



December 1, 2023

The Overwhelmed Child

*Tips & Tools for Parenting a Child
with BIG Emotions*

CHADD

The “TOO” Child



OVERWHELMED by the **overwhelm**

What You're Seeing

Anger

Lying

Anxiety

Frustration

Procrastination

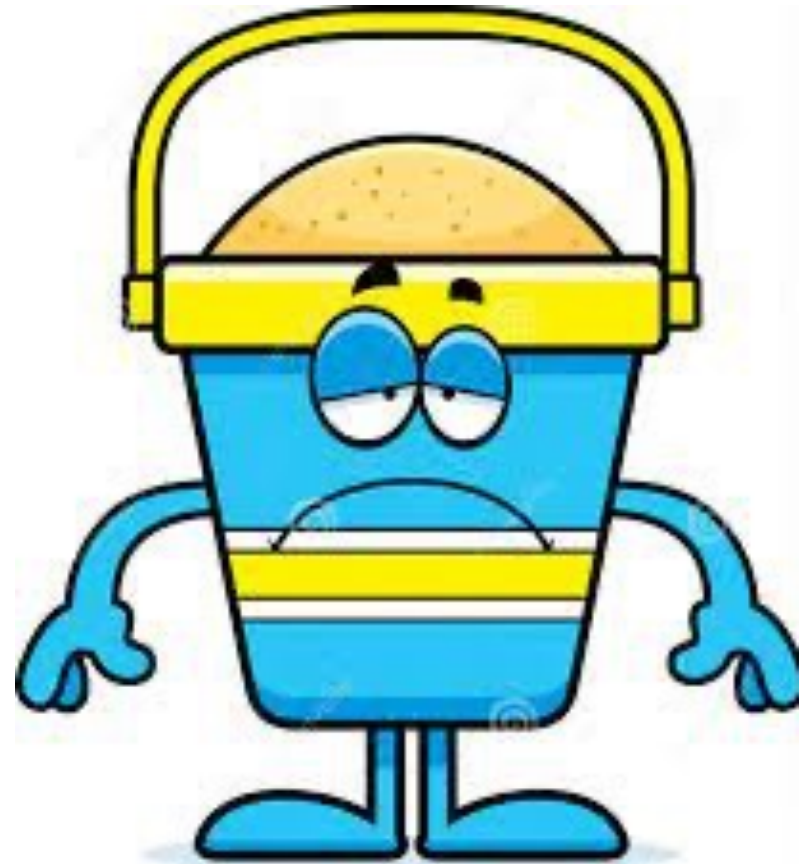
OVERWHELM

Dysregulation

Stuck or Shuts Down

Decision Fatigue

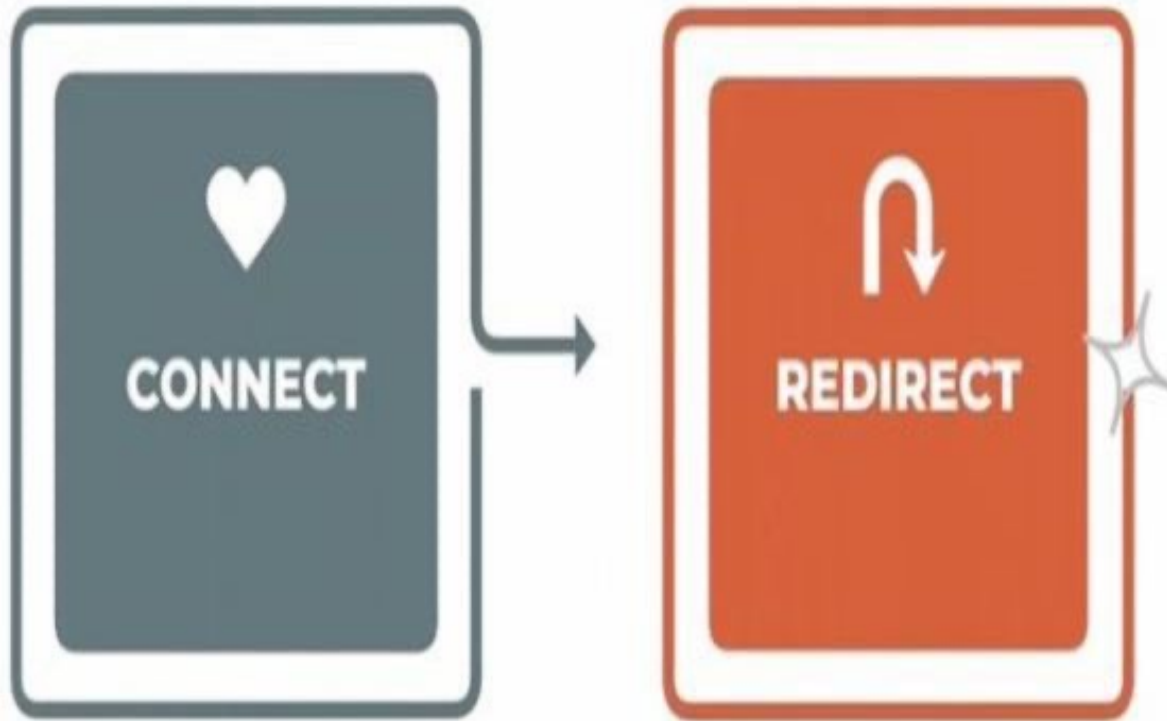
Inflexibility



