

Promoting Family and School Success for Children with ADHD



Thomas J. Power, PhD, ABPP

Center for Management of ADHD

The Children's Hospital of Philadelphia

Department of Pediatrics and Psychiatry

Perelman School of Medicine at University of Pennsylvania

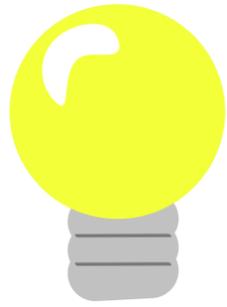
Bethany Watson, MA

The School of Arts and Sciences at University of Pennsylvania

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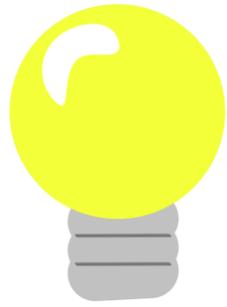
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Big Ideas



- A strong parent-child relationship is critical for child development.
- The parent-teacher relationship and family involvement in education impacts children's educational experience and performance.

Big Ideas



- **A strong parent-child relationship is critical for child development.**
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Why is a strong parent-child relationship so important?

How do I promote a strong parent-child relationship?

- Direct strategies for strengthening the parent-child relationship
 - Child's Game or "Special Time"
 - Catch Your Child Being Good
 - 4:1 Ratio of positive to negative feedback
- Strategies for behavior management at home that promote a positive parent-child relationship
 - Provide Attention Strategically
 - The ABC's of Behavior
 - Positive Reinforcement
 - The Token Economy
 - Understand Negative Reinforcement
 - Use punishment strategically



Child's Game or "Special Time"

- Parent spends 10-15 min. per day playing with child
- Key is for parent to follow the child's lead
- Rules of special time:
 - Affirm the child and describe behavior
 - No directions and no questions



