

Chaos Free Family



NEW PERSPECTIVES. NEW STRATEGIES. NEW RESULTS.



Chaos Free Family is an education and support program for parents of children with executive function challenges caused by Attention Deficit Hyperactivity Disorder (ADHD)*. It is designed to help parents address the most common ADHD challenges like:

- Time management
- Task initiation/completion
- Organization
- Emotional control
- Following instructions/defiance
- Effective discipline
- Growing independence

**This program has shown to be effective for families impacted by high functioning autism, traumatic brain injury, and fetal alcohol syndrome.*

Chaos Free Family

\$349

On-Demand

includes:

- 1-year access
- 11 video lessons (divided into 8 weeks)
- Notes pages
- Strategy templates
- Invitation to 3 months of Group Parent Coaching Sessions (Offered 2x per month via teleconference)
- *Optional* Private coaching available at additional cost



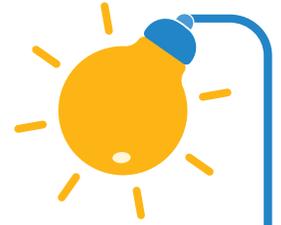
Create change in your home in just 8 weeks!

Chaos Free Family is designed for busy, overwhelmed parents.

All you need is 30 minutes a week to:

- View the video lessons
- Complete the learning exercises and
- Develop your new strategies.

DID YOU KNOW?



*The American Academy of Pediatrics identifies Parent Training in ADHD Behavioral Management, like that provided in **Chaos Free Family**, as a critical part of the treatment of childhood ADHD.*

What parents say about Chaos Free Family.

"This is what we needed all along. No more meltdowns!"
-Julie H.

"It's worth every penny. It's worth your time. It's just a happier household!"

-Lisa P.

"The tools we learned are very effective in relieving the frustration we felt with our daughter. We just feel like better parents now!"

-Steve T.

"Our daughter is so proud of her independence. She just seems more confident and happy."

-Kristi B.

Scan here
to schedule your
Free ADHD
Resource Information
Session now!
Or call 830-315-6400



The answers you want. *The help you need.*

Here's what you will learn.

Understanding ADHD

Stop asking, "Is this poor behavior or ADHD?"

Executive Functions

What are they? How to select the right intervention to improve behavior and performance.

Progressive Independence

The secrets to teaching your child new life skills.

Managing Transitions

Help your child follow instructions the first time.

Planning & Prioritization

Effective time management strategies that develop stress-free daily rhythms.

ADHD & Emotions

Manage meltdowns and help your child find the calm in tough situations.

Correcting Behavior

Why harsh punishments often worsen performance and behavior and what to do instead!

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You don't have to wait!

Sign up now.
We can get to know each other later.

Meet your coach.

I'm Stacey Cannon, founder and coach of Hill Country ADHD Coaching. I have a background as a pediatric speech pathologist since 2000. I received ADHD coach training with the internationally recognized ADD Coach Academy (ADDCA). I have received additional training with ADDCA as a family trained ADHD coach.



Recently, I received training with Chaos Free Family. I am a certified Chaos Free Family trained Coach and an affiliate of Chaos Free Family. My training allows me to help children and parents manage executive function and ADHD challenges. I have raised a child with ADHD and have been diagnosed myself. My firsthand experience and dedicated training allows me to understand what you are going through.



FAQ

Why focus on educating and coaching parents?

First, parent training/coaching is part of the treatment plan. This step is foundational for future success. Second, when a child learns a new strategy in the coaching session, they still need support to use that strategy. Parents are uniquely positioned to provide that support at the point of need.

What are the key benefits to parent coaching?

Besides improved child behavior and performance, most parents who complete a parent training/coaching program report significantly lower levels of stress in the home, higher parent confidence, and improved parent-child relationships.

I have read a lot about ADHD. What more can this program do for me and my family?

*Books don't know your child and you can't ask them questions when you encounter an obstacle to implementation. **Chaos Free Family** provides coaching guidance to ensure you are using the right strategy to match your child's specific situation.*

What coaching support will I receive with this program?

Participants in this course are supported in Group Coaching Calls, Private Parent Support Calls, or in tandem with an existing coaching engagement. Talk with your coach to see what support option is best for you.

What if I have ADHD myself and struggle to complete the program?

***Chaos Free Family** and the support system are designed especially for parents like you. The lessons are short and to the point. The learning system even prompts you when it is time to complete your next lesson. If you find yourself struggling, let your coach know so they can help you get back on track.*