

PARENTING WITH PURPOSE

WHEN BIG ENERGY MEETS BIG EMOTIONS

HYPERACTIVE ADHD & EMOTIONAL DYSREGULATION



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HYPERACTIVE ADHD



Be sure to check out the Executive Function Guide & Podcast episode for a baseline understanding of executive function before diving into understanding how hyperactive ADHD differs.

First... let's reframe our understanding.

If your child is:

- Always moving
- Quick to react
- Easily frustrated
- Intensely emotional
- Struggling with follow-through

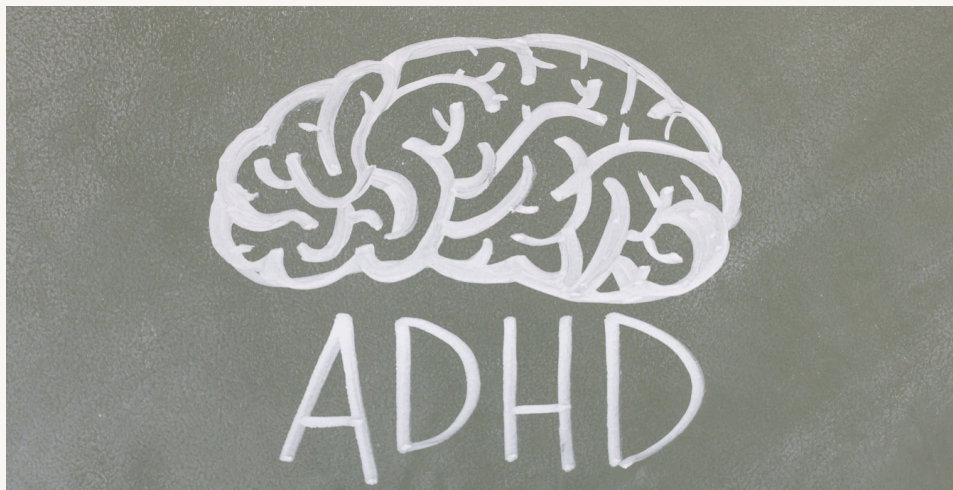
...you don't have a bad kid; you have one whose nervous system develops differently.

Children with hyperactive ADHD and emotional dysregulation often experience:

- Faster emotional activation
- Slower impulse inhibition
- Higher sensory sensitivity
- Greater difficulty with executive functioning

This is not a character flaw. It is a developmental difference that makes executive function more challenging.

But this difference simply needs scaffolding, not shame.



WHAT'S ACTUALLY HAPPENING IN THE BRAIN

The Emotional Brain Is Faster Than the Thinking Brain

When your child explodes, melts down, or impulsively reacts:

- The amygdala (emotional center) activates quickly.
- The prefrontal cortex (regulation center) lags behind.

For children with ADHD, this lag can be longer.

Which means:

- They don't need louder correction.
- They need stronger scaffolding.

How we choose to respond can be the difference between shame and skill building

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Scaffolding is a technique where parents provide tailored support, structure, and encouragement to help children master new skills, gradually removing assistance as the child gains competence



6 THINGS THEY NEED MOST

These children are often future innovators and leaders. They simply need a structure for building executive function skills.

1

A Regulated Adult

Why? Kids borrow from regulated nervous systems before they learn how to regulate their own.

Scaffold support by:

- Lowering your voice
- Slowing your breathing
- Widening your posture to offer a hug or shoulder to lean on

2

Structure That Reduces Mental Overload

Why? The mental effort required to process emotions and tasks is high. Structure helps free the brain from some of this burden so emotional processing has room.

Scaffold support by using:

- Visual schedules
- Checklists
- Morning, Afternoon and Bedtime Routines
- Timers
- One-step instructions

3

Movement As Medicine

Why? Movement organizes the nervous system by releasing pent-up energy and improving how we incorporate information into the mind.

Scaffold support by building in:

- Heavy work like pushing, pulling, or carrying (groceries are a great one!)
- Outdoor breaks to run and play
- Jumping or stretching resets
- Short bursts of movement between tasks

6 THINGS THEY NEED MOST

4 Clear Boundaries Without Shame

Why? Calm firmness lowers the sense of threat to their autonomy and builds a sense of emotional safety.

