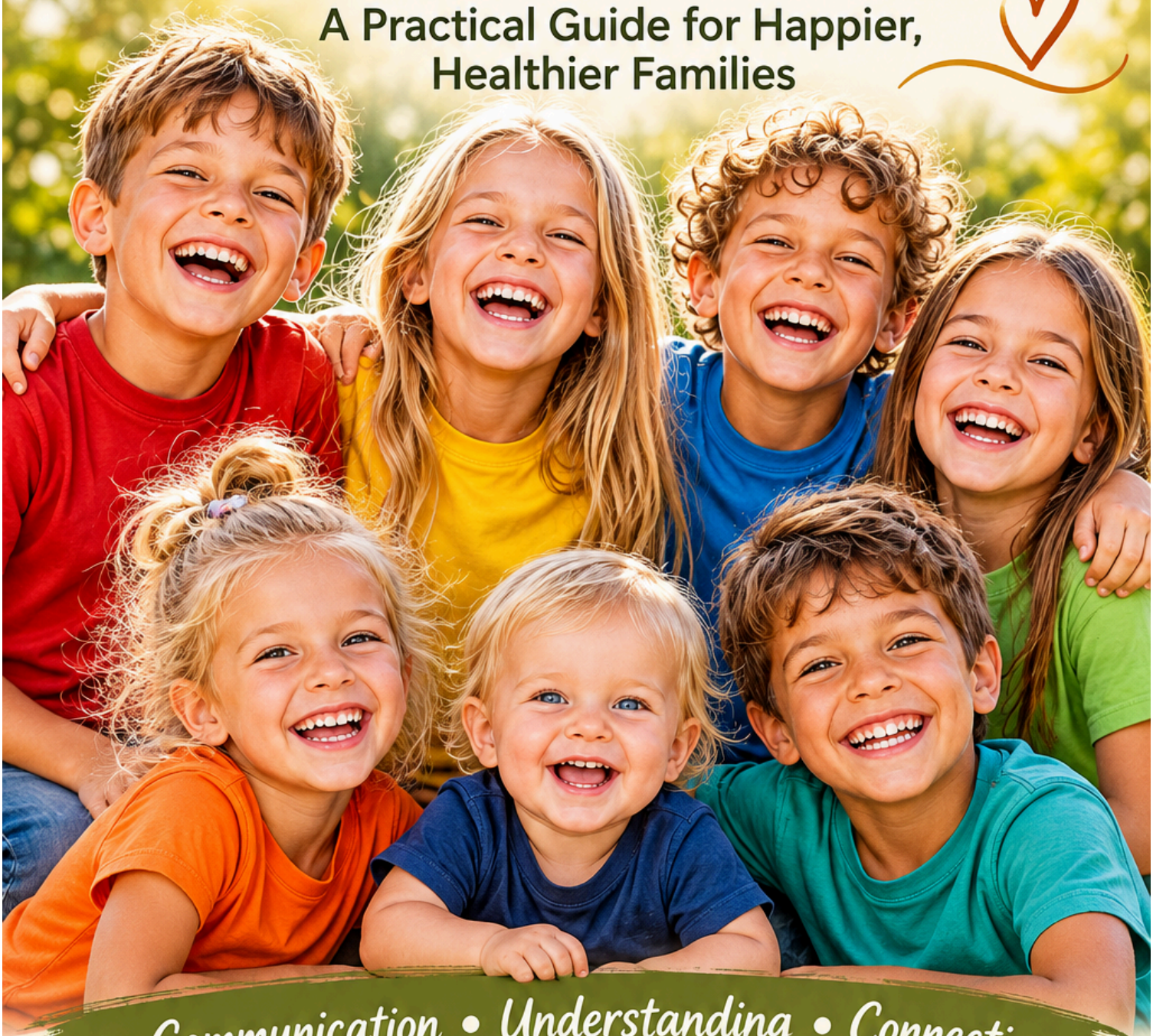
More Connection. Less Conflict.

A Practical Guide for Happier, Healthier Families



Communication • Understanding • Connection

HEALING
EMPORIUM
RECLAIM • REBUILD • RISE

01 | START HERE

The child beneath the behaviour

A different question can change the entire conversation.

Instead of asking:

"How do I stop this behaviour?"

