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Parent training for early ADHD

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Parent training is a structured, manualized intervention for parents of children with behavioral difficulties and/or hyperactivity, impulsivity and impaired inattention. The Incredible Years[®] is a well-documented parent training program developed by Carolyn Webster-Stratton, originally aiming at treating oppositional defiance conduct problems in children. It has been adapted and tested for children with ADHD difficulties as well. Incredible Years[®] Parent training as conducted in Center for ADHD, Aarhus, Denmark is group based. A group consists of two group leaders and parents of 6-7 children in the age range 3-8 years (BASIC) or 9-12 years (SCHOOL AGE). The parent training course runs for 20 session. Parents are trained in integrating play and positive labeling in their parental practices, along with structuring difficult everyday situations and establishing daily routines. Furthermore, parents are taught how to use behavioral contingency principles, primarily in the form of praise, encouragements and rewards to reinforce child concentration, self-regulation and collaboration. Sessions consist of video vignettes modeling effective and ineffective parental strategies, group discussions and hands-on exercises where parents practice new ways of managing their child's difficulties. Extensive psycho education on child difficulties is implemented in the parent training, aiming at enhancing parent understanding and mentalization ability of child symptoms and difficulties. The goal of IY Parent Training is to facilitate a more positive, successful parental management of child difficulties. By strengthening the relation between parent and child, the goal is to reduce child symptoms, prevent a negative, adverse developmental trajectory and to promote well-being for both parent and child.

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