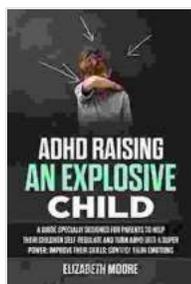


ADHD Raising An Explosive Child: Unlocking the Secrets to Understanding and Parenting

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects millions of children worldwide. One of the most challenging aspects of parenting a child with ADHD is managing their often explosive and disruptive behavior. In his groundbreaking book, "Raising An Explosive Child," renowned child psychologist Ross W. Greene, PhD, provides a comprehensive framework for understanding and addressing this challenging behavior.

Understanding Explosive Behavior

Explosive behavior in children with ADHD is often a result of their inability to effectively manage their emotions and impulses. They may have difficulty controlling their anger, frustration, and frustration, leading to outbursts and meltdowns that can be overwhelming for both the child and their caregivers.



ADHD Raising An Explosive Child: Guide for parents to help their children self-regulate and turn ADHD into a super power, improve their personal skills and emotions with the right education by Elizabeth Moore

★★★★☆ 4.6 out of 5

Language : English
File size : 712 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 106 pages
Lending : Enabled



Dr. Greene's Collaborative & Proactive Solutions (CPS) model helps parents to understand the underlying causes of their child's explosive behavior. He emphasizes that children with ADHD are not intentionally trying to be difficult or defiant, but rather they are struggling with a genuine inability to control their behavior. By recognizing this, parents can begin to approach their child's behavior with empathy and understanding.

The CPS Model: A Practical Solution

The CPS model is a proactive and practical approach to managing explosive behavior. It involves:

- **Identifying triggers:** Working with the child to identify the situations and circumstances that trigger their explosive behavior.
- **Developing coping mechanisms:** Teaching the child strategies and skills for managing their emotions and impulses, such as deep breathing, positive self-talk, and problem-solving.
- **Creating a collaborative plan:** Involving the child in the development of a plan that outlines expectations, consequences, and supports.
- **Proactive problem-solving:** Anticipating and planning for potential triggers, and working with the child to develop strategies for addressing them.

Benefits of the CPS Model

Research has shown that the CPS model can significantly reduce explosive behavior in children with ADHD. It can:

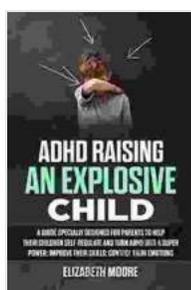
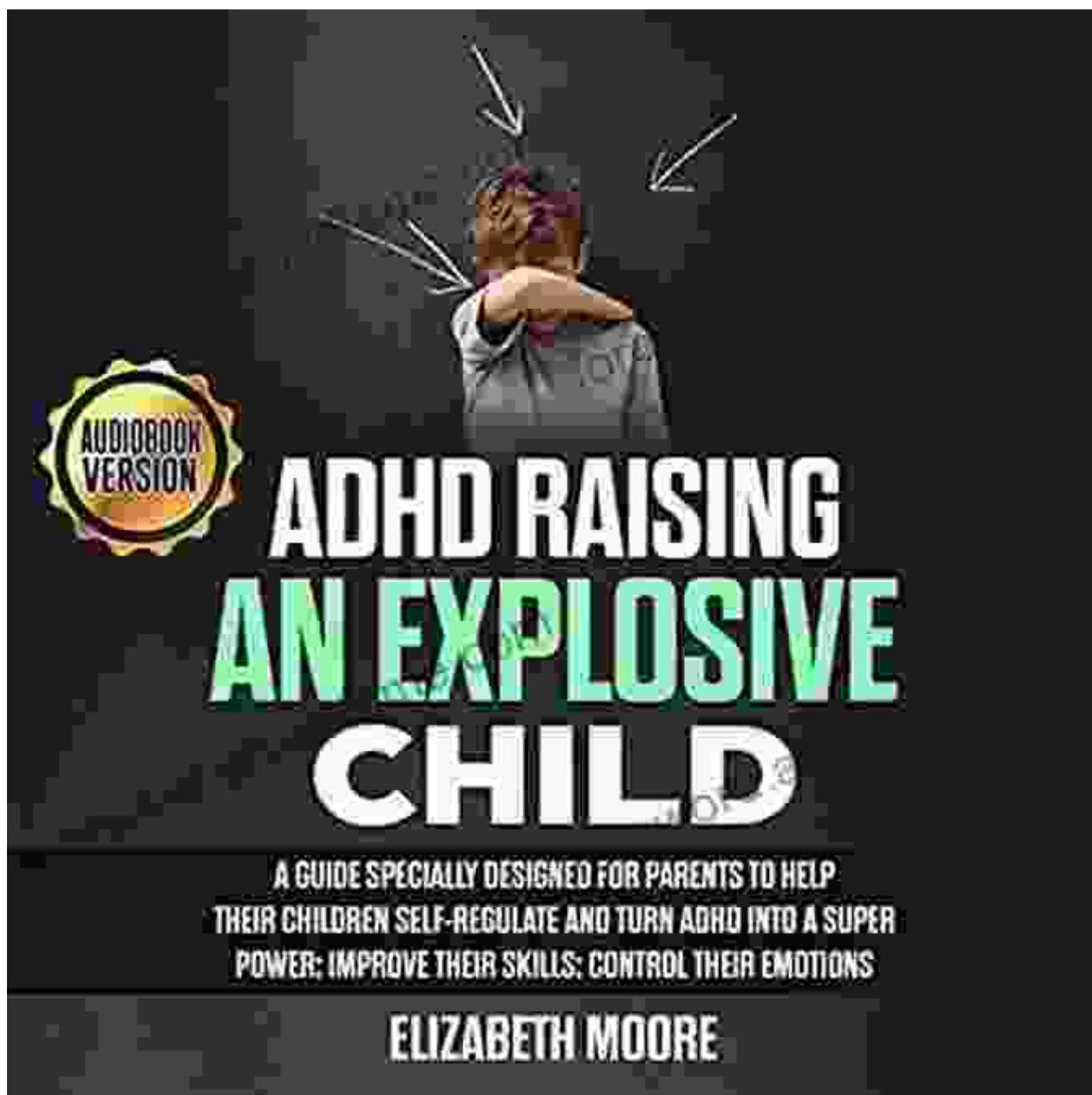
- Improve the child's ability to self-regulate their emotions and impulses.
- Reduce the frequency and severity of explosive outbursts.
- Strengthen the relationship between the parent and child.
- Enhance the child's overall well-being and quality of life.

"Raising An Explosive Child" by Ross W. Greene, PhD, is an invaluable resource for parents of children with ADHD. It provides a comprehensive and compassionate framework for understanding and managing explosive behavior. By embracing the principles of the CPS model, parents can empower their child to develop the skills and strategies they need to thrive and live a fulfilling life.

If you are a parent of a child with ADHD who is struggling to manage their explosive behavior, I highly recommend reading "Raising An Explosive Child." It will provide you with the knowledge, tools, and support you need to help your child overcome these challenges and reach their full potential.

Free Download Your Copy Today

Click here to Free Download your copy of "Raising An Explosive Child" on Our Book Library.



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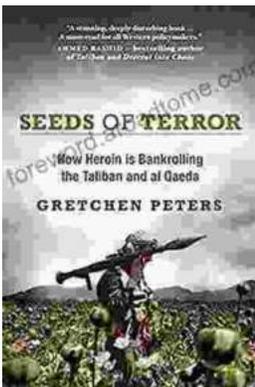
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