



# FROM CHAOS TO **CONFIDENCE**

Understanding the whole child — one spoke at a time

# I'D LIKE YOU TO PICTURE SOMEBODY.

Not a diagnosis. Not a behaviour. Not a school report.

# A CHILD.



Maybe it's your son. Maybe it's your daughter.  
Maybe it's a child you teach, care for, or think about every day.

## PICTURE THEIR FACE.

- The way they laugh when something genuinely tickles them
- The things they love
- The questions they ask
- The little quirks that make them who they are



WHY WE'RE HERE

THAT CHILD IS THE REASON  
WE'RE HERE **TODAY.**

Not because they're naughty. Not because they're disruptive.

Not because they're "too much."

WE'RE HERE BECAUSE  
THEY'RE EXTRAORDINARY.



FUNNY



IMAGINATIVE



DETERMINED



CURIOUS



KIND



ENORMOUS POTENTIAL

BEFORE THEY'RE A DIAGNOSIS —  
BEFORE THEY'RE AN ASSESSMENT —

**THEY'RE SIMPLY A CHILD  
WHO DESERVES TO BE UNDERSTOOD.**

## THE PROBLEM

# WHEN LIFE BECOMES DOMINATED BY PROBLEMS TO SOLVE.

- Appointments. Forms. School meetings.
- Sleep struggles. Reports.
- We become so busy trying to fix difficulties we forget who they belong to.

WHEN WE KEEP THAT CHILD  
AT THE CENTRE,  
THE PATH FORWARD BECOMES  
MUCH CLEARER.

||

*"My hope is that you'll leave not with eight things to fix, but with **one thing to try** — and a little more confidence than when you walked in."*



YOUR PRESENTER TODAY

DR HARRY WOODWARD

Paediatrician · ADHD & Autism Specialist

Thousands of families supported over many years. Creator of The Confidence Wheel — a practical framework for understanding the whole child and building lasting family confidence.

YOU COULD HAVE SPENT THIS  
MORNING DOING **ALMOST ANYTHING ELSE.**

Instead, you chose to come here because you want to understand a child better.  
That tells me something important about you.

YOU'RE **TRYING.**



TODAY'S TALK

# FROM CHAOS TO CONFIDENCE

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Understanding ADHD and autism — and building a life that works

## THE MOMENTS THAT FEEL CHAOTIC

- The school morning where nobody can find their shoes
- The bedtime that somehow stretches into two exhausting hours
- The homework that ends in tears
- The sinking feeling on Sunday evening because Monday is just around the corner

MAYBE I'M GETTING  
THIS ALL **WRONG.**

Perhaps, just for a fleeting moment, you've had a thought you've never dared say out loud.

A STORY

SHE SAT ALONE IN THE CAR  
WITH THE ENGINE SWITCHED OFF.  
AND CRIED.

Her child wouldn't get dressed. Breakfast ended in tears. The school bag had disappeared.  
Everyone was shouting.

*"Do you think my child would be better off with a different mum?"*

# I DIDN'T SEE FAILURE. I SAW LOVE.

- I saw determination
- I saw somebody who had spent years fighting for their child
- And still kept showing up

PEOPLE IN ROOMS LIKE THIS  
CARRY THE **HEAVIEST LOADS.**

Reading articles late at night. Sending emails. Attending appointments. Searching for answers  
because they love their child so fiercely.

CHILDREN RARELY NEED  
**PERFECT** ADULTS.

THEY NEED ADULTS WHO  
KEEP **SHOWING UP.**

That's where hope begins.



SECTION 2

**THE STORIES THAT  
STAY WITH ME**

## SHE'D SPENT NEARLY TWO HOURS GETTING OUT OF THE HOUSE.

Every small task had become a negotiation. By nine o'clock, she felt as though she'd already lived through an entire day.

*"By the time we got to school, I was already exhausted."*

*"Work is my **break.**"*

For most people, home is where they recover from work.

For him, work was where he recovered from home.

## THE HARDEST PART OF THE WEEK WAS SUNDAY EVENING.

- "Will tomorrow be another battle?"
- "Will we make it to school on time?"
- "How much energy is this week going to take?"

# NOBODY HANDS YOU AN INSTRUCTION MANUAL.

And if parenting is challenging for every family, how much more challenging can it become when  
ADHD, autism or anxiety are also part of the picture?

