

Parenting Kids Who Need More Workshop – Chat

00:18:23 Frances Wong: I have a question and I'm not sure if this is within the scope of this workshop. my husband has an adopted autistic son who is now 18. Do you an idea of how hormones can affect an autistic boy's mood? In the last few years he has a pattern where he completely loses control of himself when he develops a crush on a girl

00:18:54 Candace Kielbiski: Frances, this is a perfect question to bring here.

00:19:07 Candace Kielbiski: Will you raise your hand?

00:19:11 Frances Wong: and would love any tips on strategies to give him to deal with having a crush on a girl and being tempted to act inappropriately

00:19:32 Eva Cartagena Botas: what's the name?

00:19:41 Candace Kielbiski: Dr. Stuart Shankar

00:19:56 Eva Cartagena Botas: thank you

00:21:21 Heidi Whipple: Stuart Shanker's book: <https://www.amazon.com/Self-Reg-Child-Stress-Successfully-Engage-ebook/dp/B017SCQL8M/>

00:21:27 sedda (bug on FB): Reacted to "Stuart Shanker's boo..." with ❤️

00:24:21 Heidi Whipple: I

00:24:35 Heidi Whipple: I've found acknowledging what they wish like this is really helpful

00:24:38 Betsy Schneider: Reacted to "Stuart Shanker's boo..." with 🙌

00:24:50 Disha Trivedi: Reacted to "I've found acknowledged..." with 👍

00:25:04 sedda (bug on FB): Reacted to "I've found acknowledged..." with 👍

00:25:36 Eva Cartagena Botas: Replying to "I've found acknowledged..."

me too! Some times we elaborate and make it very funny, being exaggerated and making it silly

00:25:45 Candace Kielbiski: Reacted to "me too! Some times w..." with 💕

00:25:50 Heidi Whipple: Reacted to "me too! Some times w..." with ❤️

00:27:43 Marta Khader: How funny, my son says that EXACT same thing to his sister about her chewing.

00:27:59 sedda (bug on FB): Reacted to "How funny, my son sa..." with 😄

00:28:08 Candace Kielbiski: Reacted to "How funny, my son sa..." with 😂

00:28:38 sedda (bug on FB): Replying to "How funny, my son sa..."

so relatable! I have this misophonia too and sloppy chewing really makes my stomach turn!

00:33:13 sedda (bug on FB): I love this nuance between 'permissive parenting' and adjusting limits to accommodate the needs of everyone present in order to Support.

This gives us permission to 'bend' some of the usual rules we may have (e.g. We sit at the table until the meal is finished...to tie in to Dr. Laura's example.)

00:33:28 Marta Khader: Reacted to "I love this nuance b..." with ❤️

00:33:32 Candace Kielbiski: Reacted to "I love this nuance b..." with ❤️

00:33:38 Heidi Whipple: Reacted to "I love this nuance b..." with ❤️

00:33:40 Disha Trivedi: Reacted to "I love this nuance b..." with ❤️

00:33:50 Candace Kielbiski: Coming down to intention!

00:34:00 sedda (bug on FB): Reacted to "Coming down to inten..." with 👍

00:34:52 Heidi Whipple: Reacted to "Coming down to inten..." with ❤️

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00:37:46 Veronika Rosova: Thank you Heidi! That's great "mantra":-)

00:38:43 Jenny Ellerbe: Reacted to "I love this nuance b..." with ❤️

00:39:18 NAOMI PEEK: Thank you Heidi, you are an inspiration and thank you for sharing your journey with us. I resonate with the feelings of guilt that my child's challenges were/are my fault.

00:39:47 sedda (bug on FB): Reacted to "Thank you Heidi, you..." with ❤️

00:39:49 Jenny Ellerbe: Reacted to "Thank you Heidi, you..." with ❤️

00:40:08 Ósk Dagsdóttir: Thank you so much for doing this workshop. I can't do picture and may have to leave early but wanted to see if you had any ideas for parenting high energy highly gifted boys who don't need very long sleep. How to best support them and take care of the parents at the same time.

00:40:14 Disha Trivedi: Couldn't agree more with everything that you have said Heidi! Thank you for sharing.

00:40:15 Megan Robertson: thank you Heidi!

