

Peaceful Parenting Your Preteen Workshop - Chat

00:09:58 Dr. Laura Markham: Welcome to the Preteen Workshop!
00:10:56 Colleen St.James (she/her): The automatic link seemed to be counting down to 2pm EST - so not sure if others may be stuck there.
00:12:39 Sarah Galea-Pace: Will this recording be available to download from the website?
00:12:45 Heidi Whipple: Replying to "Will this recording ..."

yes

00:12:56 Heidi Whipple: Replying to "Will this recording ..."

It will be with the office hours recordings

00:13:47 Sarah Galea-Pace: Replying to "Will this recording ..."

Great, thanks.

00:21:22 Bharthi Kanagaratnam: 13 year old daughter

00:21:42 Farinaz Edalat: Vienna Va 12 yrs attitude

00:21:43 Colleen St.James (she/her): Colleen - Montreal, Canada (sorry mine are older but I wanted to attend - 14 & 16 - SCREENTIME!)

00:21:45 Jason Arenburg: age 9 boy ... emotional regulation

00:21:54 Bharthi Kanagaratnam: More dysregulated now! Very organised but just gets more frustrated. Low frustration tolerance

00:21:54 Dajana Yoakley: 12 year old boy- wanting a cell phone and more time to play video games than he is allowed currently.

00:21:55 Catherine Archibald: Michigan, 13-year-old twin sons, bed time and screens are challenging.

00:21:57 Linnea Petsonk: Sweden, 10 year old son, difficulty keeping track of belongings

00:22:16 Katharine Talbot: London UK, 12 year old daughter, supporting her with friendship dynamic challenges

00:22:18 Lauren O'Carroll: Cambridge (mine are younger) but coaching a pre teen who is really struggling with ADHD and impulsivity at school - both with friends and teachers

00:22:31 Heidi Whipple: I'm in Arizona, USA, my preteen is 12, he is more argumentative and fights with his brothers more than he used to

00:22:33 Farinaz Edalat: My daughter (12) now responds with a lot more attitude that's disrespectful.

00:22:34 Marie-Helene Roy-Gagnon: I'm in Ottawa and I have a 13-year old daughter. Peer influence.

00:22:48 Marta Khader: Amherst, NH - 10 year old boy, screen time

00:23:08 Canedy Knowles: Atlanta, Georgia with a 10 year old daughter. The biggest issue is navigating her frustrations especially when they are directed at me. It can trigger me since it is so emotional and a major get away from me and I really need you dynamic

00:23:26 Michele Childs: California, 9 year old boy - 4th grade, he has difficulty making friends because many of his friends are 10, he gets shy and embarrassed frequently

00:23:39 Daniel Grinner: L.A. 12 yo daughter No concept of homework and very aggressive and bad mood when asked to close and return phone or computer

Peaceful Parenting Your Preteen Workshop - Chat

00:24:25 Ioana Ciuciu: Romania, 9 year old boy, starting to change moods, look for independence, spending a lot of time with his peers, very emotional, defiant sometimes :) Not really challenging for the moment, but I'm expecting more

00:24:28 Silvia Vogel: Melbourne, Aust, 11 year old boy (turning 12 in 2 weeks). argumentative, not taking responsibility for actions sometimes (someone else's fault!)

00:26:17 Katarzyna Jakubiak: Pennsylvania, 9-year old boy - emotional regulation and social anxiety, 12-year old girl anxiety about school/homework and connecting with peers. Both have issues with executive functions too.

00:26:28 Sarah Galea-Pace: Almost 10: attitude, rudeness, peer influence & wanting to fit in with video games, screen time etc. Also feeling left out socially at times and not knowing how to discuss it effectively without making him shut down and not want to talk about it.

00:26:44 Natasha Coombs: I have younger kids but have a nephew who just turned 12. Impulse Control & disregard for how others feel.

