

Prescribing care for young children with ADHD

Did you know?

According to the American Academy of Pediatrics, **evidence-based parent-administered behavior therapy** should be the first line of treatment for young children.

What is Parent-Administered Behavior Therapy?

Behavior therapy is effective treatment for ADHD that can improve a child's behavior, self-control, and self-esteem. Parent-Administered Behavior therapy, with the support of a qualified parent educator, teaches children to better control their own behavior, leading to improved functioning at school, home and in relationships.

Parent training programs that have been proven to work in young children with ADHD include:

- Triple P (Positive Parenting Program)
- **Incredible Years Parenting Program**
- Parent-Child Interaction Therapy
- New Forest Parenting Programme

The Incredible Years Parenting Program

is available in your area at NO COST to families.

The **ParentWISE Program** of Family Services of Western Pa provides 15-session parenting groups in locations across Westmoreland and Allegheny Counties.

Call 724-837-5410 for more information.

These classes:

- Teach parents skills and strategies that use positive reinforcement, structure, and consistent discipline to manage their child's behavior
- Teach parents positive ways to interact and communicate with their child
- Assign activities for parents to practice with their child
- Meet weekly with the family to monitor progress and provide coaching and support
- Provide incentives to remove barriers to participation

Get more information

<http://www.cdc.gov/ncbddd/adhd/guidelines.html>

<http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654>

<http://incredibleyears.com/>

<http://fswp.org/services/education-resources>



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