Scaffold support by saying:

- "Throwing is not safe. I won't let you do that to me."
- "You're allowed to feel angry. You're not allowed to hit when you're angry."

5 Explicit Skill Practice

Why? Skills grow best with repetition, and role-play is a non-threatening (and fun!) way to build these skills

Instead of saying: "You know better."

Try saying: "Let's have a re-do."

Scaffold support by teaching them:

- How to pause before reacting
- How to ask for help
- How to repair
- How to break tasks into steps

6 Protection of Identity

Why? It is important to separate behavior from worth. Skill building is hard work; it shouldn't also kill their self-esteem and self-worth along the way.

Scaffold support by saying:

- "You are creative."
- "You feel deeply."
- "You are learning."
- "You are not defined by your hardest moments or even your failures."

One of the greatest jobs as a parent is to protect a child's sense of self-worth while they try and try and try until they succeed.

Notice It · Name It · Nurture It™

This framework is scientifically rooted in child psychology and development theory, designed specifically to help parents recognize behavior patterns, understand the underlying needs, and respond in ways that support lifelong skill growth rather than simply forcing behavioral compliance. To learn more, check out the intro episode on YouTube or the full course at www.TheKairosBridge.com



Pause and observe before correcting.

Ask:

- Is this defiance — or dysregulation?
- Is my child overwhelmed?
- Is their body overstimulated?

Noticing body cues, triggers & context is essential for secure attachment & co-regulation



Use words to ground emotion.

- “Your body looks frustrated.”
- “That disappointment feels really big.”
- “It’s hard to wait when your brain wants to go.”

Naming emotions recruits the thinking brain and helps diffuse the emotion that is hijacking the child’s thinking. It also improves attachment security as they feel safe, seen & soothed.



Respond with structure + support:

- A reset break
- Movement
- Clear steps
- Calm redirection
- Repair after conflict

Nurturing is not rescuing. It is building capacity based on what the child needs. This is the support element of attachment & skill building attachment of development.

PARENT CHECK-IN

In the same way that it takes your sweet child nearly twice the effort to self-regulate and function cognitively in a neurotypical world, you too are carrying a heavier load as you walk alongside them, providing support.

It is important to be aware of the struggles and build in proper support, not just for them, but for you, too.



Reflection for Parents

- When does my child struggle most?

- What triggers dysregulation?

- What structure could I simplify?

- Where do I need support regulating myself?

- What strengths do I want to intentionally speak over my child?

EXECUTIVE FUNCTION ACTION PLAN

Day 1 Identify

Choose one executive function skill to target as a family.

Day 2 Model

Think out loud as you work on the task, setting an example for your kiddo.

Day 3 Scaffold

Help them make their own task list, breaking it into small steps.

Day 4 Visualize & Initiate

Create one visual support like, a checklist or calendar & then get started!

Day 5 Practice Flexibility

Think through a "Plan B" moment

Day 6 Reflect

How did it go? What would you change?

Day 7 Celebrate!

Name at least one improvement you've seen in executive function.



Congrats! Repeat again next week.
Small repetition re-wires the brain!

SELF-REGULATION BEFORE CO-REGULATION

We've all been there. We've snapped too quickly, been triggered by something that was actually quite small in the grand scheme of things. It's because parenting is hard work. It requires self-regulation before we can support co-regulation and expect them to self-regulate. Kids either borrow our calm or our chaos; we choose which one we offer them. But we cannot expect them to be regulated if we are dysregulated.

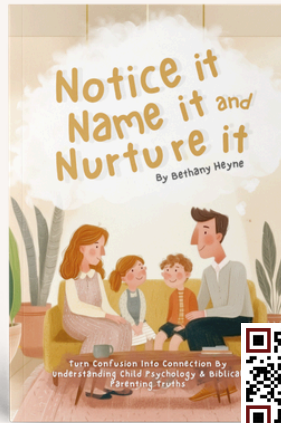
- Regulate yourself first
- Lower stimulation (voice, lights, crowding)
- Offer movement or space
- Name the emotion
- Restate the boundary calmly
- Repair later
- Remember to teach, not punish
(discipline means "to teach," not "to punish.")