00:27:12 Daniel Grinner: I'm driving for a long time Can't look at screen

00:27:25 Heidi Whipple: Reacted to "I'm driving for a lo..." with 👍

00:27:42 Cecilia Chen: NYC, 12 yo boy and 10 yo girl. Huge emotions and negative interpretations and quickly escalating into aggression (quicker than I could offer empathy); less motivated and curious related with increased interest in screen.

00:29:30 Stephanie Bencivenga: New Jersey, i have a daughter who is 11. She has increased anxiety and need for a bit more resilience when facing challenges

00:29:55 Daniel Grinner: Are we going to have a recording of this meeting for listening later?

00:30:11 Lauren O'Carroll: Replying to "Are we going to have..."

yes, it will be in the success path materials

00:30:35 Heidi Whipple: Replying to "Are we going to have..."

It will be with the office hours recordings

00:31:39 Daniel Grinner: Replying to "Are we going to have..."

Thanks!

00:34:42 Heidi Whipple: I've noticed it's harder to stay calm when the kid is older and more logical and more verbal. It takes extra work to not take it personally!

00:34:54 Dajana Yoakley: Reacted to "I've noticed it's ha..." with 👍

00:35:16 Katarzyna Jakubiak: Reacted to "I've noticed it's ha..." with 👍

00:38:47 Bharthi Kanagaratnam: Not taking it personally is one of the hardest things for me with a teenager- even when I know I shouldn't!

00:38:55 Heidi Whipple: Reacted to "Not taking it person..." with ❤️

00:39:01 Heidi Whipple: Replying to "Not taking it person..."

yes!

00:39:01 Canedy Knowles: Reacted to "I've noticed it's ha..." with ❤️

00:39:02 Lauren O'Carroll: Reacted to "Not taking it person..." with ❤️

00:39:04 Canedy Knowles: Reacted to "Not taking it person..." with ❤️

Peaceful Parenting Your Preteen Workshop - Chat

00:39:07 Linnea Petsonk: Reacted to "Not taking it person..." with ❤️

00:39:19 Silvia Vogel: Reacted to "Not taking it person..." with ❤️

00:39:25 Lauren O'Carroll: Replying to "Not taking it person..."

all these things are easier said than done. You're doing great and have come so far already x

00:39:36 Heidi Whipple: Reacted to "all these things are..." with ❤️

00:40:04 Lauren O'Carroll: what about the super sensitive kids who really don't want to get anywhere near the feelings and resist the connection to avoid the feeling or completely avoid the conversation about the friendships

00:40:25 Heidi Whipple: Reacted to "what about the super..." with 👍

00:40:44 Heidi Whipple: Replying to "what about the super..."

I have this struggle, too, Lauren.

00:40:52 Sarah Galea-Pace: Replying to "what about the super..."

Me too'

00:40:59 Lauren O'Carroll: Replying to "what about the super..."

Its an adhd thing I think!

00:41:40 Sarah Galea-Pace: Replying to "what about the super..."

With my child it's not ADHD related, but definitely experience this

00:42:31 Lauren O'Carroll: Replying to "what about the super..."

sorry - was responding to Heidi and i think our messages came at the same time so didn't see yours. Can also be the case for super sensitive kids.

00:42:55 Heidi Whipple: Reacted to "sorry - was respondi..." with 👍

00:43:11 Heidi Whipple: Replying to "what about the super..."

Lauren and I both have ADHD kids 😂

00:44:22 Lauren O'Carroll: Replying to "what about the super..."

i can get there but often MUCH later and very much getting there in a very roundabout and non obvious way. Also a teeny tiny bit at a time

00:44:39 Heidi Whipple: Reacted to "i can get there but ..." with 👍

00:45:14 Lauren O'Carroll: Replying to "what about the super..."

i imagine it as leaving the door to the conversation open just a crack so they feel safe enough to peek in and see if they dare to open it slightly wider

00:45:24 Heidi Whipple: Reacted to "i imagine it as leav..." with ❤️

00:46:04 Linnea Petsonk: Reacted to "i imagine it as leav..." with ❤️

00:46:24 Farinaz Edalat: My hardest challenge with attitude is my daughter (almost 12)'s disrespecting my husband and my husband getting really triggered - as my husband believes those teen behaviors are fault of my parenting style.

