

WHAT IS
YOUR CHILD'S
BEHAVIOR TYPE?
ASSESSMENT

YOUR
UNIQUE BEHAVIOR
RESULTS REPORT

ADVENTUROUS

SEE WHAT THESE RESULTS MEAN INSIDE...

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Congratulations and Thank You!

Thanks for making the time to take the **What's Your Child's Behavior Type Assessment**.

And **Congratulations!**

Because with this information you are on your way to making a more informed decision about how you handle challenging moments with your child... and exactly how to respond **IN THE MOMENT**.

Hi - I'm Dayna Abraham, Best-Selling Author of *The Superkids Activity Guide* and *Sensory Processing 101* and Creator of the *Calm the Chaos Framework*®.

And over the past decade, as I helped literally hundreds of thousands of stressed out parents of "out of the box" kiddos create the relationships they've always wanted by connecting and empowering their kids, I noticed one **BIG** issue coming up time and time again...

People would say, "Dayna, I'd love to use your strategies for being the best parent I can, but I just don't understand my child. They don't fit any of the checklists in other books."

"I know I **WANT** to help my child thrive but how do I understand and handle the behaviors **IN THE MOMENT?**"

And that led me down the path of creating this Assessment, so you can get instant clarity about the **TYPE** of behavior and the next step that's right for **YOU** and **YOUR CHILD**.

So let's get to your results!



Dayna Abraham

#1 Best-Selling Author of *Superkids Activity Guide*
And *Sensory Processing 101* and Creator of the
Calm the Chaos Framework®



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Your Result Type:

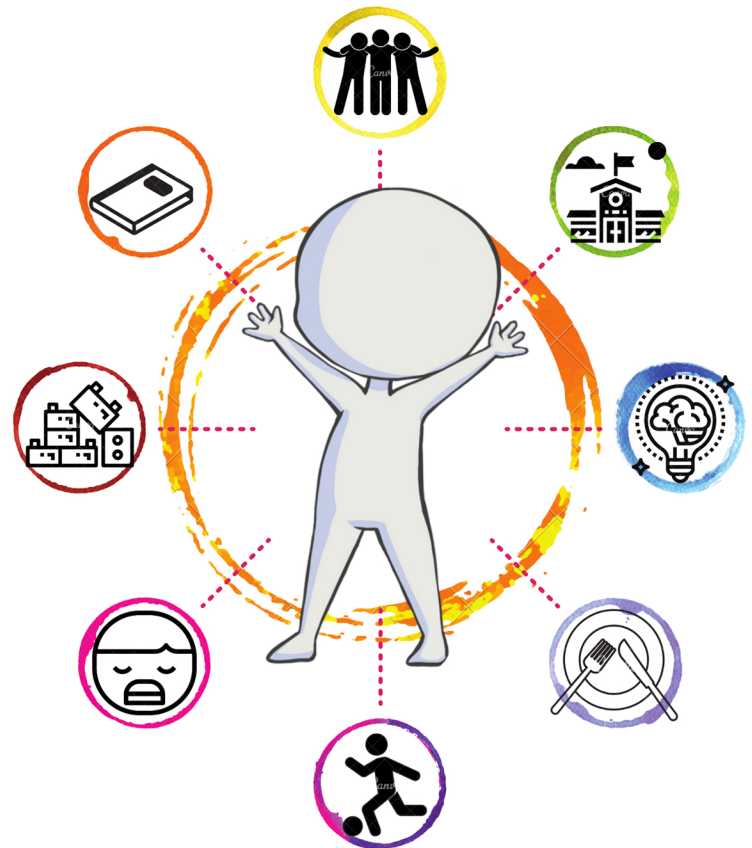
ADVENTUROUS

Looking at your results, your child is most dominant in the 'Adventurous' category.

And what this means is your responses are consistent with a child who communicates their needs in an energetic way.

