

Office Hours – September 2025

Transcript of Chat

00:06:43 Dr. Laura Markham: Welcome to September Office Hours!

00:07:38 Heidi Whipple: Please raise your hand if you would like to ask a question today. :)

00:08:06 Heidi Whipple: We will start with Diana as our first question

00:28:43 Angela Scala: My heart goes out to you. In a similar situation, my son is 11 now. I told my son that his father loves him very much but has some big problems that keep him from being part of our lives. He was good with that. When my father passed away, he showed interest again. I told him that I was mamma bear, he didn't do the right thing for you so I honestly am a little mad at him. Haha he told me he likes having only a mom because some dads are really hard kids at baseball practice but you just want me to have fun.

00:30:02 Heidi Whipple: Reacted to "My heart goes out to..." with ❤️

00:30:11 Marta Khader: Reacted to "My heart goes out to..." with ❤️

00:31:01 Heidi Whipple: Replying to "My heart goes out to..."

Thank you for sharing this, Angela.

00:32:38 Diana Cutmore: Replying to "My heart goes out to..."

Thank you, Angela. There is wisdom in your words, that he had some big problems. Mama bear... beautiful... THANK YOU !

00:33:20 Marta Khader: Replying to "My heart goes out to..."

Diana, this book might be a way of simply bringing up the idea of different kinds of families in a gentle and fun way. <https://amzn.to/4gspp12>

00:33:38 Angela Scala: Reacted to My heart goes out to... with "❤️"

00:35:07 Diana Cutmore: Replying to "My heart goes out to..."

@Marta Khader Thank you, Marta. Great, as that is another issue, everywhere it says mama and dada, even in books, cartoons, everywhere... Im very grateful for your comment. Thank you.

00:35:34 Marta Khader: Reacted to "@Marta Khader Thank ..." with ❤️

00:37:16 Marta Khader: Replying to "My heart goes out to..."

You may also find this article comforting:

<https://www.peacefulparenthappykids.com/read/Raising-a-Child-without-a-Dad>

00:38:34 Angela Scala: Replying to "My heart goes out to..."

TY 🙏

00:41:04 Marta Khader: Hi Merima, Here are the articles Dr. Laura recommended:

<https://www.peacefulparenthappykids.com/read/Preparing-kids-child-New-School-Year>

00:41:38 Marta Khader: <https://www.peacefulparenthappykids.com/read/Help-kids-adjust-school>

00:41:59 Heidi Whipple: I found that strengthening connection with the teacher made a huge difference when I had a child that was clinging. It took a while to find the right things, but made such a huge difference. Having a specific person that I could hand him off to, having someone on the campus that he felt really comfortable with. Having a photo of the teacher at home and talking kindly about the teacher. Writing a book together about going to school.

00:42:04 Marta Khader: <https://www.peacefulparenthappykids.com/read/Preparing-kids-child-kindergarten-ready>

00:43:11 Heidi Whipple: It can help to create a specific good-bye ritual together, a plan that you can both agree on ahead of time for how to say good-bye.

00:43:48 Heidi Whipple: This book is a good one for kids

https://www.amazon.com/Kissing-Hand/dp/1939100429?adgrpid=185328955904&hvpon=&hvptwo=&hvadid=748008426930&hvpos=&hvnetw=g&hvrnd=6922049987537384318&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9030091&hvtargid=dsa-1595363597442&hydadcr=&mcid=&hvocij=6922049987537384318--&hvexpln=67&tag=googhydr-20&hvsb=Media_d&hvcampaign=dsadesk

00:44:33 Angela Scala: Reacted to This book is a good ... with "👍"

00:45:34 Heidi Whipple: Games for laughter:
<https://www.peacefulparenthappykids.com/read/play-child-emotional-intelligence>

00:46:10 Marta Khader: Article on handling your own separation anxiety:
<https://www.peacefulparenthappykids.com/read/Life-Preschooler-Mother-Separation-Anxiety>

00:49:19 Heidi Whipple: Tianne is next in line

00:51:15 merima bejtagic: Reacted to "I found that strengt..." with ❤️

00:59:26 Heidi Whipple: Preventative Maintenance practices
<https://www.peacefulparenthappykids.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

01:02:55 Heidi Whipple: My child at this age was very sensitive with lots of big emotions and even after we had implemented Peaceful Parenting and were still really struggling, we found out he was neurodivergent.

01:03:06 Heidi Whipple: Can you move the child away from the big family group?

01:06:38 Heidi Whipple: Please raise your hand if you want to ask a question today. We still have some time for questions.

01:07:12 Lauren O'Carroll: i have one of them - the kid who should have been an only child! 🤔 I feel you Tianne x

01:07:29 Marta Khader: Reacted to "i have one of them -..." with ❤️

01:07:57 Heidi Whipple: Reacted to "i have one of them -..." with ❤️

01:08:29 Lauren O'Carroll: feels thinks deeply?

01:08:40 Heidi Whipple: Reacted to "feels thinks deeply?" with 👍

01:14:34 Heidi Whipple: Tianne, I just want to let you know you're not alone with having 4 kids and juggling big needs! I have 4 also, including some with really big emotions and intense needs.

01:14:47 Lauren O'Carroll: Reacted to "Tianne, I just want ..." with ❤️

01:14:48 Marta Khader: Reacted to "Tianne, I just want ..." with ❤️

01:14:48 merima bejtagic: Me too :)

01:14:56 Heidi Whipple: Reacted to "Me too :)" with ❤️

01:16:40 Heidi Whipple: Website articles on helping kids manage anxiety:
<https://www.peacefulparenthappykids.com/guide/concern-anxiety>

01:21:11 Heidi Whipple: The Opposite of Worry by Larry Cohen

01:21:45 Heidi Whipple: Parenting Kids with Big Baffling Behaviors by Robyn Gobbel

01:21:54 Marta Khader: The Opposite of Worry: <https://amzn.to/424MTDI>

01:22:00 Lauren O'Carroll: Mona Delahooke is great too

01:22:57 Marta Khader: Anxious Kids, Anxious Parents: <https://amzn.to/4nF2uCa>

01:24:19 merima bejtagic: if there will be time, I would like to add something that I remembered and would like dr Lauras input

01:24:19 Marta Khader: Raising Kids with Big Baffling Behaviors: <https://amzn.to/3VYf4R3>

01:29:06 Lauren O'Carroll: This is beautiful advice and your daughter is so lucky to have a mum who is thinking about this so deeply x

01:29:12 Heidi Whipple: Reacted to "This is beautiful ad..." with ❤️.