00:40:21 gino vincent: totally agree on kid doing their best, helps with self regulation and showing more compassion, but sometimes easier said than done for me lol

00:40:22 Candace Kielbiski: Reacted to "Thank you so much fo..." with ❤️

00:40:25 Jenny Ellerbe: Reacted to "Thank you so much fo..." with ❤️

00:40:26 Catherine: Thanks for sharing, Heidi!

00:40:27 sedda (bug on FB): Reacted to "Thank you so much fo..." with 👍

00:40:27 Candace Kielbiski: Reacted to "totally agree on kid..." with ❤️

00:40:37 Jenny Ellerbe: Reacted to "totally agree on kid..." with ❤️

00:40:39 sedda (bug on FB): Reacted to "totally agree on kid..." with ❤️

00:41:08 Zoë Field: Thank you so much for sharing Heidi, it was so heartwarming and relatable 🥰

00:41:28 Sherry Boone: Thanks Dr Laura and thanks Heidi.

00:41:52 sedda (bug on FB): I love learning from you, Heidi. You're SO CALM! You have great insights on your children and I'm so grateful that you are willing to share them with us. Thank you!

00:42:06 Disha Trivedi: Feels wonderful to have someone say that @Candace Kielbiski 😊

00:42:12 sedda (bug on FB): Reacted to "Feels wonderful to h..." with ❤️

00:42:41 Heidi Whipple: Reacted to "Thank you Heidi! Tha..." with ❤️

00:42:50 Heidi Whipple: Reacted to "Thank you Heidi, you..." with ❤️

00:43:48 Disha Trivedi: Yes - I still struggle with this where when I see someone for whom this is easy, the thought shows up that where did I go wrong. and then remind myself to be self compassionate 😊 but it can feel lonely at times!

00:44:06 Heidi Whipple: Reacted to "Couldn't agree more ..." with ❤️

00:44:24 Heidi Whipple: Reacted to "thank you Heidi!" with ❤️

00:44:42 sedda (bug on FB): "Invisible needs" !! This is so important! The needs are there but can be so hard to understand. And to know that these needs are not created by us! It can be residual stress from what the neurodivergence is creating daily. So hard!

00:44:44 Heidi Whipple: Reacted to "totally agree on kid..." with ❤️

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00:44:51 Heidi Whipple: Reacted to "Thanks for sharing, ..." with ❤️
00:44:55 Heidi Whipple: Reacted to "Thank you so much fo..." with ❤️
00:45:03 Disha Trivedi: Reacted to ""Invisible needs" !!..." with ❤️
00:45:04 Heidi Whipple: Reacted to "Thanks Dr Laura and ..." with ❤️
00:45:06 NAOMI PEEK: Not sure if we will address questions from the chat but -
Wondering how or should we create the environment we know will work best for our child in
our locus of control and then help them transition into a world that is so much harder for them
to function (i.e., school) without sheltering them to real challenges out there?
00:45:47 Heidi Whipple: Reacted to "I love learning from..." with ❤️
00:45:55 Heidi Whipple: Reacted to "Feels wonderful to h..." with ❤️
00:46:06 Heidi Whipple: Reacted to "Yes - I still strugg..." with ❤️
00:46:19 Heidi Whipple: Reacted to ""Invisible needs" !!..." with ❤️
00:48:46 Megan Robertson: love this candace - thank you for sharing!
00:48:49 Disha Trivedi: Brilliantly said 😊 @Candace Kielbiski
00:48:52 Katarzyna Jakubiak: Reacted to "Brilliantly said 😊 ..." with ❤️
00:48:59 Eva Cartagena Botas: Thank you both, thank you so much!
00:49:01 Catherine: Thank you for sharing, Candace!
00:49:04 Martyna Hempel: Thank you so much!
00:49:06 Sherry Boone: Thanks Candace.
00:49:08 sedda (bug on FB): I love these comments Candace! Thank you!
00:49:20 Heidi Whipple: Replying to "Not sure if we will ..."

Yes, Namoi, I think this is right on track. Because the real world is such a high stress load, that
we control what we can to make it manageable for our kid. And that is what gives them the
safety and strength to navigate the real world.

