

KDP Opportunity Report

Parenting Niche

1. Opportunity Scorecard

Score Area	Result
Demand	 84/100 — Strong
Competition	 69/100 —
Opportunity	Moderate
Profit Potential	 82/100 — Strong
Series Potential	 91/100 — Strong
Beginner Friendliness	 76/100 —
	Moderate
Overall Opportunity	 82/100 — Strong

GO — Strong opportunity

Parents buy books that solve a specific and emotional family problem.

The broad parenting market is crowded, but narrower problems offer realistic openings.

Practical scripts, exercises and action plans provide a stronger angle than general advice.

The best opening is a workbook about boundaries with adult children.

2. Market Snapshot

Market Signal	Current Picture
Main book styles selling	Practical guides, workbooks, scripts and step-by-step plans
Typical price range	Approximately \$12.99–\$18.99 paperback
Typical page count	Approximately 140–225 pages
Main buyer	Parents facing one clear family problem
Competition level	Medium to high
Series potential	Excellent
Evergreen or seasonal	Evergreen

Current listings repeatedly focus on emotional regulation, ADHD, anxiety, difficult teenagers and changing relationships with adult children. Successful positioning is usually highly specific rather than simply promising to make someone a better parent.

Books commonly use standard paperback formats of about 6 × 9 inches. Visible examples range from 114 pages to more than 220 pages, making a practical 160–200-page guide commercially sensible.

3. What Is Selling and Why

Type or angle	What buyers like	Competition	Opportunity
Adult-child boundaries	Scripts and help ending guilt or enabling	Medium-high	Narrow by situation
Parenting girls with ADHD	Advice tailored specifically to girls	High	Target an age or problem
Teen emotional regulation	Exercises for anger, anxiety and conflict	High	Parent-focused workbook
Childhood anxiety	Calm responses and practical exercises	Medium-high	Parent-and-child format
Calm parenting	Help stopping yelling and handling big emotions	High	Short scripts and plans

The adult-child market has clear buying signals. Amazon shows established titles about boundaries, estrangement, enabling, troubled adult children and maintaining connection without overstepping. Amazon also labels *Doing Life with Your Adult Children* as a bestseller in a related category.

ADHD parenting books can support premium paperback prices. *The ADHD Parenting Guide for Girls* was listed at \$17.95, had 216 ratings when captured and belongs to a 21-book parenting series, demonstrating both buyer interest and strong series potential.

Teen workbooks sell practical outcomes such as emotional regulation, better communication and handling anger or anxiety. The visible DBT workbook positions complicated ideas in simple language and includes exercises parents can apply immediately.

4. Market Gaps

Gap 1: Ready-to-Use Adult-Child Conversation Scripts

Parents are often told to set boundaries but may not know exactly what to say. A script-led workbook could cover money, housing, grandchildren, disrespect and unwanted advice.

Main risk: The book must provide more than generic boundary advice.

Gap 2: Adult Children Who Still Live at Home

This gives the wider adult-child topic a clear situation and urgent buyer problem. It can combine household agreements, financial boundaries and independence planning.

Main risk: Avoid promising that every adult child will change.

Gap 3: Parenting ADHD Girls Through Puberty

Current books confirm demand for advice specifically about girls, including masking, emotions, friendships and executive functioning.

Main risk: Health-related claims need careful research and qualified sources.

Gap 4: Parent-and-Child Anxiety Workbook

Instead of another advice-only book, parents and children could complete short exercises together. Existing listings show demand for practical parental responses to childhood anxiety.

Main risk: It should not present itself as a substitute for professional treatment.

Gap 5: Teen Conflict Scripts for Parents

Parents want exact words for arguments, shutdowns, disrespect and emotional outbursts. A compact script-based guide is easier to use during stressful moments.

Main risk: The teen-parenting category contains many established books.

5. What Book You Could Create Next

Opportunity 1: Boundaries with Adult Children Workbook

Opportunity Score: ● 89/100 — PUBLISH NEXT

Potential Badge: ★ ★ ★ ★ ★ Excellent Potential

Difficulty Meter: ● Easy

Target Buyer: Parents of adult children aged 18 and over

Suggested Price: \$14.99–\$16.99

Series Potential: Excellent

Why It Could Work:

The market shows lasting demand for boundaries, enabling, estrangement and communication. A workbook containing scripts and written action plans creates a useful point of difference.

Main Risk:

A general boundaries book would face strong established competition.

Suggested Interior:

- Practical guide and workbook
- 6 × 9-inch trim
- Approximately 180 pages
- Black-and-white interior
- Short lessons, scripts, worksheets and boundary plans

Opportunity 2: Parenting an Adult Child Who Still Lives at Home

Opportunity Score: ● 85/100 — PUBLISH NEXT

Potential Badge: ★ ★ ★ ★ ★ Excellent Potential

Difficulty Meter: ● Easy

Target Buyer: Parents supporting dependent adult children

Suggested Price: \$14.99–\$16.99

Series Potential: Strong

Why It Could Work:

It tackles money, household rules and independence inside one clear situation. The promise is more focused than broad adult-child advice.

Main Risk:

The tone must remain supportive rather than blaming adult children.