SECTION 3

# WHY I CREATED THE WHEEL

## FOR YEARS I THOUGHT FAMILIES CAME BECAUSE OF A SINGLE PROBLEM.

### WHAT I THOUGHT

One behaviour. One sleep issue. One school problem.



### WHAT I FOUND

Multiple spokes under strain at the same time.

WHICH PART OF THIS CHILD'S LIFE  
IS PLACING THE GREATEST STRAIN  
ON THE **WHOLE SYSTEM?**



## THE METAPHOR

# IMAGINE A BICYCLE WHEEL.

- **One broken spoke** — you wobble, but you keep going
- **Two or three broken** — every bump becomes harder to handle
- **Break enough** — the whole journey becomes unstable



THE FRAMEWORK

# THE CONFIDENCE WHEEL

When one spoke becomes stronger, the whole wheel becomes stronger.

Every spoke helps build confidence — in your child and in yourself.

## THE CONFIDENCE WHEEL



## HOLD THE CHILD IN YOUR MIND.

*"If I could strengthen just one of these spokes over the next few months, which one would make the **biggest difference** to this child's life?"*

SPOKE 01

**SLEEP:  
THE SPOKE THAT CAN  
CHANGE EVERYTHING**

WHEN SLEEP ISN'T WORKING,  
ALMOST NOTHING ELSE  
WORKS AS WELL AS IT COULD.

WHAT I'VE LEARNED

SLEEP IS ALMOST NEVER  
JUST ABOUT **SLEEP.**



ROUTINES



ANXIETY



SENSORY



TECHNOLOGY

IF YOU'VE READ THE BOOKS...  
TRIED THE CHARTS...  
WALKED THE LANDING AT 2AM...  
  
THAT IS NOT EVIDENCE  
THAT YOU'VE **FAILED.**



WE DON'T THINK TWICE ABOUT...

Giving a child glasses to help them see.  
An inhaler to help them breathe.



SOMETIMES A CHILD NEEDS...

Additional support to help them sleep. That's  
not failure — that's understanding the child  
in front of you.

A STORY

# THEY CAME BECAUSE OF BEHAVIOUR.

Meltdowns. Explosive mornings. Poor concentration. Teachers concerned. Everyone's attention fixed on behaviour.

THE QUESTION THAT CHANGED EVERYTHING

*"Tell me about bedtime."*

”

*"It feels like we've got our **son back.**"*

SOMETIMES THE FIRST DOMINO  
ISN'T BEHAVIOUR.  
IT ISN'T SCHOOL.

**SOMETIMES IT'S SIMPLY  
A BETTER NIGHT'S SLEEP.**

## INSIDE THE SLEEP SPOKE



*"Every time you strengthen a spoke, you build confidence. Confidence that **tomorrow can be a little easier than today.**"*

SPOKE 02

# EMOTIONAL REGULATION

A PERSONAL STORY

## MY SON CHESTER CAME DOWNSTAIRS LOOKING INCREDIBLY PLEASED WITH HIMSELF.

His hair was brushed. His shoes were on. His bag was packed. He'd got himself completely ready. And do you know what my brain noticed first? The one thing he'd got wrong.



# CONNECTION BEFORE CORRECTION.

One conversation began with failure.

The other began with success.

The outcome was exactly the same. The emotional moment was completely different.

THE REALITY

# CHILDREN ARE CORRECTED ALL DAY LONG.

"Sit still."

"Hurry up."

"Don't interrupt."

"Brush your teeth."

**They also need to be noticed for what they're doing WELL.**

WITHOUT WARMTH

Boundaries feel like punishment. Children resist. Conflict escalates.

VS

WITH WARMTH

Boundaries feel like safety. Children are far more likely to accept them.



SPOKE 03

# **FAMILY RELATIONSHIPS**

"WE'VE SPENT THE WHOLE DAY TOGETHER...  
BUT WE HAVEN'T ACTUALLY  
ENJOYED EACH OTHER'S COMPANY."

Every interaction had been an instruction. By bedtime she realised the whole day had been  
about managing — not connecting.

