Quick Facts: ADHD and Parent Training

Parent training in behavior management has been shown to improve the symptoms of ADHD in children and teens. Parent training teaches strategies and skills to help parents manage their child’s behavior more effectively. The American Academy of Pediatrics recommends behavioral parent training, instead of medication, as a treatment for ADHD in children younger than 6 years of age. Parent training in behavior management is frequently referred to as behavioral parent training, parent behavior therapy, or parent training.

Behavioral parent training

Behavioral parent training (BPT) is a multi-session program that teaches parents skills to address their school-aged child’s behavior problems more effectively. BPT is often administered by a mental health or other licensed professional and includes one-on-one training either in person, in groups, or through a video or online format. BPT programs often address the following topics:

- Establishing house rules, structure, and consistent routine
- Using appropriate command
- Learning to praise appropriate behavior and ignore mild, inappropriate behavior
- Planning ahead and working with children in public places
- Using daily charts and point or token systems with rewards and consequences

Parents who are looking for a behavioral therapy program should make sure that the therapist they choose is trained in BPT for children with ADHD and provides the following:

- Strategies that parents can try at home
- Regular monitoring and check-ins with the family
- Support and feedback throughout the program

Online parent training programs

There are many online parent training programs to choose from, including CHADD’s Parent to Parent (P2P) training program, Triple P—Positive Parenting Program®, and The Incredible Years® program. Parents should make sure the online program they choose fits the needs of their family and is evidence-informed. The best online parent training programs teach parents new skills to provide consistency, structure, and routine for their child with ADHD while strengthening parent-child bonds.

Resources:

- CHADD’s Parent to Parent: Family Training on ADHD.