my child. I found that once she stood up to the child who was bullying a peer, it really helped for her to receive positive external feedback when being an 'upstander' and standing up to a bully. I wonder if you and the adults at school could reinforce the positive behavior when your son speaks up against the bullying behavior? for my daughter it reinforced that she is the type of person who stands up to bullies and positively impacted her self-esteem and ability to stand up.

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00:38:59 Heidi Whipple: Reacted to "I dealt with a simil..." with ❤️
00:39:11 Leslie Mann: Reacted to "I dealt with a simil..." with ❤️
00:39:13 Heidi Whipple: Replying to "I dealt with a simil..."

I love this, Rachel!

00:39:37 Rachel Rosenblum: Reacted to "I love this, Rachel!" with 😊
00:40:04 Natasha Coombs: Reacted to "I dealt with a simil..." with ❤️
00:41:52 Kathryn Ratanavanich: Replying to "I dealt with a simil..."

We also had a situation with another child in kindergarten which the school left him in the same class. Over the years I am happy to have the teachers monitor and my son saw how to distance himself.

00:41:53 Betsy Schneider: Reacted to "I dealt with a simil..." with 👍
00:44:00 mooniek Seebregts: Reacted to "I dealt with a simil..." with ❤️
00:44:26 Melody Grove: Reacted to "You could read stori..." with 👍
00:44:31 Melody Grove: Reacted to "You could read stori..." with ❤️
00:44:40 Melody Grove: Reacted to "https://www.peaceful..." with 🙏
00:44:46 Melody Grove: Reacted to "More articles on bul..." with 🙏
00:44:52 Melody Grove: Reacted to "I dealt with a simil..." with ❤️
00:45:46 Rachel Rosenblum: Natasha, it sounds like you're handling this beautifully!
00:46:11 Heidi Whipple: Reacted to "Natasha, it sounds l..." with ❤️
00:46:24 Martyna Hempel: Reacted to "Natasha, it sounds l..." with ❤️
00:46:29 Heidi Whipple: Replying to "Natasha, it sounds l..."

Yes!

00:46:42 Marta Khader: Article on the Inner Compass:
<https://www.peacefulparenthappykids.com/read/reframing-rewards-punishment-system-used-at-my-childs-school>
00:46:53 Heidi Whipple: Reacted to "Article on the Inner..." with ❤️
00:48:38 Heidi Whipple: We will have Xenia's question next and then Lauren.
00:52:25 Natasha Coombs: Replying to "Natasha, it sounds l..."

Thanks you both for your support.

00:59:41 Rachel Rosenblum: such a helpful perspective, marta. I have a child like this too!
01:00:09 Martyna Hempel: Thank you Marta!
01:00:09 Kathryn Ratanavanich: I have a son who is the same , now 14 who still likes to snuggle !
01:00:17 Heidi Whipple: Reacted to "I have a son who is ..." with ❤️
01:01:36 Heidi Whipple: It can be helpful to remember that kids' abilities fluctuate!
01:06:04 mooniek Seebregts: Thank you Lauren
01:12:27 Heidi Whipple: Meeting an adult ahead of time has been really important for my son anytime he is at a new school or situation.

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01:14:22 Kathryn Ratanavanich: Will have to hop off always learn from others experiences.

01:14:40 Heidi Whipple: Reacted to "Will have to hop off..." with 👍

01:15:26 Marta Khader: Lauren, the Calm App has a number of meditations geared toward children but they also have Anxiety meditations for adults and ADHD meditations that my son really likes.

01:17:35 Betsy Schneider: Signing off. Thanks Dr. Laura and Heidi 😊 Happy weekend, all !

01:18:07 Heidi Whipple: Reacted to "Signing off. Thanks ..." with 👍

01:23:05 Natasha Coombs: @Lauren O'Carroll Thanks for sharing Lauren. Sounds like you are doing a fabulous job supporting your child and it's been great listening to you talking about anxiety.

01:23:15 Heidi Whipple: Reacted to "@Lauren O'Carroll Th..." with ❤️

01:23:33 Xenia Reichelt: Reacted to "@Lauren O'Carroll Th..." with ❤️

01:23:49 Lauren O'Carroll: Replying to "@Lauren O'Carroll Th..."

thanks lovely x