



BEHAVIORAL THERAPY FOR CHILDREN WITH ADHD

Behavioral therapy and environmental changes that can be used by parents or teachers to shape the behavior of children with ADHD include :

- Maintaining a daily schedule
- Keeping distractions to a minimum
- Providing specific and logical places for the child to keep his schoolwork, toys, and clothes
- Setting small, reachable goals (see Target Goals below)
- Rewarding positive behavior (eg, with a "token economy")
- Identifying unintentional reinforcement of negative behaviors
- Using charts and checklists to help the child stay "on task"
- Limiting choices
- Finding activities in which the child can be successful (eg, hobbies, sports)
- Using calm discipline (eg, time out, distraction, removing the child from the situation)

Target Goals:

The management of children with ADHD centers upon the achievement of target outcomes that are realistic, achievable, and measurable. Specific target outcomes may change over the course of treatment and should be determined in collaboration with the parents, child, and school personnel. Between three and six target outcomes are addressed at any given time. Progress can be monitored with a daily report card.

Examples of target outcomes include

- Improved relationships with parents, teachers, siblings, or peers (eg, plays without fighting at recess)
- Improved academic performance (eg, completes academic assignments)
- Improved rule following (eg, does not talk back to the teacher)