Child's Game Example

<https://www.youtube.com/watch?v=bldyeAk2InM>



Via Jason Jent on YouTube.com

Catch Your Child Being Good

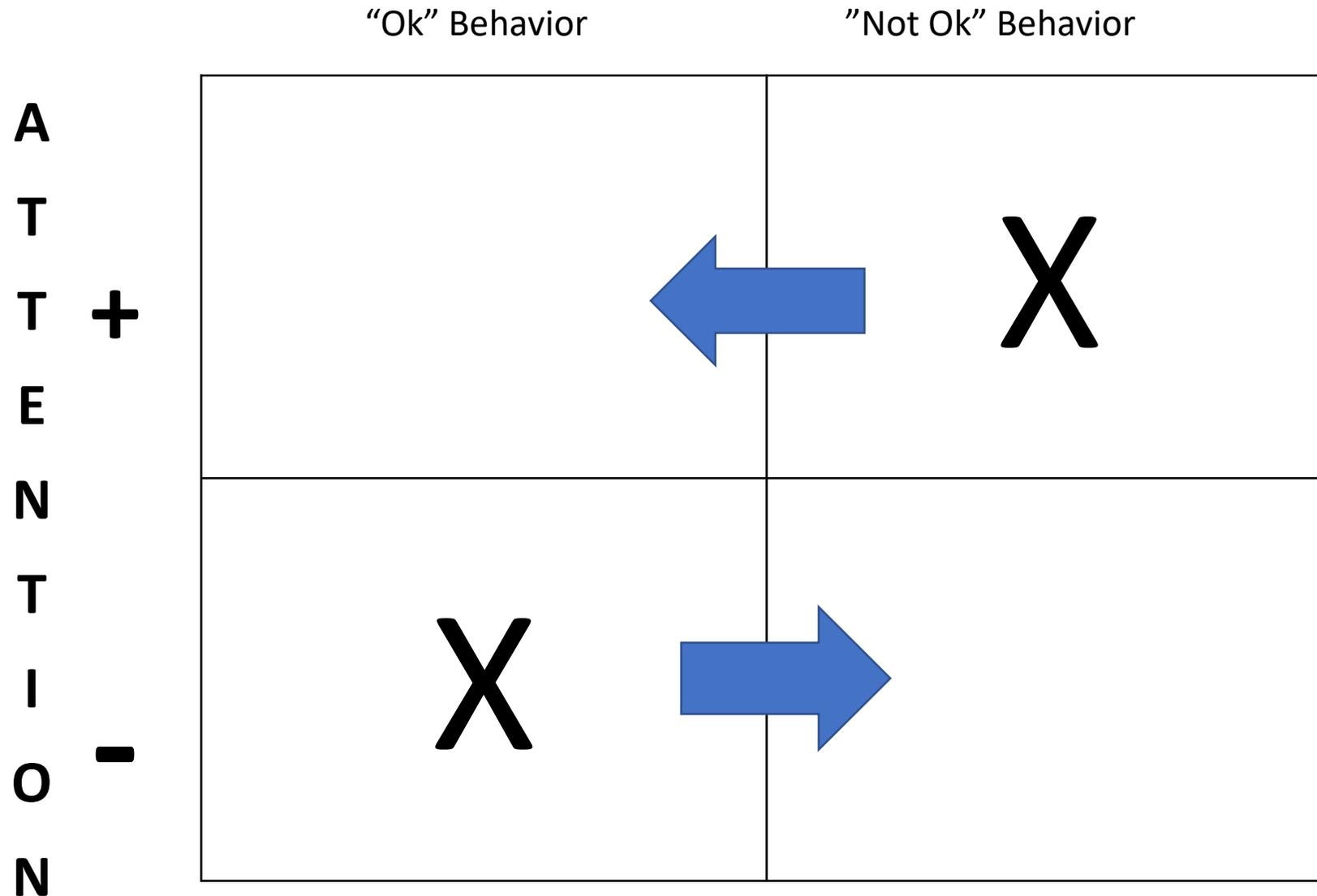


- Catching Child Being Good
 - Parent on lookout for cooperative, responsible behaviors
 - Parent catches child being responsible
 - Parent provides attention, praise, privileges in response to adaptive behavior
- Ratio of positive to punitive feedback is at least 4:1 (for anxious children, more like 10:1)
 - Verbal correction is punishment!

Providing Attention Strategically

	"Ok" Behavior	"Not Ok" Behavior
A T T E N T I O N +		X
A T T E N T I O N -	X	

Providing Attention Strategically



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Providing Attention Strategically

“Ok” Behavior

“Not Ok” Behavior

A
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Catch your child being good	
	Active Ignoring or “Radical Disengagement”

What behaviors would be appropriate to ignore?

Ignoring	Punishment
<ul style="list-style-type: none">• High frequency behaviors• Non-aggressive/non-destructive• Example: Whining	<ul style="list-style-type: none">• Low frequency behaviors• Safety risk (aggressive, destruction)• More serious conduct problems• Example: Stealing, hitting siblings

