

"Calm the Chaos" by Dayna Abraham offers a fail-proof roadmap for parents dealing with challenging children. It provides a methodical approach, with five steps—Getting to Safety, Restoring Trust and Energy, Finding Calm in the Moment, Getting Ahead of the Moment, and Defining Family Success—to help parents find peace and connect with their kids even in difficult situations.

At a Glance:

Age Range: The book provides advice for parents raising children who are strong-willed, spirited, explosive, or highly sensitive, irrespective of a specific age range.

Issues Addressed: The book addresses challenges related to strong-willed and challenging behavior in children, whether diagnosed with a behavioral condition or simply harder to manage than other children.

Developed Skills: The book helps parents develop skills in grounding themselves, connecting with their children, understanding the catalysts and issues at the heart of challenging behavior, and collaboratively finding empowered solutions. The roadmap includes in-the-trenches stories, scripts, prompts, and worksheets to support parents in building a safe home and fostering the well-being of their children.