Left Brain vs Right Brain



FEELINGS OVER FACTS

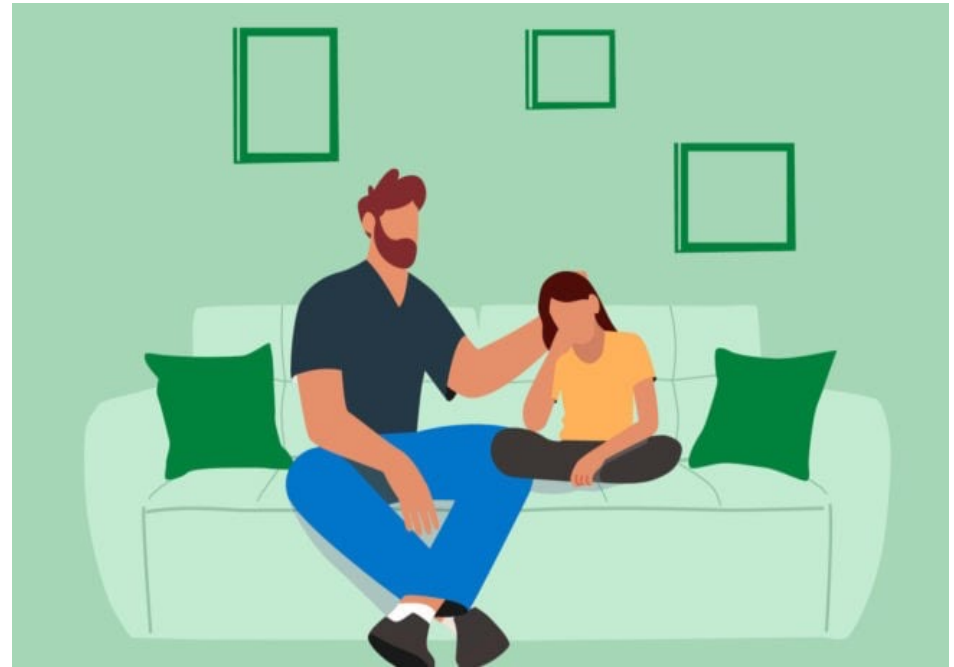


Mirror Regulation

Acknowledge +
Empathize

Create Physical
Connection

Stay Calm





Let **THEM** Speak

Showing Empathy and
Teaching Moments

DO NOT HAPPEN

At the Same Time



one
thing
at a
time.

The Brain Craves Calm





You Had Them at HELLO



Talk in sound bites

Can you bring your effort level up to me?

