

MIDEO 2 TAKEAWAYS



People in this video:

Dayna Abraham



Brief Overview:

Hey again, it's me, Dayna Abraham. I'm so excited you're here!

Welcome to part two of my free Calm the Chaos Workshop.

In this video, you're going to discover the Magic Reset Button. With this, you and your child will be able to calmly work through any problems that arise. Issues that used to lead to screams and slammed doors will end quickly with hugs and compliments. And your child will be far more willing to do what you ask.

You'll also discover how to turn your kid's struggles into a superpower. You'll see how your child's apparent "problems" can be turned into strengths. And how you can use them to help your child reduce bad behavior, do better in school, and grow up to be a happy, independent adult.

So if you think you need to "fix" your child go ahead and get rid of that belief right now. Because your child isn't broken. They just haven't learned to channel their urges in a positive way yet. But that's what this video will teach you to do.



The secret to reduce and eliminate your child's difficult behavior is simple. First, uncover the root cause. Then, find a solution that fits your unique child. Something both you and your child are excited to use. That may sound simple, but it's not always easy.

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Dr. Gottman found that the key indicator of happy couples was this magic 5:1 ratio. What this means is that during an argument, happy couples had 5 positive interactions for every 1 negative one. Positive interactions could be anything from saying something nice to lovingly touching their arm.

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A big reason why my son never followed directions or used the tools I gave him. We didn't have a strong connection.

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Think about it. Who are you more likely to listen to. Someone who barks orders at you all the time? Or someone who frequently tells you from their heart how much they appreciate you?

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The positive interactions gave them that net to fall back on when they got upset.

They call it the magic "reset button." The beautiful thing about this is, it's not just about you and your child connecting. You can also use it to help your child connect to others. So you don't have to be the only one taking care of them.

10:05

Studies have proven that the more connected your child feels, the more willing they are to do what you ask. And the more love they feel in the moment, the less likely they'll act out.

For example, you'll discover how to create "family huddles." So you and your child can work as a team to solve your biggest challenges. You'll be amazed when you see your child start to get upset, and instead of throwing a fit they turn to you and say "Can we have a huddle?" and begin to work through their problems with you. You'll learn about that and the rest of the program in video four.

12:05

I read about Michael Phelps. If you aren't familiar, Michael Phelps is a former swimmer who won 28 Olympic medals. Which is more than anyone else in history. But what many people don't know is when Michael was a kid, he got in trouble constantly. He wouldn't stop moving. And everyone saw that as a problem that needed to be fixed. He would also become hyper-focused, even obsessive, over things he loved. Which, let's face it, can seem awfully annoying at times. But one person thought: "Maybe we can channel his energy and obsessive personality for good." So he took Michael to a pool. Because Michael loved swimming. And they let Michael burn off his energy there. This even helped him in school. Because he learned math by doing problems related to lap times. And years later, he became the most successful Olympian ever. This was made possible because one person saw Michael's constant movement and obsessive nature not as problems, but as strengths.

14:01

I thought, what would happen if instead of focusing on my son's struggles, I instead focused on his SUPERPOWERS? Instead of thinking I needed to get him to stop being so controlling, I could work with them. And use it to connect with him and get him on board to change his behavior.

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I used his intense love of greek mythology, drawing, and legos to introduce out of the box calming strategies that he actually wanted to use. So instead of blowing up like a volcano, he retreated to his room and took care of himself.

14:47

I used his superpower to quote any movie to teach him phrases he could use when he was frustrated with his brother or friends. Now instead of screaming in their face or hitting them, he would say "I feel like you don't want to play with me... can we make a plan to play later."

For example, my daughter can be very stubborn. She would throw tantrums and refuse to follow directions if things weren't going her way. Instead of seeing this as a problem, I recognized it as a Superpower. She is fierce and independent. So I used that to help her create a plan for the mornings.

15:48

Like Kaylene. Her son had violent meltdowns so severe they couldn't even hire a babysitter. One of those struggles was the fact that her son, who is autistic, only talked in movie quotes. Instead of trying to change this, Kaylene learned to communicate with him through movie lines. Now he's able to express himself when he gets upset. They're able to address problems earlier, and the violent meltdowns have decreased dramatically.

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You don't have to fight them. You simply meet them where they are at. Then redirect their energy in a positive way.

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Let's go through how to turn your kid's struggles into superpowers right now.

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Step one: What is your child's biggest struggle?

17:00

This step is one of the easiest steps because it is the struggles and behaviors that cause the most pain and emotional distress in your life. You are here because your child makes inappropriate jokes, can't stand when things don't go their way, or cries at the drop of a hat. In this stage, you will brainstorm the behaviors that are wreaking the most havoc on your family right now.

17:35

Step two: What Makes Your Child Unique?

Before you make the magic swap from seeing your child's struggles as super powers, we have to spend some time getting clear on what makes our kids unique.

This is their quirks, their passions, their interests, their special skills... you name it.

19:02

Step three: Turn Your Child's Struggles to Superpowers. Now is where the real magic happens. This is where we will turn your child's struggles into superpowers so that you can start to see real change in your child's behaviors.

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Your child's struggles and superpowers are two sides of the same coin. Instead of fighting against their struggles, you can turn them to your advantage. You can use them to get insight into your child, understand and connect with them better, and even get them on board with your plans and ideas.

With their superpowers, We can make the solutions about them and their strengths, so they are the ones making the change in their behavior. Instead of feeling like no one understands them. No one likes things being done TO THEM, they want to feel like things are being done WITH them.

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As parents, it's our job to show our kids how to home in their superpowers and use them appropriately.

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Seeing the possibility that your child's behaviors could be a superpower is a HUGE step forward in the right direction.

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The real transformation comes when you use connection as a launching point. It will make it easier to move into understanding and empowerment. Using all three of those pieces together is the real secret to reduce and even eliminate problem behaviors.

The more connected you are the easier it will be to understand the root cause of you child's problem. And it gets you and your child to be on the same team. So they'll be willing to work with you as you empower them to find a solution that not only works, but they're excited to use.

CALM the CHAOS

?? Quotes

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Think about it. Who are you more likely to listen to. Someone who barks orders at you all the time? Or someone who frequently tells you from their heart how much they appreciate you?

Changing your child's behavior is all about baby steps.

See how the things you see as problems now can become what helps your child thrive at home, in school, on the playground and even as adults.

You don't have to fight them. You simply meet them where they are at. Then redirect their energy in a positive way.

Your child's struggles and superpowers are two sides of the same coin.

As parents, it's our job to show our kids how to home in their superpowers and use them appropriately.

Connection alone isn't going to turn you into the Brady Bunch.

You don't have to have it all figured out right now. Just take it one step at a time. Move toward the relationship you always thought you'd have with your child little by little. This is about making progress, not perfection.