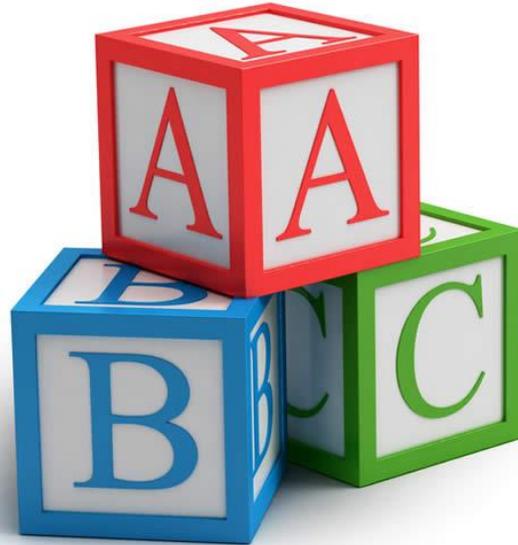


ABC's of Behavior

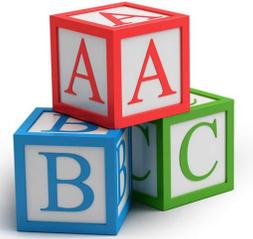
Antecedents

Behaviors

Consequences



ABC: Antecedents



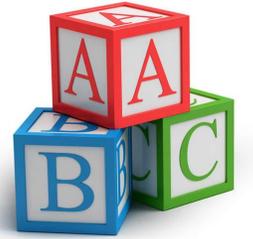
- Stack the decks in your child's favor and sets them up for success
- Minimize the likelihood that “not ok” behavior will occur
- Examples:
 - Making Expectations Clear
 - Giving Effective Instructions
 - Prompts
 - Visual Schedules

ABC: Behaviors



- How to define a target behavior
 - Clear
 - Specific
 - Passes the Dead Person's test
 - Positively phrased: what you want to see *more* of, not what you want to see less of!

ABC: Consequences



- Positive Reinforcement: increases the likelihood that the behavior will occur in the future
- Punishment: decreases the likelihood that the behavior will occur in the future

Example ABC Analysis



- Problem behavior: Child dilly dallies when getting ready for school in the morning, often resulting in tardiness

Step 1: Re-frame the **B**ehavior positively



- Not
 - “You need to stop dilly dallying” or “Stop putzing around”
 - Not specific or clear
 - Not positively phrased
- Instead
 - “You need to get ready for school by putting your shirt and your pants on” or “Now you need to put your socks and shoes on”
 - Specific
 - Clear
 - Informs child what we want to see *more* of

Step 2: Identify and Modify **A**ntecedents



- Have clothing picked out and laid out in advance
- Make sure the child is looking at you when giving instructions
- Avoid giving too many instructions at once

Step 3: Use **C**onsequence interventions to promote adaptive behavior



- Praise your child for completing the task
- Give the child a reward (e.g. picking their preferred breakfast)

ABC: Consequences



- **Positive Reinforcement:** increases the likelihood that the behavior will occur in the future
- Punishment: decreases the likelihood that the behavior will occur in the future

Why might we recommend a primarily positive reinforcement-based system for behavior management?

Positive Reinforcement

- Primarily positive systems have been proven to be most effective
- Promotes self-esteem
- Strengthens the parent-child relationship



The Token Economy



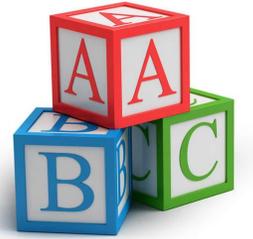
- Using attention strategically is a powerful intervention
- Attention alone may not be sufficient
- Pairing attention with concrete reinforcers can make the intervention more potent
- Token economy systems are an efficient way to deliver enhanced reinforcement
 - Target a limited number of behaviors
 - Generate a menu of rewards (daily, weekly, longer-term)
 - Develop a token system (e.g., points, tickets, stars) that can be used to determine eligibility for rewards

ABC: Consequences



- Positive Reinforcement: increases the likelihood that the behavior will occur in the future
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ABC: Consequences



- Positive Reinforcement: increases the likelihood that the behavior will occur in the future
- **Punishment: decreases the likelihood that the behavior will occur in the future**

Punishment



- Punishment isn't in and of itself a bad thing, it can be quite useful, but it must be used effectively
 - Remember: Verbal correction is punishment!