THE CHANGE THEY MADE

10

MINUTES EVERY EVENING

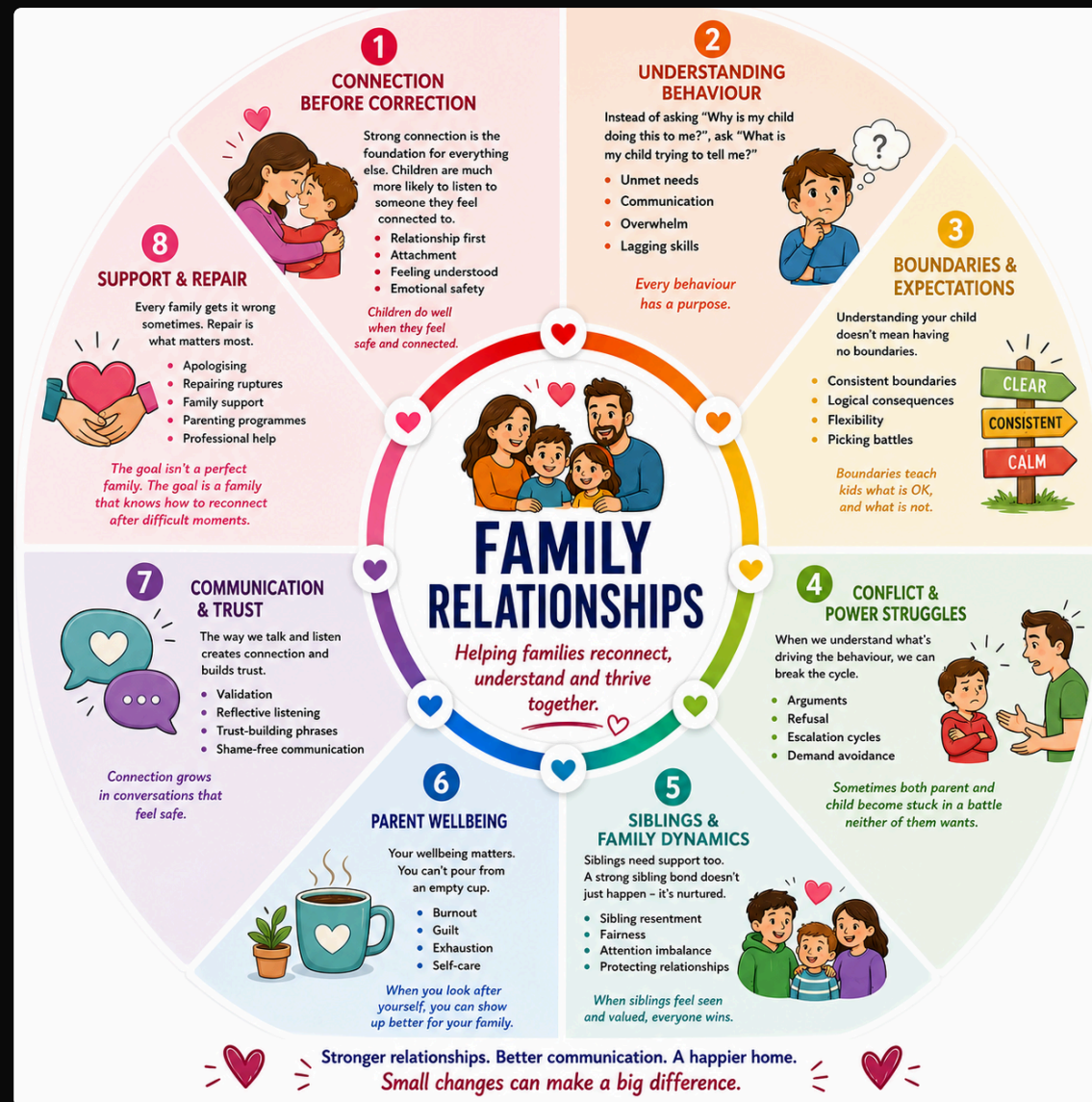
No reminders. No teaching. No correcting. No negotiations.  
Just connection.

CHILDREN DON'T JUST NEED  
MANAGING.  
THEY NEED ENJOYING.



