



THE CALM THE CHAOS® WORKSHOP

STARTER GUIDE



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VIDEO ONE STARTER GUIDE

WELCOME!

The promise of this training is simple....

I'm about to make parenting a whole lot less stressful. Your day-to-day will be a lot smoother. And your relationship with your kids a lot more fun.

Yes! It really is possible.

This training has already helped tens of thousands of families get their lives back, and truly want yours to be next. The Calm the Chaos Framework has been tested and used by thousands of parents, teachers and therapists around the world.

This action plan is designed to help you capture the critical lessons from this video, and give you space to brainstorm your own family success plan.

THE FIVE TYPES OF PEOPLE THAT THIS IS PERFECT FOR:

- ① You are a **concerned parent** worried about how to handle every day behaviors.
- ② You are a **struggling parent** struggling to handle your child's increasingly difficult behaviors.
- ③ You are a **parent in survival mode** just trying to make it through ONE SINGLE day without an epic meltdown.
- ④ You are a **teacher dealing with challenging behavior** in the classroom.
- ⑤ You are a **professional working with children with difficult behaviors** in the clinical or therapeutic setting.

If you fall into one of those five categories, you're going to love the next lesson I have for you...it's about a simple step by step plan so you can actually see real progress and change in your kid's behaviors without ruining your relationship with your child, nagging or resorting to tactics that don't fit your values.



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TWO BIG CHANGES TO THE WAY YOU SEE BEHAVIOR:

Two changes you HAVE to make to build a relationship you can be proud of with your child and finally enjoy parenting again.

- Your child's behaviors are not about _____.

NOTE: *"My child is not giving me a hard time, my child is having a hard time."*

Ask Yourself: "What is my child _____?"

When we flip our thinking from ourselves and start to look at behavior as communication, we open ourselves up to seeing a whole new level of complexity to our children.

- Behavior is **ALWAYS** _____.

NOTE: *"My child is not doing this to me."*

Ask Yourself: "What is hiding _____?"

REMEMBER... ALL BEHAVIOR IS COMMUNICATION

Everything they do is a clue to what they are thinking and feeling. They are pointing you to what they need. All you need is the cheat sheet that lets you "decode" those clues.



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THE ICEBERG THEORY

○ What you see is only _____ of what the full iceberg is.

Behaviors You Might See:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____



What's Hiding?

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VIDEO ONE STARTER GUIDE

THE ICEBERG THEORY

Remember...

What you see is only _____ of what the full iceberg is.

Behaviors You Might See:

KICKING
SCREAMING
HITTING
BITING
PUSHING
TAKING BELONGINGS

CRYING
HIDING
REFUSAL

MELTDOWNS
RUNNING AWAY
LOUD NOISES

What could be hiding?

THIRST LACK OF ATTENTION LACKS OF SELF REGULATION
OVERSTIMULATED COMMUNICATION
INABILITY TO PROBLEM SOLVE HUNGER
SENSORY NEED EMOTIONS
LACK OF REGULATION
DIFFICULTY RECOGNIZING

NEED FOR SAFETY SLEEPY
FRUSTRATION TOLERANCE



WHAT'S HIDING BEHIND THE "MISBEHAVIORS"

COMMON BEHAVIORS AND WHAT'S REALLY GOING ON

WHAT "MISBEHAVIOR" YOU SEE

SENSITIVE

- Cries over the smallest things
- Gets sad when you leave
- Doesn't like being alone
- Can't watch super sad movies

WHAT IS REALLY GOING ON

- Child lacks self-regulation
- Child is worried about "new" things and needs help gradually being introduced to them
- Child has an inner fear they are unable to verbalize

ANGRY

- Yells and scream often
- Throws things and is destructive
- Crosses arms and shuts down
- Shouts "I HATE YOU" or "GO AWAY"

- Child is unable to recognize emotions
- Child does not have appropriate coping strategies
- Child need help with calming strategies
- Child is worried about "unknown" feelings

PERFECTIONIST

- Nervous about breaking rules
- Can't handle getting things wrong
- Doesn't ever want to miss school
- Scared of answering things wrong
- Struggles with constructive criticism

- Child is struggling with negative thought patterns
- Child needs help connecting thoughts and actions
- Child has trouble verbalizing their worries
- Child thrives on doing things the right way

SHY

- Hides behind your legs
- Scared of "new" people
- Fearful of change
- Doesn't like going new places
- Prefers playing with "familiar" friends

- Child is unable to verbalize big worries and fears
- Child is cautious of anything new and wants to understand the situation fully
- Child needs help making plans for "new"

OVER-EXCITED

- Becomes "hyper" when guests come over
- Says inappropriate things around others
- Makes jokes at inappropriate times
- Jumps on furniture
- Plays rough with others

- Child is unable to detect their inner "engine"
- Child needs help regulating their excitement
- Child lacks calming strategies for building anticipation

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Now that you have seen how to easily transform what you are already doing and revolutionize the way you parent... turning your relationship with your child into a thriving and empowering one... one that leads to less defiance, aggression, and over-sensitive behaviors while finally giving you the space to have a full day without blaming yourself or feeling like a bad parent.

THE FOUR FREEDOMS OF PREDICTABLE BEHAVIOR

Let's take a moment to dream of the possibilities when behaviors are under control:

FAMILY FREEDOM WISH

How would you spend time with your family if your child's behaviors were under control and predictable:

CHILD FREEDOM WISH

How would you spend time with your family if your child's behaviors were under control and predictable:

PERSONAL & DREAMS FREEDOM WISH

What dreams could you pursue if you actually had time and energy reserve to focus on yourself?

SHARE WHAT YOUR WISH IS IN THE COMMENTS ON THE VIDEO.

