

00:35:14 Candace Kielbiski: <https://uploads.prod01.oregon.platform-os.com/instances/287/assets/documents/ParentingPracticesResiliencePrintable.jpg?updated=1617927963293>

00:37:21 Candace Kielbiski: The last file is the correct file :)

00:37:50 Maja Žorga Dulmin: :) thank you!

00:42:00 Hannah Searle: So do I! 🤔

00:50:04 Eva Cartagena: Yeah! My 4yo was getting frustrated learning to ride his bike and he only did it for a few seconds before stoping and saying "I can't!", so I recorded it in a video and showed it to him... It was his Aha moment!

01:04:39 Candace Kielbiski: Reposting the Resilience Printable for those whom arrived a little later

01:09:30 Candace Kielbiski: <https://www.ahaparenting.com/Default.aspx?PageID=7652603&A=SearchResult&SearchID=11602716&ObjectID=7652603&ObjectType=1>

01:11:48 Candace Kielbiski: <https://tamarchansky.com/books/freeing-your-child-from-negative-thinking-2/>

01:12:02 SOFIA DIAZ PIZARRO: COULD YOU PLS SHARE HER NAME HERE

01:12:12 Candace Kielbiski: see above Sofia

01:12:29 SOFIA DIAZ PIZARRO: DID! TKS

01:14:46 SOFIA DIAZ PIZARRO: THANK YOU!!!!

01:14:52 Eva Cartagena: Thank you!!!

01:15:06 Anne Belle-Oudry: Thank you Dr Laura!

01:15:07 Nancy Yenquis-Perez: This was incredibly helpful. Thank you!

01:15:29 SOFIA DIAZ PIZARRO: WISDOM LIGHTING THE LIGHT OF KNOWLEDGE

01:15:51 Linda Laird: Thank you so much Dr Laura - amazing as always

01:17:16 Penny Wagner: I could listen to you all day! Thank you. I really needed to hear your words about the uphill slog of emotional self-regulation today. I am so grateful for your teachings and to have started this journey.

01:17:29 SOFIA DIAZ PIZARRO: CAN I STILL ASK A Q TODAY?

01:19:17 Lisette DiPasquale: Thank you, Dr. Laura! That was eye opening. I can't wait to watch it again later with my husband. There are so many tips to help us grow.

01:20:58 Tereza Mahovska: Thank you, it was very useful!

01:21:18 lisa russo pettigrew: Thank you so much Dr. Laura this was incredible. I have to leave the call early but watch the recording of the rest:). Candace may I ask for you to post the name of the book from Tamara... didn't catch the last name or the title 😊 thanks to all!

01:21:20 Candace Kielbiski: <http://www.newton-center.com/the-attachment-connection/>

01:22:16 Hannah Searle: How about making friends with the eye patch - like pretending she is a pirate. So it's fun

01:22:26 lisa russo pettigrew: I never mind I see it in the chat:)

01:26:05 Nancy Yenquis-Perez: Good luck Aimee, I know that's difficult. Hugs!

01:28:24 Lyn Erickson: Ditto, Penny Wagner!

And thank you so very much, Dr Laura – I will be listening again and using the transcript to soak all of this in more. Lots for me to learn. ❤️ 🥰

01:32:16 Linda Laird: I have twins 7 and their sister is 8 – sibling rivalry city...

01:34:49 Filyet Iscimen: Our doctor had told us about the eye patch that it was the parents' responsibility to make sure that the child wears it just like Dr. Laura said. He also said that what if down the road the child asks you "Why didn't you make me wear it? You were the parent!" I wonder if this should be framed not as a body issue but a medical issue and you could say "just like it is my job to make you safe, I also need to make sure you are healthy." Something along those lines.

01:35:56 Heidi GORDON: Our eye patches came with a poster where you hang up the "used" patch each day and they make a pattern. That helped as a bit of a reward in our house (not every day, still a battle sometimes).

01:40:25 Penny Wagner: I just wanted to say thank you to everyone for sharing your questions. It is powerful to hear from each of you, parent to parent & mother to mother. It's been an emotional workshop today for me and I am thankful to be part of this community. We're all in this together....<3

01:43:48 Chaya: My daughter wore an eye patch. I found someone online that sold really pretty patches the were also more comfortable and had pretty velcro attachments like a butterfly or a heart. I think it helped her wear it.

01:44:04 Linda Laird: What is EMDR?

01:44:55 Candace Kielbiski: <https://www.emdr.com/what-is-emdr/>

01:45:31 Candace Kielbiski: <https://www.somaticexperiencing.com/>

01:46:49 Chaya: Thank you Candace!

01:47:24 Linda Laird: Thanks Candace.

01:48:13 Eva Cartagena: Thank you, everybody. I have to leave but I'll finish listening later. Thanks!!!

01:49:47 Verity Nicholson: We have to go as well, but thanks Laura, Candace and everyone :)

01:52:00 Barbara Paixao: EMDR is a technique used in trauma and it means Eye Movement Dissensitisation and Reprocessing

01:58:15 Catherine Archibald: Have you tried signing him up with the Big Brother/ Big Sister program? I'm a single parent as well and getting a Big Brother for each of my twins has been very helpful.

01:59:20 Guiselle Vargas: Thanks so much for this workshop. unfortunate, i have to leave, to start my day(morning in Sydney)

02:06:35 Sara Thatcher: Thank you, Dr. Laura and Candace!

02:06:50 Linda Laird: Thanks so much.

02:06:54 Natalia Johnson: Thank you Dr. Laura!

02:06:56 Catherine Archibald: Thank you!

02:07:00 Hannah Searle: Thank you

02:07:01 SOFIA DIAZ PIZARRO: thank you! Thank you!

02:07:04 Hannah Morley-Fletcher: Indeed super useful questions! Thank

you dr.Laura!

02:07:05 Lana Zhang: Thank you, Dr. Laura and Candance. It was very nice first time for me too.

02:07:12 Neil Singer: Thank you!

02:07:13 Lyn Erickson: Thank you!!

02:07:21 Keli Donnelly: Thank you so much. Amazing.