

MANAGING STUDENTS WITH OPPOSITIONAL DEFIANT DISORDER

How Do I Care For A Child With Oppositional Defiant Disorder (ODD)?



If your child has Oppositional Defiant Disorder, aside from getting them professional care, you can help them and yourself in the following ways:

- **Build on the positives:** Give your child praise and positive reinforcement when they show flexibility or cooperation.
- **Take a time-out or break when needed:** If you're about to make the conflict with your child worse instead of better, take a break and step away. This also sets a good example for your child. Support your child if they decide to take a break to prevent escalating a negative situation.
- **Be consistent:** Set reasonable, age-appropriate limits with consequences for poor behaviour that can be enforced consistently. Be consistent about rules as well.
- **Take care of yourself:** Maintain interests and hobbies that you enjoy and practise self-care. Try to work with and gain support from the other adults who are interacting with your child.

When should my child see their healthcare provider about Oppositional Defiant Disorder?

If your child has been diagnosed with Oppositional Defiant Disorder, and their behaviour becomes more severe or disrupts family or school life, talk to their mental health provider.

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If your child displays behaviour that harms or endangers others, such as other children or animals, it's important to find them immediate care.

A note from the medical professionals

Children and teens who are defiant or very disruptive can be extremely challenging for parents. While it's normal for young children and teens to show defiant behaviour from time to time, frequent and disruptive behaviour may indicate Oppositional Defiant Disorder (ODD).

Starting treatment early for ODD is important, and the first step to treatment is to talk with a healthcare provider or a mental health provider. Don't be afraid to ask your healthcare provider questions. They're available to help.



Adapted by Get into Neurodiversity for a global audience.

Source: Cleveland Clinic, a non-profit multispecialty academic medical centre that integrates clinical and hospital care with research and education US.