RELATIONSHIPS AREN'T BUILT  
DURING THE BIG OCCASIONS.  
THEY'RE BUILT THROUGH HUNDREDS  
OF **TINY MOMENTS** THAT QUIETLY SAY:

*"I love being with you."*



SPOKE 04

# SCHOOL AND LEARNING

A STORY

"ONE OF THE CLEVEREST PUPILS  
IN THE CLASS — AND ONE OF THE  
**LEAST PRODUCTIVE.**"

He wasn't lacking intelligence. He wasn't lacking ideas. He was struggling to consistently show  
what he knew.

## THE MINDSET SHIFT

### WRONG QUESTION

"What's wrong with this child?"

Looks for blame. Closes doors.

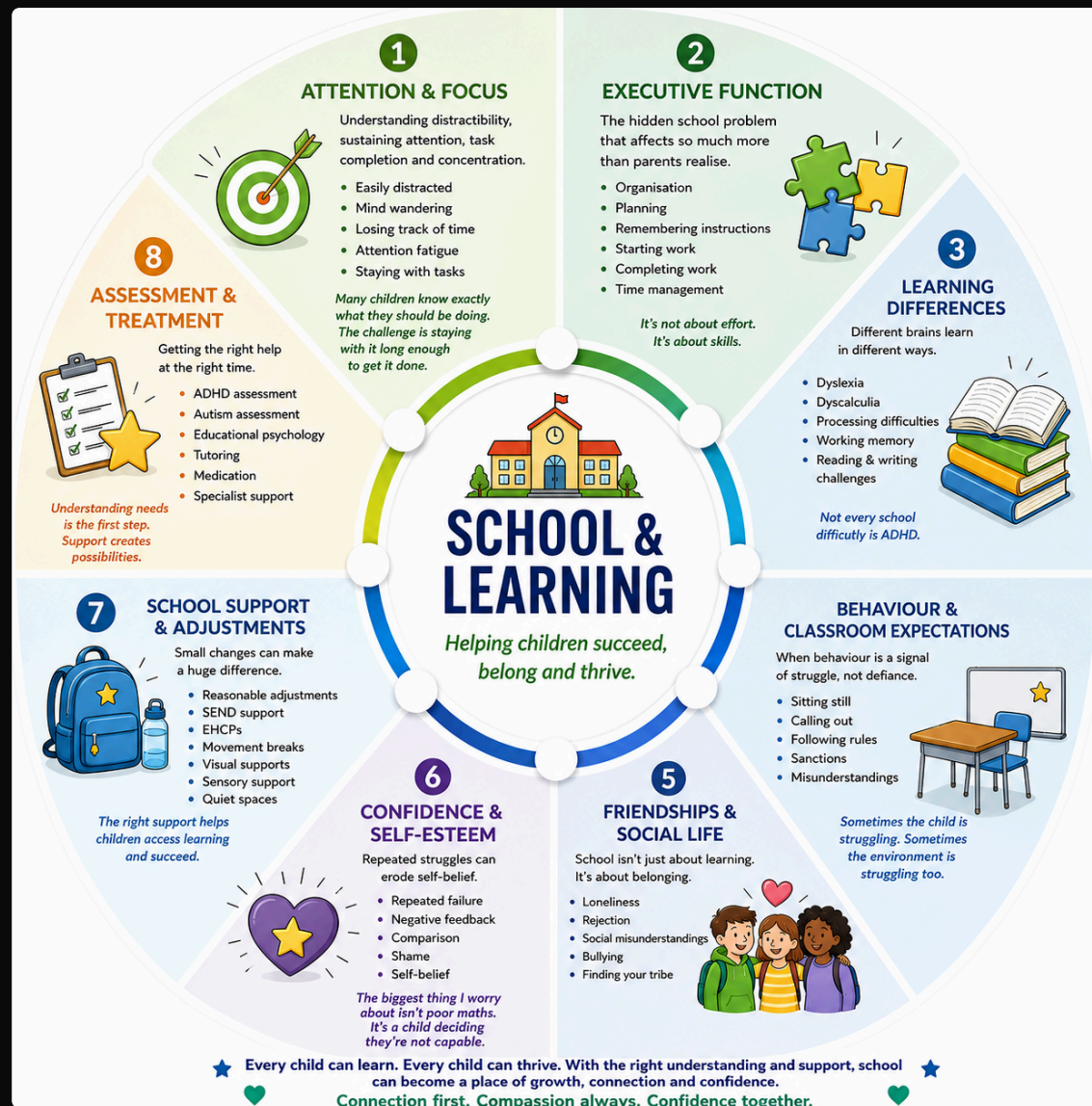


### RIGHT QUESTION

"What's making this difficult for this child right now?"