00:49:28 Heidi Whipple: Reacted to "love this candace - ..." with ❤️
00:49:28 Marta Khader: Beautifully said, Candace. Thank you.
00:49:30 Heidi Whipple: Reacted to "Brilliantly said 😊 ..." with ❤️
00:49:33 Marine Alneel: "she has an internal drive for development that I don't need to
intervene with" I love that. Thank you Candace
00:49:38 Heidi Whipple: Reacted to "Thank you both, than..." with ❤️
00:49:39 sedda (bug on FB): Reacted to "Yes, Namoi, I think ..." with ❤️
00:49:43 sedda (bug on FB): Reacted to "Not sure if we will ..." with 👍
00:49:48 Toni Buena: Thanks for sharing your authentic experiences!
00:50:02 Heidi Whipple: Reacted to "Thank you for sharin..." with ❤️
00:50:13 sedda (bug on FB): Reacted to ""she has an internal..." with ❤️
00:50:14 Heidi Whipple: Reacted to "Thank you so much!" with ❤️
00:50:16 Rakiya Bello Aliyu: Thank you for sharing Heidi and Candace, beautifully said.
00:50:17 Heidi Whipple: Reacted to "Thanks Candace." with ❤️
00:50:25 Heidi Whipple: Reacted to "I love these comment..." with ❤️
00:50:27 Elana Steinberg: Thanks Candace! Gives me hope hearing your journey
since I'm just at the beginning .

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00:50:29 Heidi Whipple: Reacted to "Beautifully said, Ca..." with ❤️
00:50:36 sedda (bug on FB): Reacted to "Thanks Candace! Give..." with ❤️
00:50:36 Heidi Whipple: Reacted to ""she has an internal..." with ❤️
00:50:39 Heidi Whipple: Reacted to "Thanks for sharing y..." with ❤️
00:50:46 NAOMI PEEK: Replying to ""she has an internal..."

this is a transformative statement @Candace Kielbiski really powerful thank you

00:50:47 Heidi Whipple: Reacted to "Thanks Candace! Give..." with ❤️
00:50:58 Heidi Whipple: Reacted to "Thank you for sharin..." with ❤️
00:51:08 Heidi Whipple: Reacted to "this is a transforma..." with ❤️
00:51:21 Jason Arenburg: Reacted to "Not sure if we will ..." with 👍
00:51:27 Veronika Rosova: Reacted to "Thanks Candace! Give..." with ❤️
00:51:47 sedda (bug on FB): Replying to "Thanks Candace! Give..."

We're all here for you Elana! Keep bringing your questions to the FB groups for support! The parents in there have so many great experiences to share! We spend so much time Earning this information, we all love to share it!

00:51:57 Heidi Whipple: For those who asked questions in chat - please raise your hand to ask.

00:52:59 Heidi Whipple: This community has been so helpful - collectively we parents have so much expertise!

00:53:08 sedda (bug on FB): Reacted to "This community has b..." with 👍

00:53:47 Eva Cartagena Botas: Reacted to ""she has an internal..." with ❤️

00:54:09 Heidi Whipple: Reacted to "What has helped me i..." with 👍

00:58:18 Candace Kielbiski: Next in the Queue:

Osk

Elana

Catherine

00:58:26 Heidi Whipple: Reacted to "We're all here for y..." with ❤️

00:59:53 Heidi Whipple: Frances, do you have an autism support group in your area? My local area has one and they offer some of these types of support groups.

01:00:03 sedda (bug on FB): Reacted to "Frances, do you have..." with 👍

01:00:13 Candace Kielbiski: Reacted to "Frances, do you have..." with 👍

01:03:43 Jenny Ellerbe: Great question!

01:04:04 Disha Trivedi: Just wanted to share a tactic that has been helpful.

It has been helpful to keep a regular log with the following parameters:

1) SDB/Parental Tantrum. A yes or no field to ask myself if I stopped, dropped and Breathed, or if I proceeded to have a parental tantrum.

2) Radical Self care. A yes or no field to remind myself to self care.

3) Empathetic limits. I struggle with setting empathetic limits so this one reminds me to keep growing in this area.

4) Hugs - Shooting for 10. I noticed we were doing 0 and when I started doing more, noticed how much my kid actually wanted it

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and was finding her calm in it.

01:04:18 Disha Trivedi: the next set of parameters are indicators, if I see any of these happening, it means I need to up my connection, or that her stress level is high.