00:46:37 Canedy Knowles: Reacted to "My hardest challenge..." with 👍

Peaceful Parenting Your Preteen Workshop - Chat

00:46:39 Lauren O'Carroll: Reacted to "My hardest challenge..." with ❤️
00:46:51 Lauren O'Carroll: Replying to "My hardest challenge..."

Feel this!!

00:46:59 Farinaz Edalat: Reacted to "Feel this!!" with ❤️
00:47:09 Katarzyna Jakubiak: Replying to "My hardest challenge..."

Sounds like my house! 😊

00:47:17 Farinaz Edalat: Reacted to "Sounds like my house..." with ❤️
00:47:46 Marie-Helene Roy-Gagnon: Replying to "My hardest challenge..."

Same here with my spouse

00:47:58 Canedy Knowles: Replying to "My hardest challenge..."
Me too!
00:48:19 Lauren O'Carroll: Replying to "My hardest challenge..."

its very common. I find partners take it much better from someone other than their spouse. I have brought lots of couples through this in coaching but my husband won't be coached by me so we still struggle with this!!

00:48:26 NAOMI PEEK: Hi everyone, we have a 12 yo boy. Our biggest challenge is his (dis)respect for screen time limits.

00:48:32 Linnea Petsonk: Reacted to "My hardest challenge..." with ❤️

00:50:44 Farinaz Edalat: Reacted to "its very common. I f..." with ❤️

00:52:15 Lauren O'Carroll: i have a similar example which I am struggling with. I'd love to hear your thoughts...

00:53:26 Bharthi Kanagaratnam: Reacted to "what about the super..." with 🙌

00:54:25 Farinaz Edalat: So brilliant Dajana!

00:55:05 Dajana Yoakley: Reacted to "So brilliant Dajana!" with ❤️

00:56:26 Linnea Petsonk: So great, Canedy!

00:56:50 Marie-Helene Roy-Gagnon: I won't be able to stay for the small group work but this was very helpful. Thank you!

00:56:52 Jenny Ellerbe: Replying to "Hi everyone, we have..."

Same here

00:58:19 Natalia Boyko: I have a 8 year old so just here to learn what is ahead... so not sure I can provide any advice on anything yet

00:58:39 Heidi Whipple: Replying to "I have a 8 year old ..."

Go ahead and join anyway, this is good practice

01:00:26 Katarzyna Jakubiak: I can see

01:00:35 Linnea Petsonk: No can't see

01:00:37 Catherine Archibald: Click on "join breakout room" link at bottom of screen.

01:00:52 Heidi Whipple: Reacted to "Click on "join break..." with 🙌

01:01:02 Sarah Galea-Pace: Not seeing anything

Peaceful Parenting Your Preteen Workshop - Chat

01:01:08 Natasha Coombs: I can't see one
01:01:23 Sarah Galea-Pace: Don't have that
01:01:45 Sarah Galea-Pace: Nope
01:02:07 Dawn Wooldridge: If your watching on a mobile tap the screen and then a breakout room square will appear
01:02:30 Sarah Galea-Pace: Replying to "If your watching on ..."
Where?
01:02:46 Dajana Yoakley: Replying to "If your watching on ..."