Looks for understanding. Opens doors.

MANY CHILDREN WITH ADHD OR AUTISM  
DON'T NEED LOWER EXPECTATIONS.  
THEY NEED DIFFERENT PATHWAYS  
TO REACH THE SAME DESTINATION.



SPOKE 05

# ANXIETY AND WORRY



THE MISUNDERSTOOD SPOKE

ANXIETY DOESN'T ALWAYS LOOK ANXIOUS.

ANGER

AVOIDANCE

DEFIANCE

SCHOOL REFUSAL

A STORY

# EVERY SUNDAY EVENING SHE STARTED **FEELING SICK.**

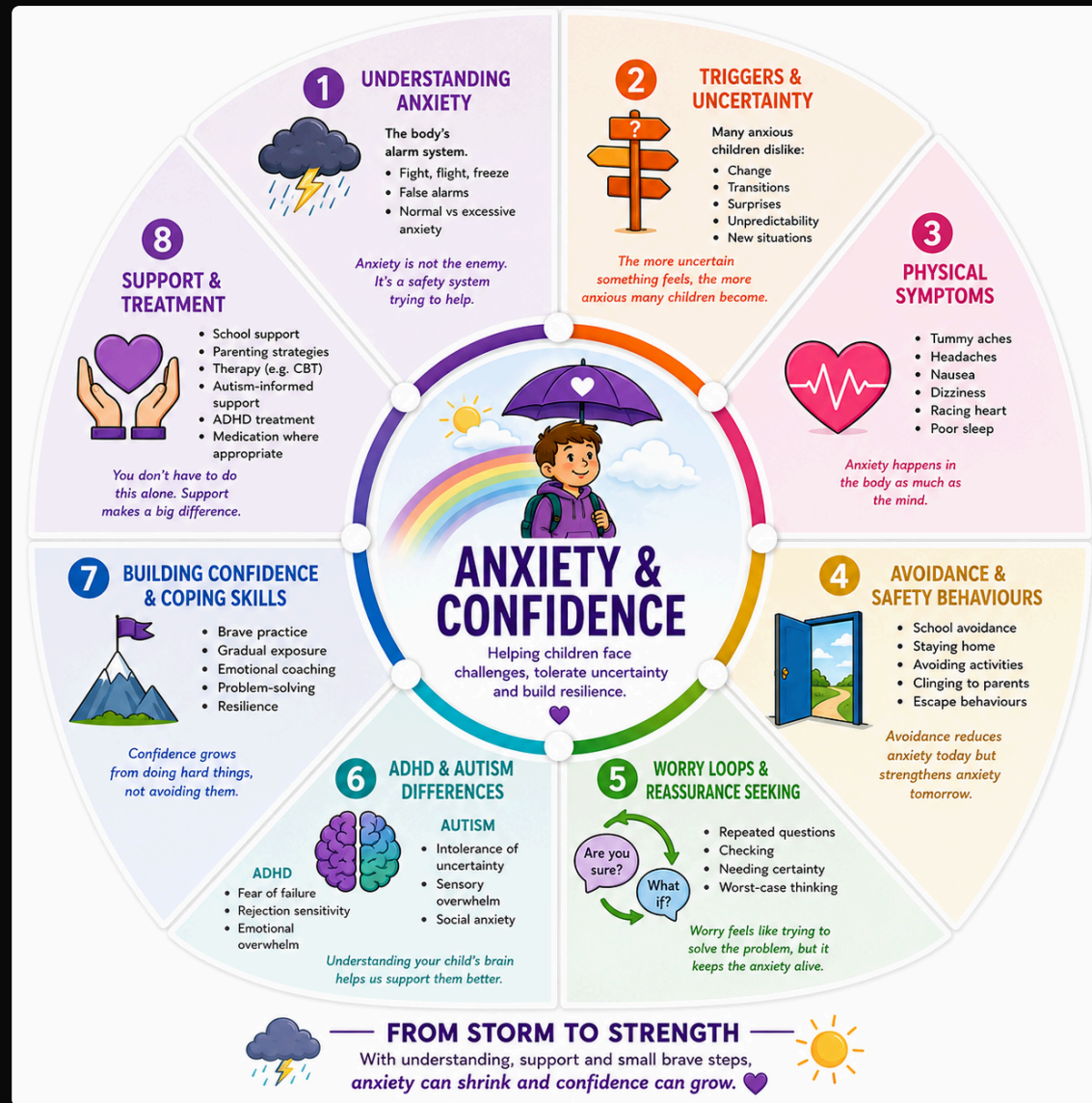
She imagined saying the wrong thing. Getting an answer wrong. Being laughed at.  
Embarrassing herself.