Suggested Interior:

- Step-by-step practical guide
- 6 × 9-inch trim
- Approximately 170 pages
- Black-and-white interior
- Agreements, scripts, checklists and independence plans

Opportunity 3: Parenting Girls with ADHD Through Puberty

Opportunity Score: ● 82/100 — PUBLISH NEXT

Potential Badge: ★ ★ ★ ★ Strong Potential

Difficulty Meter: ● Difficult

Target Buyer: Parents of ADHD girls aged 9–15

Suggested Price: \$16.99–\$18.99

Series Potential: Excellent

Why It Could Work:

Current books show buyers respond to gender-specific ADHD support. Puberty, friendships, masking and school pressure create a narrower angle.

Main Risk:

The content requires reliable medical and developmental research.

Suggested Interior:

- Parent guide with action plans
- 6 × 9-inch trim
- Approximately 200 pages
- Black-and-white interior
- Age-based chapters, examples, checklists and support plans

Opportunity 4: Calm Conversations with an Angry Teen

Opportunity Score: ● 78/100 — WORTH CONSIDERING

Potential Badge: ★ ★ ★ ★ Strong Potential

Difficulty Meter: ● Medium

Target Buyer: Parents experiencing frequent teenage conflict

Suggested Price: \$13.99–\$16.99

Series Potential: Strong

Why It Could Work:

Parents want practical help responding to anger, shutdowns and difficult conversations. Ready-to-use scripts make the book easy to understand.

Main Risk:

Teen communication is a crowded subject.

Suggested Interior:

- Script-led parenting guide
- 6 × 9-inch trim
- Approximately 160 pages
- Black-and-white interior
- Common situations, response scripts and reflection pages

Opportunity 5: The Parent-and-Child Anxiety Toolkit

Opportunity Score: 🟡 74/100 — WORTH CONSIDERING

Potential Badge: ★ ★ ★ Moderate Potential

Difficulty Meter: 🔴 Difficult

Target Buyer: Parents of anxious children aged 7–11

Suggested Price: \$15.99–\$18.99

Series Potential: Good

Why It Could Work:

A shared workbook gives families practical activities rather than advice alone. Anxiety remains a visible and emotionally important parenting topic.

Main Risk:

Clinical claims and exercises must be reviewed carefully.

Suggested Interior:

- Parent-and-child workbook
- 8 × 10-inch trim
- Approximately 140 pages
- Black-and-white interior
- Calm-down exercises, discussion prompts and progress pages

BEST BOOK TO CREATE NEXT

Boundaries with Adult Children Workbook: Practical Scripts to Stop Enabling, Communicate Clearly and Protect Your Relationship

- **Opportunity score:** 🟢 89/100 — PUBLISH NEXT
- **Potential badge:** ★ ★ ★ ★ ★ Excellent Potential
- **Difficulty:** 🟢 Easy
- **Target buyer:** Parents struggling with adult-child boundaries
- **Suggested price:** \$15.99
- **Series potential:** Excellent

This is the strongest choice because buyer problems are clear, emotional and evergreen, while the script-and-workbook format offers a practical distinction from traditional advice books. Amazon's related-product sections show numerous books about enabling, estrangement, financial problems, disrespect and communication, providing several future directions for a series.

6. Simple Series Plan

Series name: Parenting Adult Children with Confidence

Book 1: Boundaries with Adult Children Workbook

Five follow-up book titles:

1. Stop Enabling Your Adult Child
2. When Your Adult Child Still Lives at Home
3. Reconnecting with an Estranged Adult Child
4. Money Boundaries with Adult Children
5. Becoming a Grandparent Without Overstepping

Recommended publishing order: Publish the general boundaries workbook first, followed by living at home, enabling, estrangement, money and grandparent boundaries.

7. Simple Profitability

Example book:

- **Format:** Paperback
- **Trim size:** 6 × 9 inches
- **Page count:** 180 pages
- **Interior type:** Black ink
- **Suggested price:** \$15.99
- **Estimated printing cost:** \$3.16
- **Estimated royalty per sale:** \$6.43

KDP currently calculates US paperback royalties as the royalty rate multiplied by list price, minus printing costs. At qualifying Amazon.com prices, the standard royalty rate is 60%; a 180-page regular-trim black-ink paperback costs approximately \$1 plus \$0.012 per page to print.

- **1 sale per day:** Approximately \$193 per 30-day month
- **3 sales per day:** Approximately \$579 per 30-day month
- **5 sales per day:** Approximately \$965 per 30-day month

These are simple royalty examples, not sales predictions or guaranteed income.

8. Final Action Plan

1. Create **Boundaries with Adult Children Workbook: Practical Scripts to Stop Enabling, Communicate Clearly and Protect Your Relationship** first.

2. Build the book around ten common problems such as money, housing, disrespect, guilt, grandchildren and unwanted advice.
3. Include realistic conversation scripts, boundary worksheets and a 30-day action plan.
4. Produce a professional 6 × 9-inch paperback of approximately 180 pages and price it near \$15.99.
5. Use reader feedback and related Amazon searches to select the second book in the series.

9. Sources

- Amazon: *Setting Boundaries with Your Adult Children* and its related-book recommendations.
- Amazon: *Doing Life with Your Adult Children*.
- Amazon: *The ADHD Parenting Guide for Girls*.
- Amazon: *DBT Skills Workbook for Parents of Teens*.
- Amazon: Parenting Teenagers bestseller results.
- KDP: Paperback printing costs and royalty calculation.

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