@Sarah Galea-Pace which room would you like to go into? I can try to assign you

01:02:49 Sarah Galea-Pace: I'm stuck
01:03:19 Sarah Galea-Pace: Can't see options or anything
01:03:50 Daniel Grinner: Sorry I'm driving
01:04:22 Daniel Grinner: Self regulation
01:18:20 Colleen St.James (she/her): Hi Farinaz!!!❤️
01:20:53 Jenny Ellerbe: @Cecilia Chen I really appreciated hearing about Dan Siegl's research. Thank you so much for sharing in the breakout room!
01:21:36 Sarah Galea-Pace: Would love it if we could explore the notion of kids feeling left out
01:21:37 Heidi Whipple: Link to Dan Siegel's book on the teenage brain, Brainstorm <https://drdansiiegel.com/book/brainstorm/>
01:21:41 Katharine Talbot: In the Uk there is an amazing new movement - Smartphone Free Childhood, it's creating a real shift in secondary schools and at governmental level
01:21:51 Canedy Knowles: Reacted to "In the Uk there is a..." with 👍
01:21:53 Sarah Galea-Pace: Surrounding cell phones, gaming, screen use
01:22:09 Eileen Fauver: Reacted to "In the Uk there is..." with ❤️
01:22:10 Cecilia Chen: My pleasure! Search for "Dan Siegel adolescent brain" on YouTube they're plenty of videos to watch. 😊
01:22:22 Jenny Ellerbe: What do you do when your child defies rules about screen limits?
01:22:32 Sarah Galea-Pace: Yes please 🙏
01:22:33 Jenny Ellerbe: Reacted to "My pleasure! Search ..." with ❤️
01:22:44 Jenny Ellerbe: Reacted to "Link to Dan Siegel's..." with ❤️
01:22:48 Jenny Ellerbe: Reacted to "In the Uk there is a..." with ❤️
01:23:10 Heidi Whipple: Replying to "What do you do when ..."

I think it can be helpful to have family meetings around this topic that kids can be a part of making the rules so they have buy-in

01:23:27 Heidi Whipple: Replying to "What do you do when ..."

And then part of the problem-solving

Peaceful Parenting Your Preteen Workshop - Chat

01:23:55 Farinaz Edalat: Why are the kids become so mean towards each other in teen years? my daughter's experiencing a lot more of this from classmates this year (6th grade) from the boys in her class. Just curious what about their brain causes this.

01:24:14 Natalia Boyko: Reacted to "Link to Dan Siegel's..." with ❤️

01:24:42 Heidi Whipple: Replying to "Why are the kids bec..."

Part of it is they are very self-centered developmentally, so they have a very hard time seeing other people's point of view.

01:25:00 Jenny Ellerbe: Replying to "What do you do when ..."

Thanks! Our family is small—just me and my son so there is a definite power struggle.

01:25:18 Farinaz Edalat: Replying to "Why are the kids bec..."

That's interesting.. thanks!

01:27:32 Sarah Galea-Pace: So sad, when I suggested having a friend over to play board games, he said that won't work because they would be bored 😞

01:27:35 Heidi Whipple: Replying to "What do you do when ..."

Are there ways you and he can work on problem-solving together?

01:29:00 Katarzyna Jakubiak: Eileen, I agree! The coordination and responses from other parents have been a challenge to me too.

01:29:02 Heidi Whipple: Replying to "So sad, when I suggest..."

Maybe some brainstorming - what are fun things to do? Relay races? Minute to win it games? Build something? Legos?

01:29:20 Heidi Whipple: Reacted to "Eileen, I agree! The..." with 👍

01:29:36 Jenny Ellerbe: Replying to "What do you do when ..."

Yes, we do that, but the screen time is still a real struggle. It did not use to be that changed as he hit the tween years.

01:29:37 Natalia Boyko: Well technology is becoming part of life, I want to ensure my kids are prepared and can use technology so I am more curious on how to have balance with letting them use technology and be savvy in it vs having other social skills developed

01:29:42 Katharine Talbot: Replying to "So sad, when I suggest..."

Something which works really well for my 9 year old son is table tennis - we have a net we just set up across the dining room table and they play for ages, with balloons and other things as well!

01:29:59 Heidi Whipple: Reacted to "Something which work..." with ❤️

01:31:24 Jenny Ellerbe: Replying to "So sad, when I suggest..."

My son likes to create his own games to play with friends. I vetoed a video game, so he decided to make a board game version.