A dysregulated adult cannot raise a regulated kid.

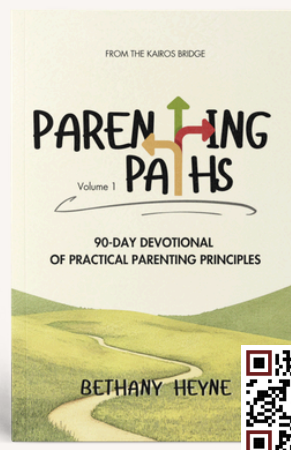
PARENTING BOOKS

Resources designed to strengthen your parenting and your personal journey. Discover tools that deepen self-awareness, resilience, and connection at home.



NOTICE IT ~ NAME IT ~ NURTURE IT

- This is the **cornerstone of the work** we do at The Kairos Bridge
- A simple **three-step framework that transforms everyday parent-child interactions**
- Born from divine inspiration to guide parents with clarity and purpose.
- Rooted in **scripture**, supported by **science** for a balanced, confident approach.
- Helps you understand, respond, and nurture your child's emotional world



PARENTING PATHS - VOL 1

- This **90-day devotional** is an introductory look at some of the most common parenting topics — boundaries, discipline, emotions, communication, attachment, respect, responsibility, conflict & reconciliation
- It follows my signature method of teaching — **Principle, Application, Techniques for parents, Hope & Scripture**
- Want a deeper dive into one of these topics? Check out our other volumes.



EMOTIONS CHARADE

- More than just a kids' charades game—it's a powerful tool that doubles as an emotional regulation tool for kids, helping little ones understand and express their feelings in a healthy, fun way.
- Incorporate into **classroom games** for **family game night**, social-emotional learning activities for kids, or as **conversation cards** for kids' card games to make emotional learning fun and interactive.
- Easy cards teach the name of emotions, Medium cards teach the needs of each emotion, Hard cards teach the gift or toxicity of emotions & Bonus cards highlight Biblical Truths about emotions

Hi and welcome!

> Who Am I?

I'm **Bethany Heyne**, founder of **The Kairos Bridge**. I combine my love for Jesus, my background in **pharmacy & child psychology**, and my personal journey as a **mom and bonus mom** to help parents unlock the beauty of how God designed the parent-child relationship to flourish.



> What Led Me to Parent Coaching?

My path **began in the world of science and medicine**. I spent years studying data, teaching future clinicians, and training people to think critically. But everything changed when I stepped into motherhood. Suddenly, the challenges were no longer textbook topics; they were bedtime meltdowns, emotional overwhelm, and the quiet pain behind a slammed door. Parenting revealed parts of my own heart that still needed tending.

> Was There a Turning Point In My Story?

Yes. A season of **heartbreak and betrayal** stripped away the illusion of control and made me confront deeper emotional and spiritual roots. In that painful season, God revealed that the struggles I faced in my home weren't just about my children... **they were mirrors reflecting the unhealed places in my own heart**. That realization was the beginning of everything.

> Why Did I Pursue Further Studies?

I returned to school to pursue my **Master's in Child Psychology & Development**, aiming to deepen my understanding of the emotional, spiritual, and developmental needs of children and their parents. I didn't pursue the degree for a title, but for transformation. And what I learned changed everything about how I parent, relate, and coach.

> What Realization Changed My Life?

Our children cannot grow into what we do not first embody. Parenting is not about control; it's about becoming the example. The healing we allow God to do in us becomes the healing we pass on to our children.

> Why Did You Start The Kairos Bridge?

When God asked me to begin this work, my initial response was hesitation: **"Why me?"** His answer was simple: **"Because I invited you."** The Kairos Bridge was born from that invitation —a calling to guide parents toward emotionally healthy, spiritually anchored, grace-filled family relationships.

BOOK NOW



I love coaching families to recognize what's Behind the Behavior, to move from Struggle to Strength and Confusion to Connection by Parenting with Purpose. Book your free consult now!