Pre-Empt Topic & Time



“Can you come downstairs?”

One on Ones



Decision Making



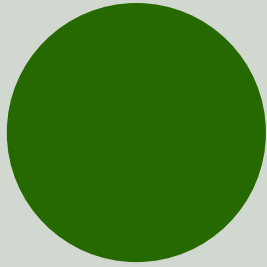
Too many choices

No understanding

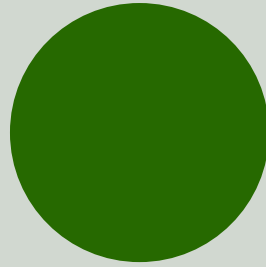
Too much information
must be processed

Requires sequencing or
prioritization

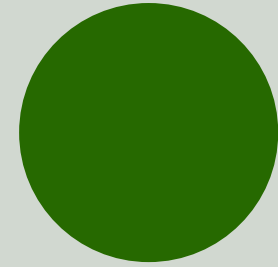
Decision Making



Limit open ended questions or choices



Give choice & control



Write down past decisions

STUCKNESS

Does Your Student Know
HOW to get things done?

Is the sheer **VOLUME**
overwhelming them?



MATH:
Page 132
Do Problems 1 -5

HISTORY:
Continue Studying

STUCKNESS

Less questions per page

Separate the set-up from the task

"Are You On Track?" days

MARCH			
Wed	Thu	Fri	Sat
3	4	5	6
10	11	12	13 On track!
17	18	19	20

LYING

Doesn't stem from a place of defiance.

Comes from being overwhelmed or challenged by what is being asked.

Task was too hard, too big or too complicated.



LYING



How are you
responding to the
truth?

Lying is just **EASIER!**

**DON'T Focus
on the Reason
But On the Repair**



**Take the emotionality
out of the equation**

**Instill appropriate
consequences**

**Set up an appointment
to discuss**

**Don't give them a
chance!**

CONTROL or....



“You Need To”

“You Should”

“I Want You
To”

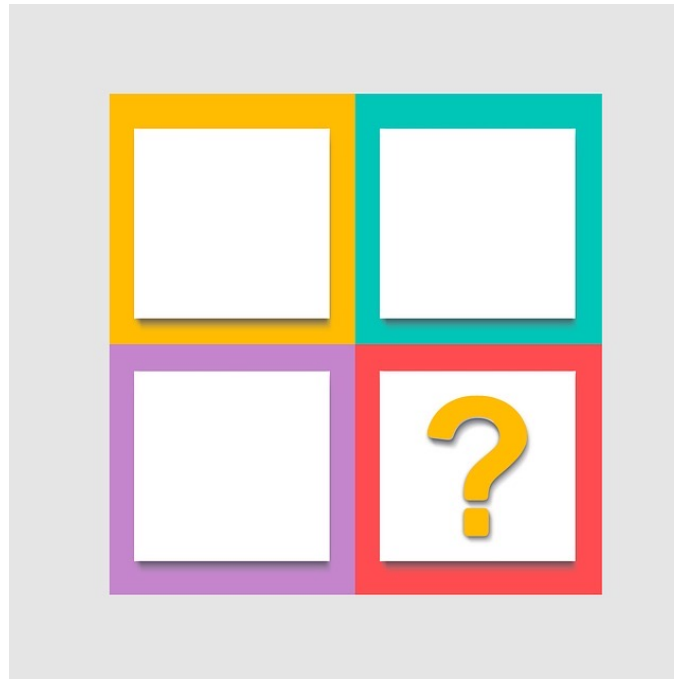
CHOICE



Order Out Of Chaos' MISSION

Our purpose is to provide hands-on education, guidance and coaching to parents and their students through our customized products and programs, so all children – both mainstream and with learning issues – can develop the necessary skills they need to experience success in learning and in life.

Q & A



For more information & resources



VISIT US: orderoochaos.com

CONTACT US: info@orderoochaos.com