5) Tantrums - we started with 3/day in 2021 and now have 1 per week. The positive trend keeps me on track and knows

that while there would be some tough days, peaceful parenting is the way to go..

6) Defiance -

7) Negative talk

8) Rudeness/Sassing -

9) School Day - Yes or No, because school days were once upon a time the most stressful

This is what personally worked for me, but please feel free to use the format and switch things to where you

want to be the most mindful.

01:05:09 Candace Kielbiski: Reacted to "the next set of para..." with 👍

01:05:11 Jenny Ellerbe: Reacted to "the next set of para..." with 👍

01:05:33 Rakiya Bello Aliyu: Reacted to "the next set of para..." with 👍

01:05:39 sedda (bug on FB): Reacted to "Just wanted to share..." with ❤️

01:05:46 sedda (bug on FB): Reacted to "the next set of para..." with ❤️

01:05:47 Heidi Whipple: Reacted to "Just wanted to share..." with ❤️

01:06:15 Heidi Whipple: Reacted to "the next set of para..." with ❤️

01:06:24 Heidi Whipple: Disha, thanks for sharing this!

01:06:54 Eva Cartagena Botas: Reacted to "the next set of para..." with ❤️

01:07:04 Candace Kielbiski: I belief that often gifted kids have uneven development.

There will be advance understanding, and also most likely delay somewhere.

01:07:12 Disha Trivedi: Reacted to "Disha, thanks for sh..." with ❤️

01:07:20 Heidi Whipple: Gifted kids often have asynchronous development - some areas of their development are advanced and some may be average or a little delayed! Many gifted kids struggle more in emotional regulation and social skills.

01:07:21 Jenny Ellerbe: Reacted to "I belief that often ..." with 👍

01:07:28 Disha Trivedi: Reacted to "I belief that often ..." with 👍

01:07:32 Jenny Ellerbe: Reacted to "Gifted kids often ha..." with 👍

01:07:39 Disha Trivedi: Reacted to "Gifted kids often ha..." with 👍

01:08:12 Heidi Whipple: Reacted to "I belief that often ..." with 👍

01:08:14 sedda (bug on FB): Adding on to Candace's +Heidi's comments above, Some kids are known as "Twice exceptional" or 2e. This is a student who has more than one difference, or the differences are very asynchronous...for example a gifted student who is autistic.... or a gifted student who struggles with reading/writing. This can be really tricky for parents, bc you may assume that your kiddo is so smart, they MUST be able to _____ ... but actually they can't! or they can't in this situation. or they can't Today. The character Monk on the TV show could be "2e" I think: gifted, but afraid of Milk. And his fears affect how he's able to relate to the world.

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- 01:08:53 Heidi Whipple: Reacted to "Adding on to Candace..." with ❤️
- 01:10:06 Marta Khader: Self Care: "Going to bed when the kids go to bed" has been a Dr. Laura Golden Nugget I've lived by. The caveat that I've heard Dr. Laura share that was a game-changer for me was that you don't have to do that every day! I've found 2-3x/week is enough. It can seem impossible but knowing you don't have to do that every day made it accessible to me.
- 01:10:21 Candace Kielbiski: Reacted to "Self Care: "Going to..." with 👍
- 01:10:37 Disha Trivedi: Reacted to "Self Care: "Going to..." with 👍
- 01:10:42 Jenny Ellerbe: Reacted to "Self Care: "Going to..." with 👍
- 01:10:50 Frances Wong: I have to drop off, thank you for holding this workshop and for the tips!
- 01:11:07 Eva Cartagena Botas: Reacted to "Self Care: "Going to..." with 👍
- 01:11:39 Elana Steinberg: Sorry Candace- I missed the moment for my question.. tech troubles but ready after this.
- 01:11:45 Candace Kielbiski: Reacted to "Sorry Candace- I mis..." with 👍
- 01:11:57 sedda (bug on FB): Reacted to "Self Care: "Going to..." with ❤️
- 01:12:02 Heidi Whipple: The book Emotional Intensity in Gifted Students by Christine Fonseca has been recommended by group members
- 01:12:30 Megan Robertson: I sometimes put on a podcast for my other child - it's shorter than an audio book and they seem to like it. They are younger than your kids but like circle round and smash boom best and story pirates
- 01:12:33 Heidi Whipple: Reacted to "Self Care: "Going to..." with 👍
- 01:12:42 Disha Trivedi: Reacted to "The book Emotional I..." with 👍
- 01:12:51 Jenny Ellerbe: Reacted to "The book Emotional I..." with 👍
- 01:12:58 Candace Kielbiski: Reacted to "I sometimes put on a..." with 👍
- 01:13:44 sedda (bug on FB): Replying to "I sometimes put on a..."