01:31:42 Heidi Whipple: Link to the book Dr. Laura showed:

<https://stores.praeclaruspress.com/spoiled-right-delaying-screens-and-giving-children-what-they-really-need-by-meghan-owenz-1/>

Peaceful Parenting Your Preteen Workshop - Chat

01:31:55 Heidi Whipple: Reacted to "My son likes to crea..." with ❤️
01:32:14 Heidi Whipple: Reacted to "Well technology is b..." with 👍
01:32:31 Silvia Vogel: Reacted to "Link to the book Dr..." with 👍
01:33:38 Farinaz Edalat: I LOVE that. Thanks alot Dajana!
01:33:41 Canedy Knowles: Reacted to "My son likes to crea..." with ❤️
01:33:47 Canedy Knowles: Reacted to "I LOVE that. Thanks ..." with ❤️
01:34:00 Jenny Ellerbe: Reacted to "I LOVE that. Thanks ..." with ❤️
01:34:10 Katharine Talbot: Reacted to "I LOVE that. Thanks ..." with ❤️
01:34:29 Heidi Whipple: Replying to "Well technology is b..."

Dr. Laura's screens workshop is a good resource - you already have access
<https://courses.peacefulparenthappykids.com/video-archive/Navigating-Screens-workshop-June-2023>

01:34:31 Farinaz Edalat: Will definitely watch that with my family!
01:34:41 Dajana Yoakley: Social Dilemma Documentary on Netflix
01:34:47 Heidi Whipple: Dr. Laura's screens workshop, for more help on this topic:
<https://courses.peacefulparenthappykids.com/video-archive/Navigating-Screens-workshop-June-2023>
01:35:08 Dajana Yoakley: Replying to "Social Dilemma Docum..."

<https://www.netflix.com/title/81254224>

01:35:13 Natalia Boyko: Replying to "Well technology is b..."
Thanks - I will check it out.
01:35:25 Dajana Yoakley: Reacted to "Will definitely watc..." with 👍
01:37:28 Linnea Petsonk: Reacted to "Dr. Laura's screens ..." with ❤️
01:41:31 Lauren O'Carroll: is that the same for boys and girls?
01:42:06 Eileen Fauver: so helpful
01:42:47 Jenny Ellerbe: Will the recording be available in the website today?
01:43:18 Marta Khader: Yes, the recording will be available on the Success Path landing page.
01:43:38 Jenny Ellerbe: Reacted to "Yes, the recording w..." with ❤️
01:44:26 Farinaz Edalat: Role play is hard for me because often I don't know the right option either :(.
01:44:39 Colleen St.James (she/her): YES! It's so heartbreaking!
01:44:58 Heidi Whipple: Replying to "Role play is hard fo..."

Ask in the Facebook group and we can all brainstorm together - I find I get so many great ideas from others in the group.

01:45:11 Farinaz Edalat: Reacted to "Ask in the Facebook ..." with ❤️
01:45:15 Jenny Ellerbe: Reacted to "Ask in the Facebook ..." with ❤️
01:45:39 Farinaz Edalat: Thank you for doing this spotlight on Preteen!!!!
01:45:40 NAOMI PEEK: Thank you so much for this! Good luck everyone!
01:45:41 Jenny Ellerbe: Thank you!

Peaceful Parenting Your Preteen Workshop - Chat

01:45:48 Jenny Ellerbe: Reacted to "Thank you for doing ..." with ❤️

01:45:53 Colleen St.James (she/her): Thank you SO MUCH!!!

01:45:54 Linnea Petsonk: Thank you so much for this!

01:45:56 Sarah Galea-Pace: Thanks so much

01:45:56 Jenny Ellerbe: Reacted to "Thank you so much fo..." with 👍

01:46:01 Jason Arenburg: Thanks!

01:46:05 Michele Childs: Thank you so much, it is so nice to feel connected to each other as parents as well!!

01:46:09 Sarah Galea-Pace: For your time and your wonderful work!

01:46:09 Natasha Coombs: Thank you

01:46:11 Linnea Petsonk: Best wishes to everyone!

01:46:18 Silvia Vogel: bye!