

The **1** thing you can do
RIGHT NOW to reduce
challenging behavior:



GET YOUR PARENTING ADHD ROADMAP FOR FREE
[HTTPS://GO.ONCEHUB.COM/30MINWITHSTACEY](https://go.oncehub.com/30minwithstacey)

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The **1** thing you can do
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challenging behavior:



S.hhh



Shhh. Get quiet. Take a deep breath and just focus on de-escalating through soft, loving words. A child can not hear anything when upset & fearful. They need to feel safe before they can listen and learn.

T.hink like a child



He/she is just a child who is still learning how to navigate & communicate stressful emotions and challenges. Seek to understand
Naughty or not-knowing?

O.bserve



What kind of stress could be causing the behavior? Emotional, biological, cognitive, social or prosocial?
Deduce then reduce!

P.robblem solve



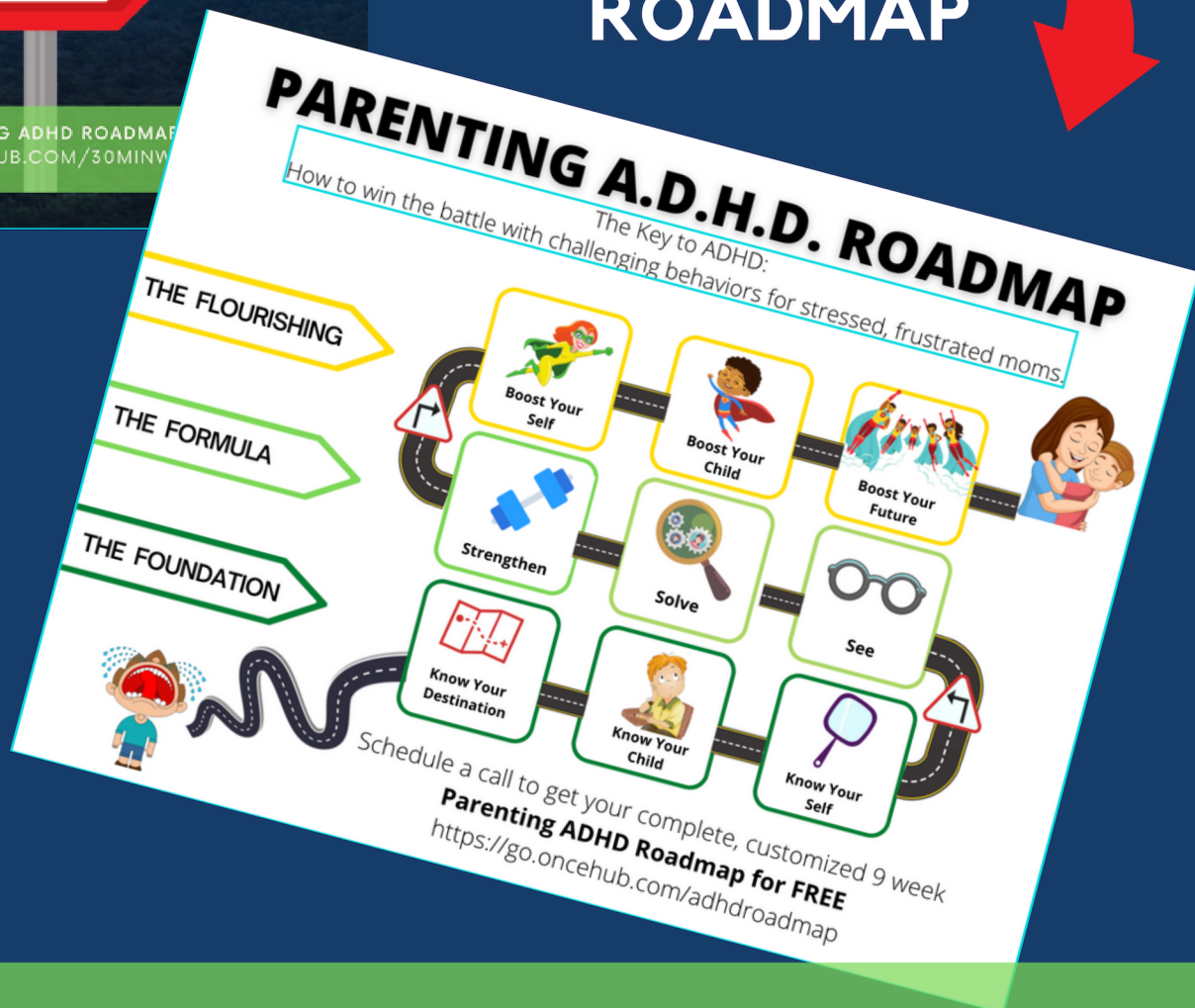
This is not you against child. It is you and child working together to learn and grow. Work together to help the child understand the problem and then how to solve it in a better, more effective way.