Effective Strategic Punishment	Ineffective Punishment
<ul style="list-style-type: none">• Clear• Brief• Firm• To the Point• Tells the Child what to do more of	<ul style="list-style-type: none">• Frequent (loses meaning)• Non-specific• Unnecessarily harsh• No logical relation to the misbehavior

Examples of Effective Punishment: Time In



- A variation on “Time Out”
- Instead of removing the child from the space, the child is left in the space, and all positive reinforcers are removed
 - Attention from parents and siblings
 - Screens and tablets
 - Toys

ABC: Consequences



- Positive Reinforcement: increases the likelihood that the behavior will occur in the future
- Punishment: decreases the likelihood that the behavior will occur in the future

Consequence Interventions vary based on the function of a behavior

- Positive reinforcement
 - Primary motivation = To *get* something
 - Privileges, material things, attention
- Avoidance
 - Primary motivation = To *get out of* something
 - A lot of children and adults' behavior functions to avoid unpleasant sensations



Avoidant Behavior



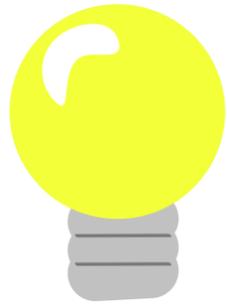
- The relief a person feels when avoiding or escaping an unwanted situation is highly reinforcing
 - Procrastinating when it's time for homework
 - Talking back when parents make a request for a chore to be completed resulting in the child and parents becoming engaged in an argument (i.e., arguing gets the child out of doing a chore)
- Children with ADHD experience profound boredom more often than peers without ADHD
 - Self Stimulating or disruptive behavior

What to do when the function is to avoid...

- Do not reinforce avoidant behavior
- Make the situation more rewarding
 - Start with easy tasks and build momentum
 - Praise often, especially at the outset
 - Use token systems



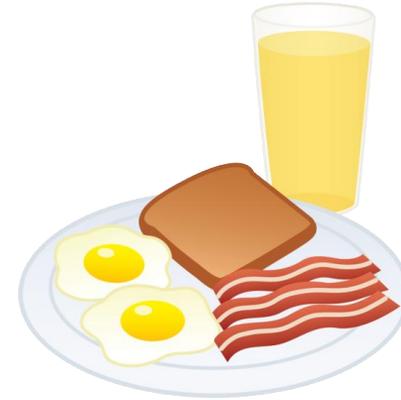
Big Ideas



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- **The parent-teacher relationship and family involvement in education impacts children's educational experience and performance.**

How can I create a home environment that supports learning?

- Set your child up for success
 - Good night's sleep
 - Breakfast



- Home-based emphasis on learning (literacy activities, limiting TV and video game use, homework)
- Positive attitude about school and the teacher expressed at home
- Homework ritual
- Breaking homework down into manageable chunks

Think about the year of school that you enjoyed most. What was so special about that year?

