

00:14:30 Candace Kielbiski: Our first queue today:  
Kadri  
Emily  
Laura

00:15:09 Melody Grove: Could I add my name to the list Candace?

00:28:32 Heidi Whipple: <https://www.ahaparenting.com/read/Preventive-Maintenance-to-Keep-Your-Child-Out-of-the-Breakdown-Lane>

00:28:40 Candace Kielbiski: Reacted to "<https://www.ahapar...>" with 👍

00:30:07 Dovile Petraite: Reacted to "<https://www.ahaparen...>" with ❤️

00:30:25 chaya weinberg: Is he distracting him?

00:32:44 Marta Khader: I also wonder if he's uncomfortable with the crying himself as he said it was "torture" for your son but perhaps it feels like torture for him to hear his son cry. Your husband may benefit from educating himself about the benefit and gift of tears.

00:33:53 Zoe Field: Reacted to "I also wonder if he'..." with ❤️

00:34:35 Candace Kielbiski: I feel like the first few weeks of school is akin to flying in a plane in turbulence~ Bumpy entry!!

00:34:51 Heidi Whipple: I see this with my kids every year when they start school. Lots of big emotions and meltdowns at the beginning of the school year and then it gets better after a few weeks. You are not alone!

00:35:11 Claire Giles: I just want to add that I home educate both my children and my son still has meltdowns most days so it's not just school!

00:39:39 chaya weinberg: Reacted to "I just want to add t..." with 👍

00:40:14 Heidi Whipple: I've noticed meeting sensory needs can be a huge part of supporting regulation for neurodivergent kids, too. Deep pressure, hugs can make a big difference for my son.

00:40:26 Candace Kielbiski: Reacted to "I've noticed meeti..." with 👍

00:40:45 chaya weinberg: I feel the same way Emily... Sometimes I just don't know what limits to set for my kids and that makes it more complicated...

00:40:49 Candace Kielbiski: Heidi! I was thinking the same thing. I also notice my own sensory overwhelm.

00:41:25 chaya weinberg: Reacted to "I've noticed meeting..." with 👍

00:41:35 Laura Suaveness: Reacted to "I feel the same way ..." with 👍

00:42:37 Marta Khader: Reacted to "I feel like the firs..." with ❤️

00:42:49 Heidi Whipple: I always love the perspectives that come up when parents ask in the FB group about how families handle specific boundaries. !

00:42:50 Lauren O'Carroll: It is so effective as a neurodiverse mum! I think its also particularly challenging to be self compassionate if you have been masking a long time. Dr Laura's workbook is very helpful x

00:42:58 Marta Khader: Reacted to "I've noticed meeting..." with 🙌

00:43:08 Candace Kielbiski: Reacted to "It is so effective..." with 👍

00:46:40 Marta Khader: One place my husband and I started when trying to think about the boundaries and expectations for our kids was to get our values listed and flushed out. And from there we could decide what was most important to us regarding limits and when we felt we could be more lenient.

00:46:59 Lauren O'Carroll: Reacted to "One place my husband..." with ❤️

00:47:15 Candace Kielbiski: Reacted to "One place my husba..." with 👍

00:50:58 Candace Kielbiski: Next queue:

Melody

Ellen

Bharthi

00:54:00 Lauren O'Carroll: It can be super triggering as well so really important to look after yourself. My MIL once pulled me aside at my place of work and accused me of spoiling my daughter and has insinuated many times along the road. It is hard to hear and can feel very isolating. That is why this community is so important. Please continue to share with us

00:54:01 Heidi Whipple: That's beautiful!

00:54:30 Heidi Whipple: Agree, Lauren, that's so hard.

00:55:26 Laura Suaveness: Reacted to "It can be super trig..." with ❤️

00:57:35 Marta Khader: Reacted to "It can be super trig..." with ❤️

01:03:16 Lauren O'Carroll: There is a lovely song on hopscotch kids about boundaries which my daughter has taught to her friends at school and can help put the boundary words in their heads so they are readily available. I'd also agree that kids that age are hugging lots - certainly in my kids playground

01:03:33 Candace Kielbiski: Reacted to "There is a lovely ..." with 👍

01:03:50 Zoe Field: Reacted to "There is a lovely so..." with 👍

01:03:53 Marta Khader: My friends preschool teacher taught her class the phrase: "Please don't do that; I don't like that."

01:04:27 Lauren O'Carroll: the song I'm referring to uses those exact words Marta!

01:04:32 Marta Khader: Replying to "There is a lovely so..."

I'd love to hear the song!

01:04:42 Candace Kielbiski: I have also noticed this (re:hugging), and also notice that my children who are a little older have the ability to say to their peers "i don't like this".

01:05:14 Claire Giles: Reacted to "I've noticed meeting..." with 👍

01:05:28 chaya weinberg: Yeah my kids also seem to pretty touchy with friends- like hold hands while they walk down the block, hug or whatever.... I didn't think about consent- I kind of thought it was cute 🤗

01:05:43 Phyllis Jachowski: What about teaching about the inappropriate hugs that kids might encounter?

01:05:46 Claire Giles: Reacted to "It can be super trig..." with ❤️

01:06:05 Lauren O'Carroll: Replying to "There is a lovely so..."

<https://www.youtube.com/watch?v=aSFvJbSQdA4>

01:07:22 Melody Grove: Reacted to "There is a lovely so..." with 🙌

01:07:48 Melody Grove: Reacted to "What about teaching ..." with 👍

01:09:25 Lauren O'Carroll: Replying to "What about teaching ..."

I think its about encouraging them to think about how the hug makes them feel. Talk about the icky feeling and encourage them to listen to it. Its definitely important to talk about boundaries. I think what Dr Laura was cautioning was to be aware of our own triggers as well

01:11:03 chaya weinberg: Thanks so much for this class! I need to go now- will listen later...

01:11:50 Candace Kielbiski: Reacted to "Thanks so much for..." with 👍

01:11:53 Christel Vincent: Reacted to "I think its about en..." with 👍

01:14:20 Claire Giles: Thank you! Need to put my children to bed now

01:16:17 Marta Khader: Replying to "There is a lovely so..."

Thank you!!

01:18:29 Candace Kielbiski: Week 10 of the course has a lot of content for this, including RAIN in the workbook pg. 39) in the workbook

01:18:42 Ellen Morris: Reacted to "Week 10 of the cours..." with 👍

01:18:51 Ellen Morris: Thank you so much!

01:19:37 Candace Kielbiski: Tara Brach is a great resource for the RAIN method as well :)  
<https://www.tarabrach.com/rain/>

01:20:13 Ellen Morris: Reacted to "Tara Brach is a grea..." with 👍

01:20:53 Candace Kielbiski: Reacted to "Tara Brach is a gr..." with 👍

01:23:24 Ellen Morris: I have to go but thank you so much for the office hours and I hope you all have a great rest of your day!

01:31:15 Heidi Whipple: I find that with my very sensitive, reactive kid, it really helps to focus on many micro-connections throughout the day. Greeting with a smile in the morning, appreciating the very small little things, spending time together, etc.

01:32:29 Lauren O'Carroll: I've got to go and say goodnight to the kids. Nice to see you all x

01:34:31 Marta Khader: Reacted to "I find that with my ..." with ❤️

01:35:42 Jason Arenburg: Reacted to "I find that with my ..." with ❤️

01:42:45 Phyllis Jachowski: Thank you for all the discussions today....they all feel like they apply to me!

01:42:58 Candace Kielbiski: Reacted to "Thank you for all ..." with ❤️

01:43:09 Lee Leviter: Thank you!!