

Caring for Your Child
Treating ADHD with Behavior Management: Finding a Provider

What is Behavior Management?

- Behavior Management involves making plans to improve desired behaviors.
- Plans include organizing the environment and rewarding desired behaviors. Plans also include ignoring and removing privileges for problem behaviors.
- Behavior Management usually is a successful treatment for ADHD.
- It can be used at home and at school.
- It requires parent/caregiver involvement. It also works better when teachers get involved.

How is Behavior Management different from other approaches?

- Behavior Management can be used with medication or on its own.
- Each child behaves differently. Behavior Management plans are unique for each child.
- Behavior management teaches you to help your child.
- Providers work directly with parents. They may also include your child in treatment. The provider is like a coach to parents.
- Behavior Management includes homework for parents. Parents set up the plans at home and see how their child responds.
- Behavior Management encourages parents and teachers to work together to make plans. A daily report card is one type of plan parents and teachers might use together.

Will my provider use Behavior Management?

- The word “Behavior” is used to label many types of therapy.
- It may not be easy to tell what kind of treatment a provider uses.

These questions may help you decide if a provider uses Behavior Management:

What is your approach to working with children with ADHD?

Most Behavior Management programs work on creating a reward system before working on punishment. A good provider should focus mostly on positive reinforcement.

Do you work mostly with the child? Do you get parents involved?

Providers who work mostly with the child may not be using Behavior Management. For Behavior Management to work, it is very important to involve parents and teachers. However, some children need more time individually. For example, if your child has ADHD and depression, the provider might work with your child alone as well as with you.

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Are you willing to work with my child's school?

The more work with the school the better! Some providers may not involve the school. Others may communicate with the school often. Some providers may be willing to visit the school to observe the child and meet with the teacher.

How much experience do you have with children like mine?

It is good to ask about a provider's experience. Ask about the provider's skills with the specific concerns you have.

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