There are five behavior types:

ADVENTUROUS	
<ul style="list-style-type: none"> • Beats to their own drum • Full of life and energy • Explores the world they live in 	<ul style="list-style-type: none"> • Able to take risks • Inquisitive
SPIRITED	UNIQUE
<ul style="list-style-type: none"> • Confident in own decisions • Likes to take the lead • Social justice warrior • Strong leadership skills • Thrives on free choice 	<ul style="list-style-type: none"> • Thrives with a plan • Cautious and pays attention to detail • Empathetic and in tune with others • Big heart - wants to please others
FIERCE	CREATIVE
<ul style="list-style-type: none"> • Passionate about life • Takes a stand for what they believe in • Prefers to take the lead • Strong and powerful 	<ul style="list-style-type: none"> • Imaginative • Free thinker • Typically thinks out of the box • Fun and playful • Tons of ideas



For **adventurous** children, it's all about risks.

While right now you may be dealing with a lot of silliness and roughhousing, what lies behind those behaviors is incredible courage. Your child is bold and loves to explore their surroundings.



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What we know about children is that they are complex individuals, so your child will have a couple of traits from each type. While you might find that your child has characteristics that are in line with another behavior type, they have a dominant type which is. . . .

Adventurous

And based on your assessment result being **Adventurous**, there are unique struggles and superpowers that your child might exhibit.

For a child in the **Adventurous** category, you might notice a few of the following struggles:

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

While I know these struggles can be incredibly frustrating as a parent, I want to encourage you that on the flip side of the same coin, your **Adventurous** kiddo has amazing superpowers.

For a child in the **Adventurous** category, you might notice a few of the following superpowers:

- Able to take risks
- Beats to their own drum
- Full of life and energy
- Explores the world they live in
- Inquisitive

Other well-known **Adventurous** characters in the world include Peter Pan and Curious George.

There are many real-life **adventurous** people making big differences in the world, including Michael Phelps, and Simone Biles, the most decorated American gymnast, who overcame several personal and professional obstacles and is one of the most beloved contemporary athletes.

And here's the thing... it's not just celebrities and characters that have this same type of behavior. In fact there are hundreds of thousands of parents of children just like YOUR CHILD that are realizing they are so much more than just their struggles. For example, Calm The Chaos member Jeanine's superkid fits into the **Adventurous** category as his boundless energy causes him to jump around and touch everything. When Jeanine recently needed to take him to a work event, they knew to explore sensory activities in the hallway to keep him calm through the whole event. He also has a knack for pushing Jeanine out of her comfort zone to encourage her to have more fun.

Having this type of CLARITY can be HUGELY helpful when planning out how to create a thriving relationship with your **Adventurous** child and how to handle the endless energy IN THE MOMENT.



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OUR NUMBER ONE TIP

The number one tip I can recommend dealing with endless energy in the moment is to offer opportunities for movement as often as possible? Offer short and simple sensory break movements like wall push ups, fidgets and even trampoline jumps when tension starts to build.

So there you have it.

Here's the answer to your question: what is your child's behavior type...

And now there is an important next step that you need to take.

Because there is ONE big mistake most caregivers make at this very step in the process...

And it breaks my heart because it is so easy to make this mistake...

Most people think **if you solve the problem in the moment that the behavior will melt away** but the truth is there's going to be another moment and another and another leaving you feeling defeated and lead you to be triggered and lose your cool when you least expect it.

When you're triggered you feel overwhelmed because you never know when the next moment's going to happen... and you know what, that's not the best state of mind to be in the moment because you can't deploy these tactics even though you know what to do, but you are kicking yourself later because you knew how to handle the moment but because you were triggered and stressed you weren't able to access it.

I absolutely encourage you to use these strategies but let me tell you how **you can actually get ahead of these moments before they even happen and that is by shifting from this "in the moment" approach to an "ahead-of-the-moment" approach.**

Now the big trap most people fall into is that they believe it comes down to one magic tool or approach but the ahead-of-the-moment approach actually involves four key things.

Which is exactly what I will share in my Calm the Chaos workshop.

And what I want to do right here right now today, because you've taken the time to go through this Assessment, is invite you to sign up for this free course.

You will make a plan to tackle your child's most challenging behaviors, and learn how to get out of

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overwhelm so you can feel calm and in control.

You will learn just what is going on underneath your child's behavior so you can understand their struggles better.

Learn powerful techniques to connect with your child and get them to actually want to collaborate with you.

Build a plan to get your whole family on board.

And even learn more about turning your child's struggles into the superpowers to help them thrive.

Simply visit

www.calmthechaosworkshop.com

And join the FREE workshop - a 4-part video series that teaches you a simple but powerful way to stop your child's unwanted behavior before it starts