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**THIS IS STEP 4 OF
A 9 STEP FULL
SOLUTION
ROADMAP**



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GET YOUR PARENT
[HTTPS://GO.ONC](https://go.onc)

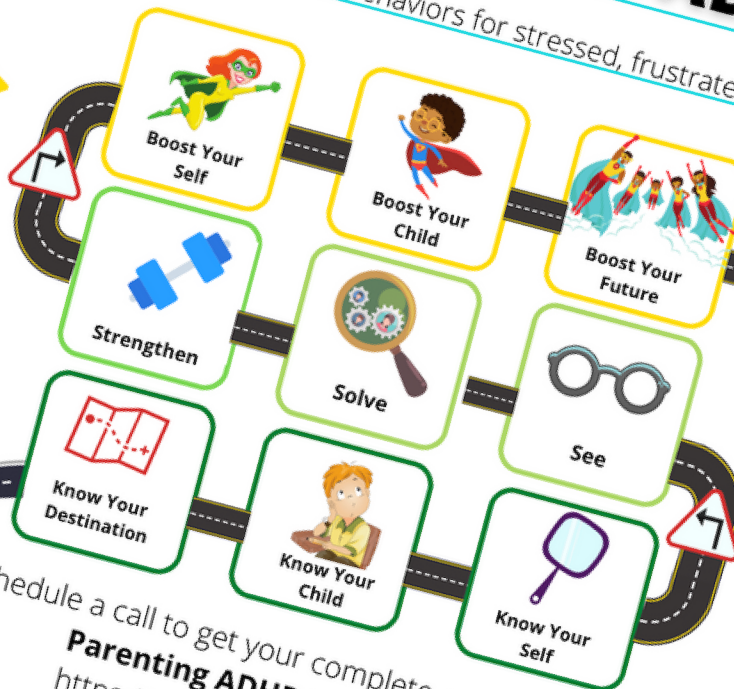
PARENTING A.D.H.D. ROADMAP

The Key to ADHD:
How to win the battle with challenging behaviors for stressed, frustrated moms.

THE FLOURISHING

THE FORMULA

THE FOUNDATION

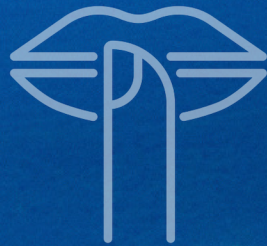


Schedule a call to get your complete, customized 9 week
Parenting ADHD Roadmap for FREE
<https://go.oncehub.com/adhdroadmap>

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a child**



He/she is just a child who is still learning how to navigate & communicate stressful emotions and challenges. Get curious & seek to understand. Reframe naughty to not knowing.

O.bserve



Look for stressor/s that could be causing the behavior?
Emotional, biological, cognitive, social or prosocial?
Deduce then Reduce!

