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Start Young Children with ADHD Off on the Right Foot with Behavior Therapy

Are you looking for more information on behavior therapy for your young child? Many parents are interested in behavior therapy and how they can help incorporate it into their child's treatment plan.



Behavior therapy for ADHD generally includes teaching parents the following skills:

- Establishing house rules, structure, and consistent routines
- Learning to provide specific praise and attention for appropriate behaviors (praising good behavior often) and ignoring mild, annoying but not harmful behaviors (choosing your battles)
- Using developmentally appropriate commands
- Planning ahead and working with children in public places
- Using consistent and effective disciplinary strategies

Many times a pediatrician can help families find a behavior therapist or parent training program in their community. Talk with your child's health care provider for local resources. You can also contact your local children's hospital or university center for programs provided by a licensed therapist.

Learn more about what to expect from behavior therapy and parent training at [Parent Training and Education](#).

The Tools You Need to Manage Your Child's ADHD Care

Think of yourself as your child's case manager.

Getting a diagnosis of ADHD for your child is only the beginning. From there, you need to find the treatment options that can work for your child and obtain the necessary school and home

supports. You might also be looking for support for yourself or you could be looking for a specialist to evaluate you or your spouse for ADHD—many adults seek a diagnosis after their child is diagnosed with the disorder. All these tasks can be daunting. Keeping each part running smoothly takes time and organization, two things that are often in short supply.



What are the tools you need as you begin? Dulce Torres, Maureen Gill, and Elaine Taylor-Klaus provide some suggestions in CHADD's *Attention* magazine for parents to take on the task of case managing their child's needs.

Check out [What Are the Tools in a Parent's Tool Box?](#) for more information.

ADHD Occurs More Often with Children in Foster Care Systems. Here's Why

About one out of four children in foster care systems have been diagnosed with ADHD, compared to about one out of 14 children not in foster care and enrolled in Medicaid, according to a recent study by Melissa Danielson, MSPH, a statistician with the National Center on Birth Defects and Developmental Disabilities.

According to Ms. Danielson, the study findings showed a substantial need for medical and behavioral services for foster children. Often children enter the foster care system following abuse or neglect, or if a parent has abandoned the child or been incarcerated. Research has shown higher rates of abuse in girls diagnosed with ADHD than in girls who do not have the disorder. A smaller number of children enter the foster system when their parents have died and there is not a family member available to raise the child. Children who have experienced abuse or loss have a greater need for emotional and psychological support. [Read more.](#)



Why Choose Behavior Therapy for Young Children with ADHD?

Q: The recent *CDC Vital Signs* report that I have been reading about says young children should have behavior therapy before beginning medication for ADHD. But if medication has been shown to be effective for ADHD, why should we bother with behavior therapy for my son? Why not start him on medication while he's in preschool?

- Dad in Louisiana

A: Medication can be helpful in controlling an older child's ADHD symptoms, but is effective only when taken as prescribed. Behavior therapy benefits the child continuously and can help improve family relationships in the process. It also does not have the potential for side-effects, as medication does. [Read on.](#)



Summer Parenting Plans Done Right

Clinical psychologist Ann Abramowitz, PhD, tackles the question of summertime parenting skills head-on during this *Ask the Expert* webcast. She covers how you can help your child with ADHD maintain a routine without the structure of the school day and ideas and skills that can help to manage symptoms and allow your whole family to enjoy the summer break.

This free special parenting webcast offers great ideas for starting the summer break right.



Watch now



ADHD in the News

- ADHD may emerge after childhood for some people, according to new study
- Rare tumor may cause ADHD symptoms in some kids
- Some states lag behind on ADHD therapy
- Tips on how to cope, organize for a parent who has ADHD

Read these and other articles in the [ADHD in the News weekly digest.](#)

Did You Know?

The National Resource Center has a dedicated helpline with ADHD Information and Resource Specialists ready to answer your questions. You can reach us at 1-800-233-4050, Monday through Friday from 1 pm–5 pm EST.

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