

Behavior management as first-line treatment for preschoolers

For preschoolers with ADHD, parent training in behavior management is recommended before considering medication. For children age six and older, behavior management in combination with medication treatment is recommended.

You can learn more about treating ADHD in young children in [Preschoolers and ADHD](#).

Learn more on this topic:

- [Behavioral Therapy for Young Children](#)
- [Parent Training in Behavior Management for ADHD](#)
- [12 Behavioral Programs for Managing ADHD](#)



Five points to incorporate into behavior management

1. Start with goals the child can achieve in small steps.
2. Be consistent across different times of the day, different settings, and different people.
3. Provide consequences immediately following behavior.
4. Implement behavioral interventions over the long haul, not just for a few months.
5. Teaching and learning new skills takes time. The child's improvement will be gradual.

Children and Adults with ADHD | 4221 Forbes Blvd, Suite 270 | Lanham, MD 20706 | [CHADD.org](#) | 301-306-7070

The information provided by CHADD's National Resource Center on ADHD is supported by Cooperative Agreement Number NU38DD005376 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services (HHS).

© 2020 CHADD