SHE WASN'T REFUSING SCHOOL.  
SHE WAS **ESCAPING ANXIETY.**



THE BEHAVIOUR IS OFTEN  
THE TIP OF THE **ICEBERG.**

*"What might this child  
be trying to **tell me?**"*



SPOKE 06

# SCREENS AND TECHNOLOGY

BEFORE YOU ASK "HOW DO I GET  
MY CHILD OFF THEIR SCREENS?"

*ASK: "WHAT DOES MY CHILD  
**GET** FROM BEING THERE?"*

#### A FATHER'S ANSWER

- *"That's where his friends are."*
- *"That's where he feels good at something."*
- *"That's where he wins."*

SUDDENLY WE WEREN'T TALKING  
ABOUT **SCREENS** ANYMORE.

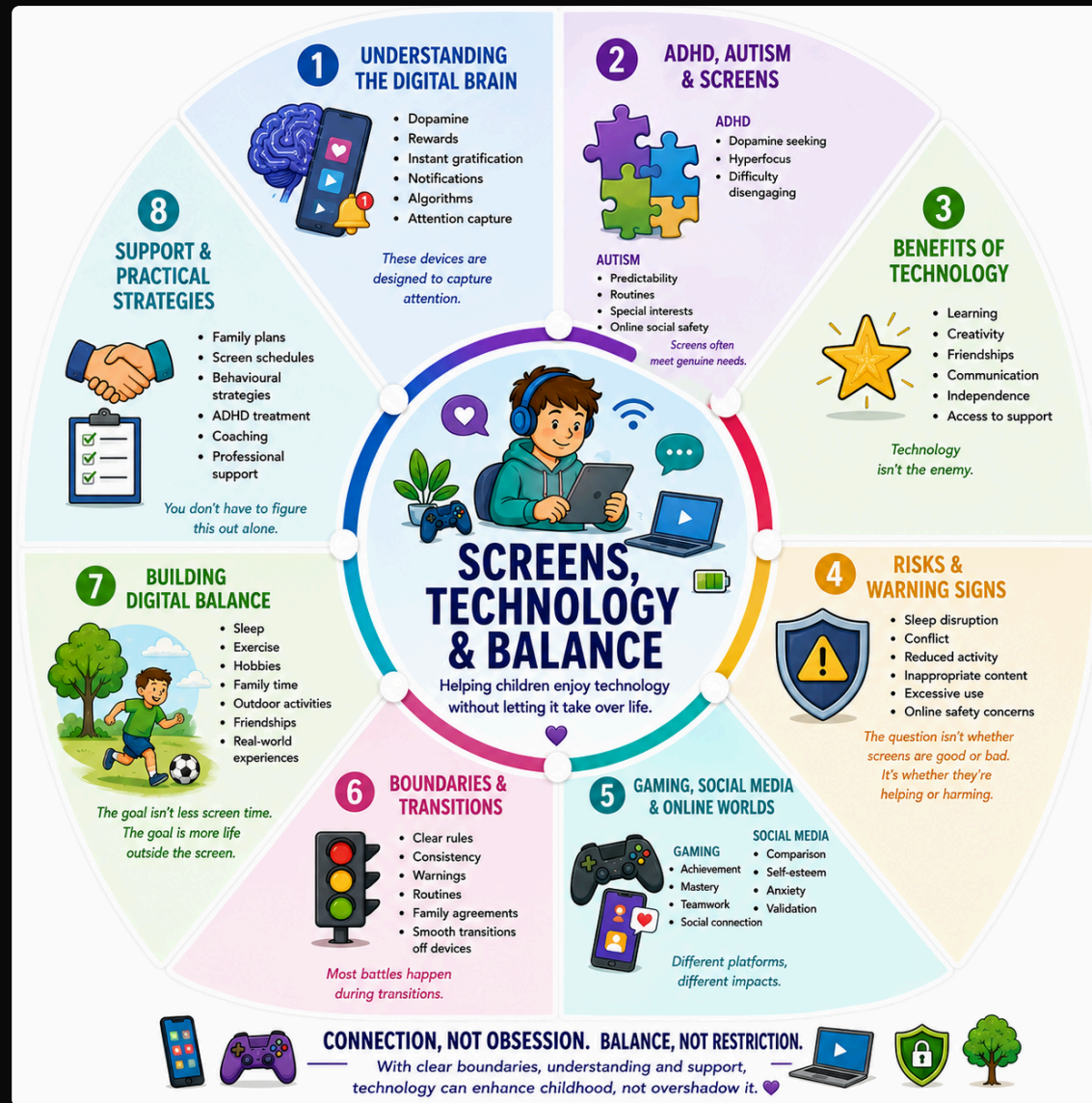


BELONGING

CONFIDENCE

CONNECTION

ONCE YOU UNDERSTAND THE **NEED**,  
YOU'RE MORE LIKELY TO FIND  
A BALANCED SOLUTION.



SPOKE 07

# TREATMENT AND SUPPORT

# SUPPORT IS NOT FAILURE.

It's not an admission that you've got things wrong. It's simply recognising that some children need different tools to do well.

”

*"Is this what everyone else's **brain feels like?**"*

Treatment didn't change who they were. It simply removed some of the friction that had been making everyday life harder.

## TREATMENT COMES IN MANY FORMS

- Understanding from school
- Speech and language therapy
- Occupational therapy
- Parent training and coaching
- Medication where appropriate

THE GOAL: HELP THE CHILD BECOME  
MORE FULLY **THEMSELVES.**



SPOKE 08

# PARENT WELLBEING



## SO MANY PARENTS FEEL GUILTY DOING ANYTHING FOR THEMSELVES.

- "I should be spending this time on my child."
- "Going for a walk feels selfish."
- "Having an early night means I'm not doing enough."

THE SAFETY DEMONSTRATION



# PUT YOUR OWN OXYGEN MASK ON FIRST.

Not because you're more important than your child.  
But because you're no use to anyone if you've run out of air.

