



Building Stress Tolerance & Motivation with Ned Johson & Debbie Reber Webinar Chat

Hi Deb. Should we get our teenager to join in. Only us parents for now

Hi Everyone- Hi Ned and Debbie

Ok. Thanks.

Tammy from Delaware

Hi, Sal from Melbourne

n: Valerie from Bluffton, SC

Hi! I am joining from the SF Bay Area

Hi from Charlotte, NC!

Jen from Seattle

Hiya! I'm joining from Scotland

St. Louis metro

Canada

From QLD, Australia

Kim from NJ

Hi, From Brisbane AUS

Jordan from San Jose

Hi from Nelson BC Canada

Tara from Mississauga, Canada

Hello From Richmond, Virginia

Parker, CO

Hi from New Hampshire

Harrisburg, Pennsylvania

Milw WI

Molly from Denver metro area

Joanie from Montana

hi from bay area CA

Hi from South Australia

Minnesota

Hi from Atlanta Georgia

Hello, Jessi From Arizona

Hi from Cincinnati

Ann Arbor, MI

Sheryl - Oak Park, IL a Parent Coach in Debbie's Differently Wired Club

Palo Alto

Hello from Calgary, AB Canada

Vancouver Canada

00:28Oakland CA

Hi, I'm joining from Hayward CA

My 10 year old is in Vision Therapy since 8 years old. When he said that letters/ words were blurry they really were. He still does not need glasses, it's a muscle issue.

Hi. Pittsburgh.

Lynn Thompson: Tennesseeeeeeeeee

brooklyn

GA

UK

Hello from Pasadena, CA!

Allison in Maryland

Central NY

Karla in Seattle

Hi everyone :)

Hi

Hi Derin, thanks!

@Derin Hi

yes!!!!

thank you both! so hard and different

Yes, sooo true

Thank you, Ned!!!

thank u

Mg.child has been successful for three years after four really hard years and now next year he's going to.a new school.next fall and I'm worried that it will all.come crashing down.

Getting them to do a shower, get up.in the morning, go to school, go to bed etc etc etc

If you have a detailed question, please post in the Q&A box at the bottom of the screen.
@Vickie

I have definitely seen this happen my kid...if I explain WHY he has to do something, it absolutely makes it worse.

Me too

"They should just try harder". :(How many times have we heard that as parents???

I missed number 2 of self determination

Competence, Relatedness, Autonomy

Thanks Sheryl!

My pleasure ANn

YES! i'm absolutely the police, task master, etc etc

Desi and Ryan research

The book mentioned earlier was "Laziness Does Not Exist" by Devon Price.

I would love a book list.

Yes homework is pointless

We've stopped homework - it is destroying our family

Debbie will be sending out a link to the replay and resources (including books mentioned in this webinar) tomorrow afternoon.

Yes!! And homework online makes it impossible for them to focus on homework and not divert to You Tube, etc.

Our school gives the kids 4 classes for 90 minutes. One hour is lecture and then they provide 30 minutes to do homework in the class so the teacher is there to address questions.

That helps

Imagine working all day and then taking more home and not even getting paid to do that work especially when the extra work has no value added to the work that was completed at school

I love both of you. I don't think I would have made it without people like you guys.

But what if the school will not allow for a homework exemption?

My daughter wants to go to college, so needs decent grades, right?

A friend and I opened our own private school for 2E students. We have 7 kids. We literally do not do homework.

My kid has a job and great work ethic but refuses to do homework because they already know the content and are smart enough to realize it is busy work

I just learned about 9 month ago they have Life Skill programs at colleges who provide this along with vocational and trade skills . We are exploring this path for our daughter

Children are so stressed about school even without parents stress because of the way the system is set up. So much busy work at school that is pointless.

How does that relate to homeschool where there is no "homework"?

Too bad more administrators aren't that insightful

My 8th grader goes to a Catholic school and has constant homework every night. It takes her hours and they get a bad signature if they don't do it. It's ridiculous.