Try asking: "What is my child communicating or needing?"

ADHD is not a failure to cope.

ADHD is a neurodevelopmental condition. Conflict, stress, sensory overload and difficulties with emotional regulation can make everyday situations harder, but do not cause ADHD. Children may need explicit teaching, practice and support to express needs and work through disagreements.

When emotions rise, look for:

BODY	Hunger, tiredness, pain or sensory overload
SAFETY	Feeling threatened, criticised or misunderstood
SKILLS	Not yet knowing what to say or do
CONNECTION	Needing comfort, recognition or a voice

Fight, flight, freeze & fawn

Recognise overwhelm before trying to solve the problem.

FIGHT

Arguing, shouting, pushing back

"I feel threatened."

Support: calm voice, space, reassurance and time.

FLIGHT

Leaving, hiding, avoiding

"I need distance."

Support: calm voice, space, reassurance and time.

FREEZE

Going quiet, stuck, unable to answer

"This is too much."

Support: calm voice, space, reassurance and time.

FAWN

Agreeing to please, hiding real needs

"I want to keep the peace."

Support: calm voice, space, reassurance and time.

These are possible stress responses, not diagnostic signs of ADHD.

Never force a child to talk or apologise while overwhelmed.

03 | ESTHER PEREL-INSPIRED LENS

What are we really fighting for?

Explore the relationship need beneath a disagreement.

1 RECOGNITION & RESPECT

"Do you see me? Do I matter?"

Try saying: "I can see this really matters to you."

2 CARE & CLOSENESS

"Are you on my side?"

Try saying: "I love you, even when we disagree."

3 POWER & CONTROL

"Do I have a say?"

Try saying: "Which of these two options works for you?"

A FAMILY CONVERSATION STARTER

"When we argued, what did you most want me to understand?"

Listen without interrupting. Reflect back what you heard.

These three needs are a practical adaptation of Perel's themes.

From conflict to connection

Practise these steps when everyone is ready.

1. REGULATE

Pause, breathe, lower your voice and reduce demands.

2. CONNECT

Name the feeling: "That was really frustrating."

3. LISTEN

Ask: "What happened for you?" Let everyone have a turn.

4. EXPRESS

Use: "I felt ___ when ___ because I needed ___."

5. PROBLEM-SOLVE

Agree on one fair, realistic next step together.

6. REPAIR

Offer a sincere apology or helpful action; reconnect.

Try this together:

"We can disagree and still be safe, respectful and connected."

Our 7-day family connection tracker

A small daily practice is more useful than a perfect week.

FAMILY HABIT	M	T	W	T	F	S	S
We checked in with feelings	☐	☐	☐	☐	☐	☐	☐
We listened without interrupting	☐	☐	☐	☐	☐	☐	☐
We named a need	☐	☐	☐	☐	☐	☐	☐
We used a calming strategy	☐	☐	☐	☐	☐	☐	☐
We made room for choices	☐	☐	☐	☐	☐	☐	☐
We repaired after a hard moment	☐	☐	☐	☐	☐	☐	☐
We shared a joyful connection	☐	☐	☐	☐	☐	☐	☐

One thing we learned this week:

Seven foundations for family wellbeing

Emotional skills grow alongside everyday health habits.

NOURISH

Offer regular meals and sensory-friendly choices.

HYDRATE

Keep water available and offer gentle reminders.

REST

Build predictable, calming sleep routines.

MOVE

Encourage joyful movement and outdoor play.

BALANCE

Create realistic screen-time transitions.

CONNECT

Spend a few minutes following your child's lead.

REPAIR

Make healthy conflict resolution a family habit.

One habit at a time. Celebrate effort, not perfection.



YOUR FAMILY DOES NOT HAVE TO DO THIS ALONE

Support for communication, routines, nutrition
and family wellbeing, tailored to your child.

HEALING EMPORIUM

Naturopath Neola

WhatsApp / Call: 076 339 6803

www.healingemporium.co.za

A note for parents

This educational guide is not a diagnostic or treatment programme.
ADHD and autism are neurodevelopmental conditions; no natural remedy or conflict-resolution method cures them. Support may include medical, educational, psychological and family-based care.
If anyone is unsafe during conflict, seek appropriate professional help.

RECLAIM • REBUILD • RISE