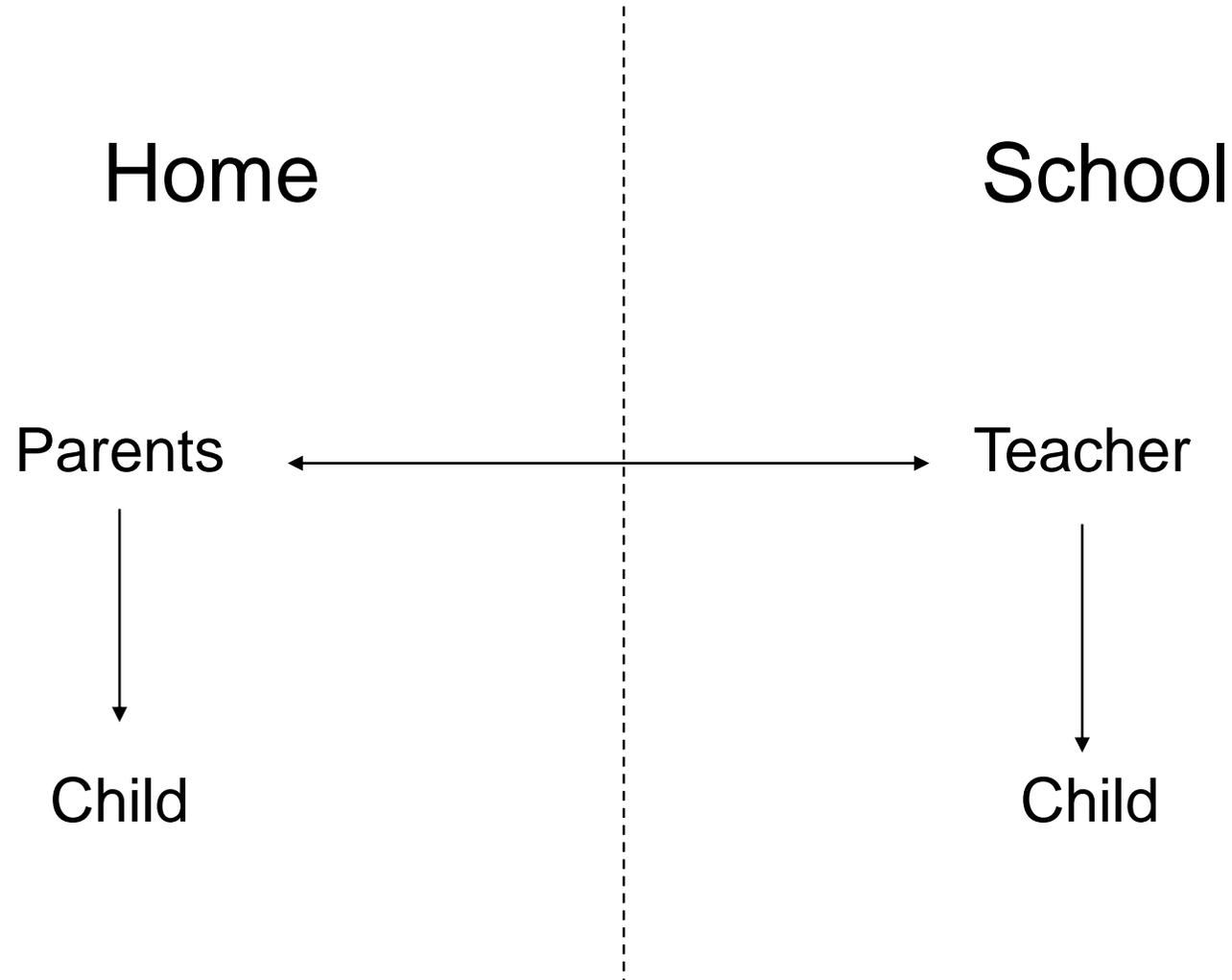
The child-teacher relationship

- Children's academic success
- Enjoyment of school and love of learning
- Self-esteem
- Peer relationships



What can I do as a parent to promote the development of a positive child-teacher relationship?

Key Relationships



Why is the parent-teacher relationship so important?

- **The child-teacher relationship is a direct reflection of the parent-teacher relationship**
 - A teacher that has a positive relationship with you is more likely to be understanding and go out of their way to help your child succeed



Ways to strengthen the parent-teacher relationship

- Be Collaborative
 - Non-defensive
 - Communicative
 - Open
 - Be on the same team
- Communication
 - Daily Report Card or Home-School Note
 - Parent Teacher Conferences
- Effective collaboration can influence the student-teacher relationship



Daily Report Card



- Teacher evaluates child on one or more target behaviors
 - Teacher rates child behavior one or more times per day
 - Rating scale typically ranges from 0 = needs improvement, to 3 = great job!
- Parents set goals for child performance
- Parents provide reinforcement based on child achieving identified goals
- The Daily Report Card should come home each day and can be integrated with your Token Economy System

Sample Daily Report Card

Jimmy's School-Home Note

1. Completed seatwork:

100% (3), 85% (2), 70% (1), Less than 70% (0)

2. Followed teacher instructions:

Excellent (3), Very Good (2), Good (1), Not done (0)

3. Wrote homework in assignment book:

100% (3), 85% (2), 75% (1), Less than 50% (0)

Teacher initials:_____ Total Points:_____

Comments:_____

Parent initials:_____

Comments:_____

Questions?