Bottom line is that society has told parents that if their kids don't go to college by the time they're 18/19 then they won't be successful in life

Our daughter sound very similar, mine just diagnosed asd last month at 16.



So, on the flip side, if your son/daughter is defiant and says they don't care, it is frustrating to "reframe" that question or try something else because deep down, we know the kid really does want to succeed. Just possibly tricky.

How could you reframe that question?



Not sure at the moment. Just putting out some feelers.

❤️ Thank you for sharing that, Ned.

Agree it's easier when your kid tells you that they want help rather than being defensive because they are scared and confused themselves

Agreed

If you want to connect with our speakers outside of this webinar, visit Ned at <https://thenedjohnson.com/> and Debbie at <https://tiltparenting.com>

Please share that podcast! (On autistic burnout)

I'll make sure it's on the resource list!

Thanks so much. exiting the meeting now.

****WOW Make sure child has something thing or someone they look forward to each day!! “**

This point of having something to look forward to reminds me of research that the single best predictor of employee retention is whether that employee has a friend at work. Exactly the same thing!

so where things are at here...

0Yes, correct!

Just a heads up that Debbie will be sending out a link to the replay and resources tomorrow afternoon. The replay will be available until the end of April.

So sad my kid would practice practice practice of their own accord and then freeze up during the performance and then be depressed because they “messed up” (their own feelings) Parent didn't even know about it until after it happened Besides saying “I'm sorry you had that experience” I am not sure what to say

♥ Similar story for me - One did it because it mattered to the grandma he loved deeply

That just happened with us last week!

Sheryl Stoller: something that has helped parents I coach that ties a lot of all that's been shared today: Ask ourself silently: How do I make this a MAACCA / JAACCA Moment?

M eet / J oin the person (self/child) where they are

A cknowledge their

A utonomy

C ommunicate

C onfidence in their

C ompetence

be A vailable

(I created this through study of Desi and Ryan)

The thing is that the emotions have to be authentic or the feeling kids know and then start to doubt you in the future

Post funny pictures of toothless people on the mirror

I might ask, would you be willing to floss and rinse?

Power struggles are a losing prospect

My kid would read but never fill out the reading log (on purpose)

Mine is going into 9th and is all of the sudden supposed to start doing homework

Hahaha



You go to hell for failed religion hahaha

Thank you so much for arranging this zoom webinar. Love the term, "differently wired" because it decreases society's stigma, et cetera ... As a parent of a differently kiddo, we, as parents are so in need of parental support as we try hard to help our kids a great possibility of a good future life and life right now also :)

The only thing that decreases stigma is being willing to normalize all disabilities and diagnoses.

I love this conversation. Thank you so much.

Thank you, Kate, for putting that in the chat!

Thank you Debbie and Ned—this has been really lovely and it is much appreciated.

This has been wonderful and enlightening! Thank you both!

Amazing conversation. Very knowledgeable. Relevant advice. Thanks for your time.

I love it when the students on the school board tell the administrators and board members that busy work is not helpful

My kid had required hw in k!

Thank You.

I needed to hear these things today, thank you.

There are a lot of parents who want their kids to have homework

Heather Hernandez: youngest kid in 1st grade, has 15 minutes of homework every night. 🙄

Kids won't have a work ethic if they don't learn to do homework for a dozen years

Thanks for a really interesting webinar loaded with lots of really useful advice. Great stuff! 😊

Thanks!

Thank you so much.



Thank you so much! Very helpful! =]

I could listen to Ned for hours and hours!

Thank you! That was exactly what I needed tonight.

Thanks both of you!

Thank you!!!

Thanks Deb and Ned ...

It's a phenomenal CLUB!!!

Thank you so much!

Thank you both so much!



This was wonderful. Thank you!


yes yes yes

Thank you both!!

Thank you both so much!

Thanks you!!!

C Tolia:  

thank you 

Thank you, Deb, Ned, and Derin!

Thank you, Debbie and Ned! My focus here did not give me time to nag on homework and guess what..... he finished it all! It worked to get me off his back! Great information today!