Transitioning can be so hard with some kids. Preloading with a short diversion in the first place is a great strategy.

- 01:13:52 Megan Robertson: Reacted to "Transitioning can be..." with 👍
- 01:13:59 Heidi Whipple: Reacted to "Transitioning can be..." with 👍
- 01:14:16 Candace Kielbiski: Reacted to "Transitioning can be..." with 👍
- 01:14:28 sedda (bug on FB): Outschoool class?
- 01:15:22 Jason Arenburg: Reacted to "I sometimes put on a..." with ❤️
- 01:18:41 Jason Arenburg: Replying to "I sometimes put on a..."

Great idea to use podcasts, since the story will have wrapped completely My boys also love Circle Round. Another great podcast: Stories Podcast with Daniel Hinds and Amanda Weldin.

- 01:18:58 sedda (bug on FB): Reacted to "Great idea to use po..." with 👍
- 01:19:03 Megan Robertson: Reacted to "Great idea to use po..." with 👍
- 01:19:14 Megan Robertson: Replying to "I sometimes put on a..."

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always looking for more podcasts so will check that one out!

01:19:25 sedda (bug on FB): Replying to "I sometimes put on a..."

Sparkle Stories!

01:19:26 Jason Arenburg: Reacted to "always looking for m..." with 👍

01:21:29 Megan Robertson: Reacted to "Sparkle Stories!" with 👍

01:21:45 Marta Khader: Replying to "I sometimes put on a..."

Greeking Out from National Geographic is a great podcast for older kids (8+)

01:21:53 sedda (bug on FB): Reacted to "Greeking Out from Na..." with ❤️

01:21:56 Jason Arenburg: Replying to "I sometimes put on a..."

Storyline Online uses actors to read books to kids. It's primarily for younger kids, but another great resource! (available on YouTube and at their website)

01:22:13 Megan Robertson: Reacted to "Greeking Out from Na..." with 👍

01:22:17 Megan Robertson: Reacted to "Storyline Online use..." with 👍

01:23:30 Catherine: Replying to "I sometimes put on a..."

Thanks for all these suggestions!

01:24:10 NAOMI PEEK: @Elana Steinberg we had a similar experience with our son (not with twins but) with a 7 year old having a really hard time in school. A change in schools where the class size was significantly smaller and had more ability to meet his needs was the best investment to help to his self-esteem/confidence and to regulate so he could learn and mature for a few years. As a 9 year he was able to successfully integrate into a more mainstream school with bigger classes where he is a known as a social butterfly and thriving.

01:25:12 Megan Robertson: i have to hop off - thank you so much for having this!

01:25:22 Candace Kielbiski: Reacted to "@Elana Steinberg we ..." with ❤️

01:25:27 Candace Kielbiski: Reacted to "i have to hop off - ..." with 👍

01:26:26 Heidi Whipple: Reacted to "i have to hop off - ..." with 👍

01:27:24 Jason Arenburg: Reacted to "i have to hop off - ..." with 👍

01:27:34 sedda (bug on FB): It's overwhelming to parent a high needs child! There is so much more thinking!

01:27:42 Heidi Whipple: Reacted to "It's overwhelming to..." with ❤️

01:29:09 Marta Khader: Elana it has been really moving to witness your journey over the years, thank you for your vulnerability and willingness to share your story with this community. I would say something that helped my son who is a few years older was OT.

01:29:10 Heidi Whipple: I love the concept of a joyful squeaky wheel! ❤️

01:29:16 Jenn B: Reacted to "I love the concept o..." with ❤️

01:29:22 Eva Cartagena Botas: Reacted to "I love the concept o..." with ❤️

01:31:45 Candace Kielbiski: Reacted to "Elana it has been re..." with ❤️

01:31:49 Jenny Ellerbe: I have to go, but this has been helpful. Thank you!