**P.roblem
solve**



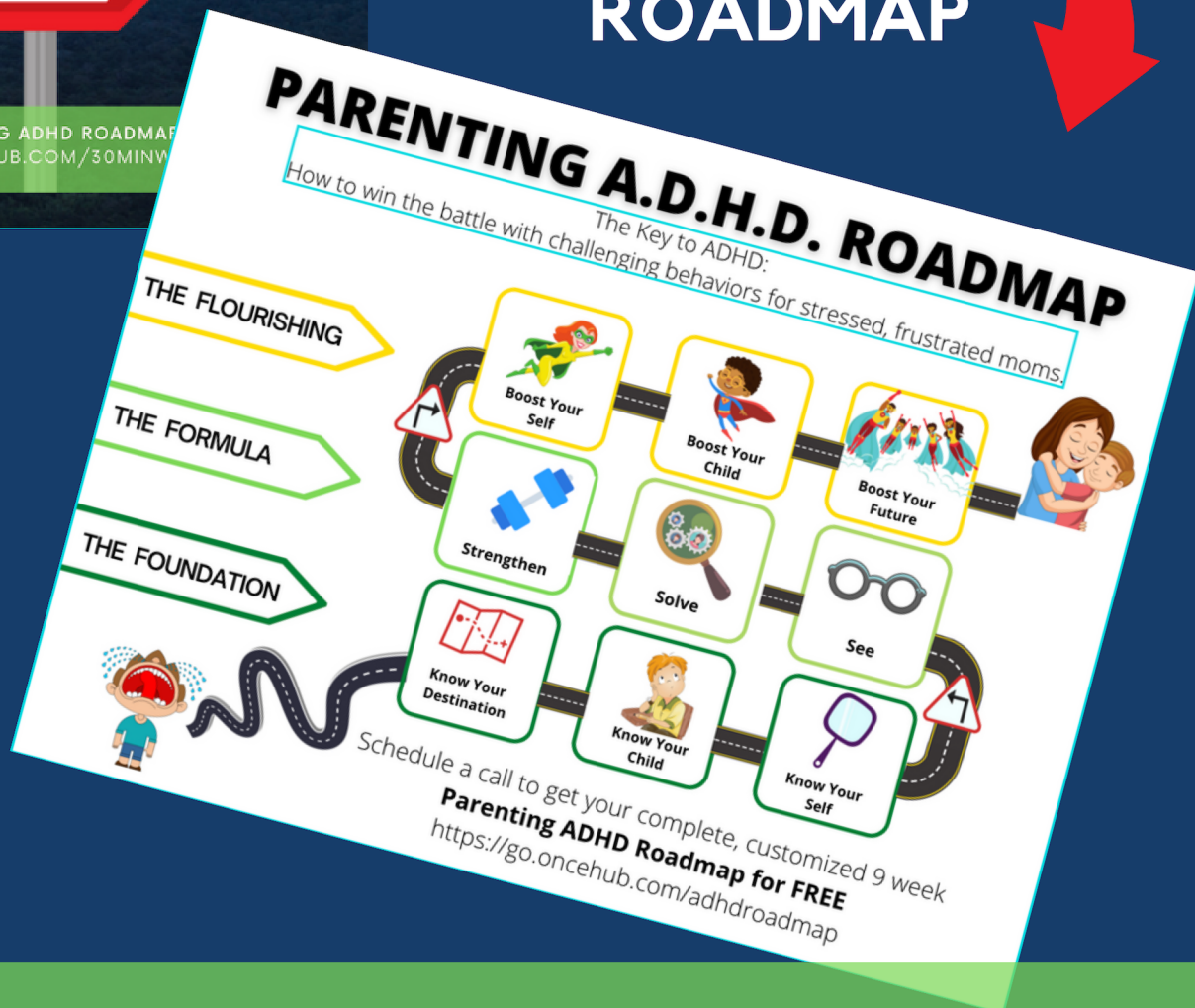
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**GET ON THE WAITLIST FOR THE
NEXT COURSE CO-HORT:**

[HTTPS://STACEYSELLAR.WUFOO.COM/FORMS/PARENTING-ADHD-COURSE-WAITLIST/](https://staceysellar.wufoo.com/forms/parenting-adhd-course-waitlist/)