# CHILDREN **BORROW** OUR CALM.

- They borrow our perspective
- They borrow our hope
- Looking after yourself is one of the most generous things you can do for your family

YOU DON'T HAVE TO BE  
EVERYTHING.  
YOU JUST HAVE TO KEEP  
SHOWING UP.



BRINGING IT ALL TOGETHER

# THE CONFIDENCE WHEEL REVISITED

# YOU DON'T HAVE TO FIX ALL EIGHT.

In fact, I'd encourage you not to try.



## PICTURE THE CHILD AGAIN.

*"Which one of these spokes would make the biggest difference to this child over the **next few months?**"*



||

*"Confidence rarely arrives all at once. It grows one small success at a time."*

# THAT'S HOW FAMILIES MOVE FROM CHAOS TO CONFIDENCE.

Not in one giant leap. But one spoke at a time.



YOUR NEXT STEP

SCAN THE QR CODE &  
TELL ME WHICH  
SPOKE IS YOURS.

- Takes less than a minute
- Get free resources matched to your family
- No pressure. No obligation.



ONE FINAL THOUGHT

YOUR CHILD DOES NOT NEED  
A **PERFECT** PARENT.

THEY NEED SOMEONE WHO  
KEEPS **SHOWING UP**.

ONE DAY, YOUR CHILD MAY NOT REMEMBER  
EVERY APPOINTMENT YOU ATTENDED.

BUT THEY WILL REMEMBER  
HOW YOU MADE THEM **FEEL**.

- Who made them feel safe

- Who celebrated them

- Who never gave up on them

||

*Choose one spoke. Take one small step.  
Build one small success.  
Because **confidence isn't something you find.**  
**It's something you build.**  
And you build it one spoke at a time."*



**THANK YOU.**

It's been a privilege to spend this time with you.  
I wish you and your family every success on your journey

**FROM CHAOS TO CONFIDENCE.**



## GET YOUR FREE RESOURCES

Scan the QR code. Tell me your spoke.  
Get resources matched to your family.

GET THE RESOURCES  
→