01:32:53 Elana Steinberg: Replying to "Elana it has been re..."

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Thank you Marta! ❤️

01:33:07 Elana Steinberg: Replying to "It's overwhelming to..."

Thank you Sedda!

01:33:50 Elana Steinberg: Replying to "@Elana Steinberg we ..."

Thanks for that Naomi!

01:34:05 Marta Khader: Reacted to "Thank you Marta! ❤️" with ❤️

01:34:14 sedda (bug on FB): Reacted to "Thank you Sedda!" with 🥰

01:39:03 Heidi Whipple: Marine, you might find the Baffling Behavior Show podcast helpful. <https://robyngobbel.com/podcast/>

01:43:31 sedda (bug on FB): @Marine I wonder if Mona Delahooke's work would be of interest, she's all about the nervous system. Her recent book is awesome.

01:44:35 sedda (bug on FB): Replying to "@Marine I wonder if ..."

Also Playful Parenting by Larry Cohen.

01:44:50 Marine Alneel: Reacted to "@Marine I wonder if ..." with 👍

01:45:10 Marine Alneel: Replying to "@Marine I wonder if ..."

Thank you, I'll look into them

01:45:27 sedda (bug on FB): Reacted to "Thank you, I'll look..." with 👍

01:45:29 Marine Alneel: Reacted to "Marine, you might fi..." with ❤️

01:50:56 Jenn B: Great points!

01:53:43 Eva Cartagena Botas: Just commenting that it's sad that we need a diagnosis to get that empathy from most people. I wish even the kids that are acting "willingly" in a non-appropriate way would get the empathy and the curiosity instead of the judgment. I think Peaceful Parenting is starting that!

01:54:00 Disha Trivedi: Reacted to "Just commenting that..." with ❤️

01:54:00 sedda (bug on FB): Reacted to "Just commenting that..." with ❤️

01:54:14 Marine Alneel: Reacted to "Just commenting that..." with ❤️

01:54:15 Candace Kielbiski: Reacted to "Just commenting that..." with ❤️

01:54:37 Heidi Whipple: Reacted to "Just commenting that..." with ❤️

01:55:47 Heidi Whipple: You're learning more about how their brain works. And be sure to mention that this kind of dr doesn't give shots. :)

01:56:05 Marine Alneel: Reacted to "You're learning more..." with ❤️

01:58:37 Elana Steinberg: I have to go. Thank you Dr. Laura and everyone. So helpful and love the support!

01:58:38 Jason Arenburg: I love how Dr. Ned Hallowell focuses on the POSITIVE parts of having ADHD.

01:58:44 Heidi Whipple: Reacted to "I love how Dr. Ned H..." with ❤️

01:58:47 Heidi Whipple: Reacted to "I have to go. Thank ..." with ❤️

01:59:29 sedda (bug on FB): Reacted to "I love how Dr. Ned H..." with ❤️

01:59:36 sedda (bug on FB): Reacted to "I have to go. Thank ..." with ❤️

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01:59:37 Candace Kielbiski: Reacted to "I love how Dr. Ned H..." with ❤️

02:01:12 Heidi Whipple: This lady has some really helpful scripts for explaining different diagnoses to kids. <https://www.facebook.com/profile.php?id=100087870753308>

02:04:55 Heidi Whipple: Some of these kids have overwhelming needs! This is a hard job. You are enough. You can love them more than anyone else.

02:05:04 sedda (bug on FB): Reacted to "Some of these kids h..." with ❤️

02:05:05 Jason Arenburg: Reacted to "Some of these kids h..." with ❤️

02:05:06 Disha Trivedi: Reacted to "Some of these kids h..." with ❤️

02:05:25 Martyna Hempel: Thank you

02:05:28 Disha Trivedi: Thank you Dr Laura, Candace, Heidi and Sedda 😊

02:05:33 sedda (bug on FB): Reacted to "Thank you Dr Laura, ..." with ❤️

02:05:35 Heidi Whipple: Reacted to "Thank you Dr Laura, ..." with ❤️

02:05:42 Rakiya Bello Aliyu: Thank you ❤️

02:05:44 Jenn B: Thank you!