

00:04:39 Dr. Laura Markham: Welcome! This is the Setting Limits Workshop.

00:25:31 Sheila Walsh: My son does this also, he acts worse if I set a limit.. it's like he thinks if I act worse I'm gonna get what I need!!!! Totally doesn't work for him but it's so frustrating to parent

00:28:04 Thea: My kiddo is always asking for another chapter too! So, helpful for me as well :)

00:28:41 Sheila Walsh: He actually says that all the time about his birthday 🥳 he is 4 also!!!

00:36:18 Sheila Walsh: We found meditations on audible or meditation app helped calm my kiddos.. my kids get over excited too at bedtime

00:37:32 Marta Khader: We say good night to all the parts of my daughter's body, from her toes to her head and talk about what each part did that day abs how tired they are.

00:39:06 Veronika Rosova: That's a very nice idea;-)

00:54:30 Matrona Ward: I go thru this with my 4yo twins and 2yo. Usually the 2yo naps, so the 4yos go to bed first. But I have a template for what happens if the 2yo doesn't nap. Then he goes to bed first and the 4yos get

00:55:05 Matrona Ward: a little more time with me. They fall asleep alone just fine if the expectation is set early.

00:55:18 Matrona Ward: You can do this!

00:55:24 Dawn Wooldridge: sorry everyone, I need to leave

01:00:23 Sheila Walsh: I wonder if role playing it put at home.. my daughter the r also did this too she always came home with extra books

01:04:16 SOFIA DIAZ PIZARRO: HI! My 8 year old still sleep with her dad and me. I am fine with it, his father...so, so, but he agrees to it because our daughter is really afraid of sleeping alone, or being alone. Just want to know if it's ok. She is a happy, independent, loved girl who has a very active imagination and is pretty sensitive and gets afraid easily. I believe there will come a time when she starts to be ready and then, I'll be the wind beneath her wings, know, I believe, she needs the support to be in the nest while she overcomes her fear of being alone

01:05:03 Candace Kielbiski: Sofia~ is this a question you would like to ask Dr. Laura? Shall I add you to today's queue?

01:05:10 SOFIA DIAZ PIZARRO: Yes please

01:05:43 Sheila Walsh: That is super frustrating that schools isn't support your 6 year old 💖 sending support

01:20:08 Allison Henderson: I love that...that we need to create safety by having our feelings match our empathetic words.

01:24:17 Sheila Walsh: That's a great question 🙏

01:30:36 Emily Pines: One thing I've heard about recently is having kids externalize an emotion like fear by imagining a teddy bear as the part of them that feels scared, and then having them take care of that teddy bear/part of them – hug it, comfort it, etc.

01:33:09 Dr. Laura Markham: Beautiful idea, Emily!

01:35:07 Veronika Rosova: ...and I've heard to use imagination. Asking

a child, where the fear / sadness etc. in her body is and how it looks like. And then ask what favourite animal could help to eat it, for example.

01:36:04 Veronika Rosova: I do it with my 5 year old with a shark and he loves it. The other day I was sad and he came with the shark to help me!!!

01:36:49 Eva Cartagena: I have to leave. Thank you, everybody!

01:41:41 Liz: Thank you so much! Take care!

01:41:53 Emily Pines: Thank you, Dr. Laura!

01:42:06 Sheila Walsh: Thanks so much everyone  

01:42:26 Kelly Patyk: Thank you! Wonderful as always!

01:42:33 Sara Thatcher: Thank you, Dr. Laura!

01:42:34 Candace Kielbiski: I learnt so much today! Thank you to everyone! Such great questions <3

01:42:36 Candice: Thank you