

# Guiding Families to Thrive: Insights from Behavioral Parent Training Groups

Melody Lavian, Psy.D.  
Senior Child Psychologist



# Learning Objectives

- Key Components of Behavioral Parent Training (BPT)
- Group versus Individual BPT
- BPT Strategies
- Next Steps



# What is Behavioral Parent Training (BPT)?

Behavioral parent training is an effective, evidence-based intervention for managing ADHD and behavioral symptoms in children



# What are the goals of BPT?



- Learn specific parenting strategies and techniques to improve behavior
- Boost child-family relationships and improve child-parent communication
- Create more consistency and structure
- Learn how to use effective commands, reward systems, and consistent consequences, along with other skills

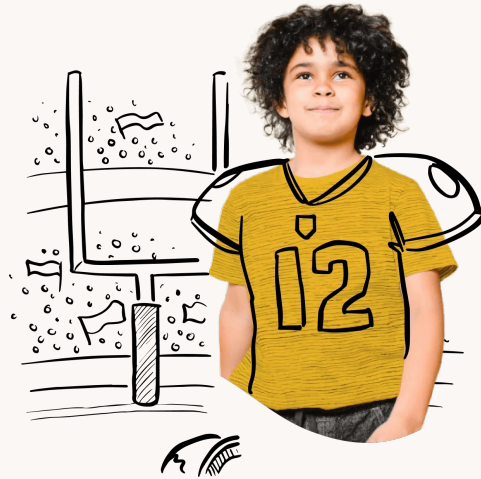
# Group versus Individual BPT

- Both group and individual BPT have been found to help improve challenging and disruptive behavior
- Studies vary on if one method of delivery is more effective than the other
- Group approaches can provide members with a sense of community and normalize their parenting experience
- Individual approaches can be more tailored to the family's unique needs

# How effective is BPT?

- There is a well-established evidence base for the effectiveness of BPT
- Benefits of treatment include:
  - Improving problematic behaviors
  - Reducing parent stress
  - Improving use of positive parenting strategies and feelings of parent-self efficacy
  - Reducing family conflict

# Why do kids with ADHD need different parenting strategies?



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# Superparenting

## Core Challenges:

- Trouble with self-regulation
- Inconsistent behavior
- Different response to consequences



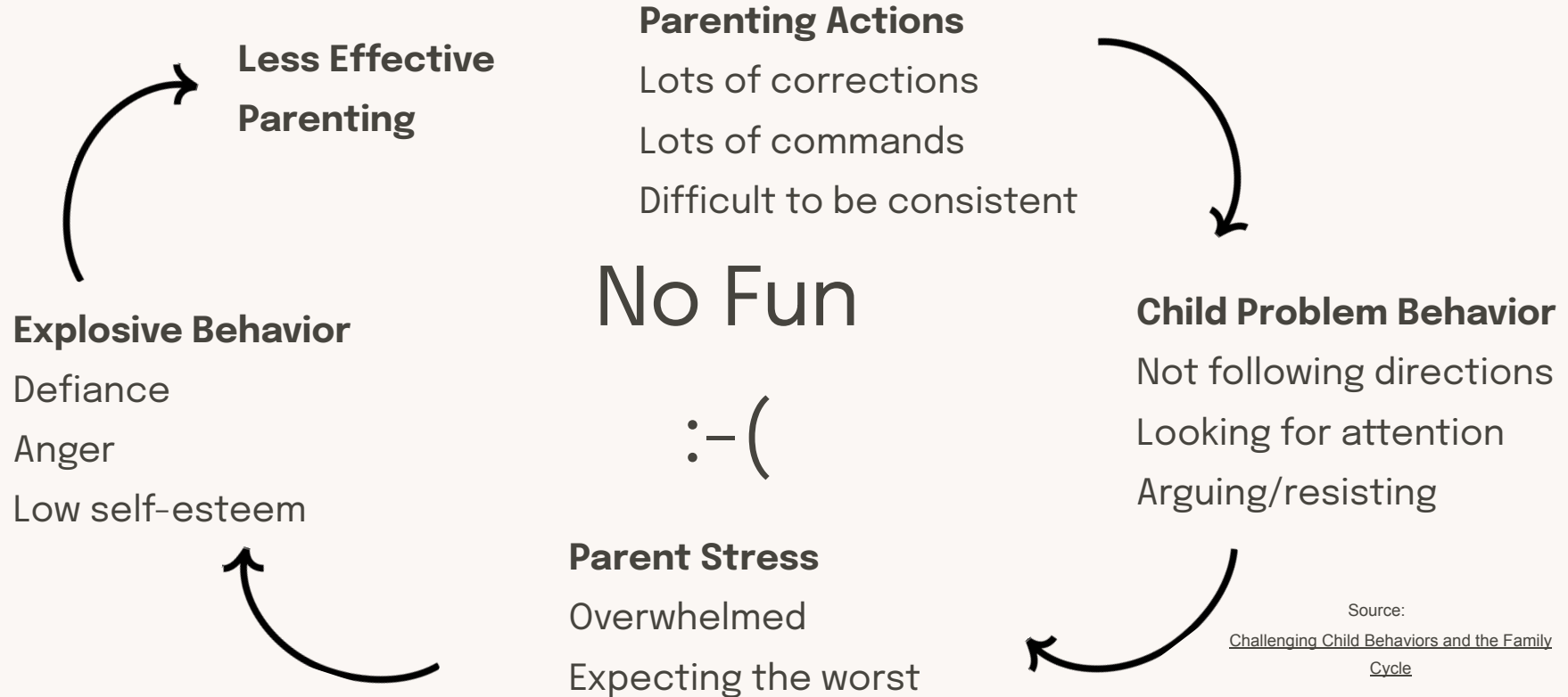
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# Superparenting

## Core Countermeasures:

- Anticipate
- More feedback
- Motivate with rewards

# Parent-Child Interaction Cycle



# Parent-Child Interaction Cycle

## Effective Parenting

Realistic expectations  
Enjoying the relationship

## Parenting Actions

Positive feedback  
Increased structure  
Consistent consequences

## Positive Behavior

Experience success  
Increased self-esteem  
Increased effort  
Respect

Fun :-)!

## Parent Coping

Calm responses  
Less tug-of-war

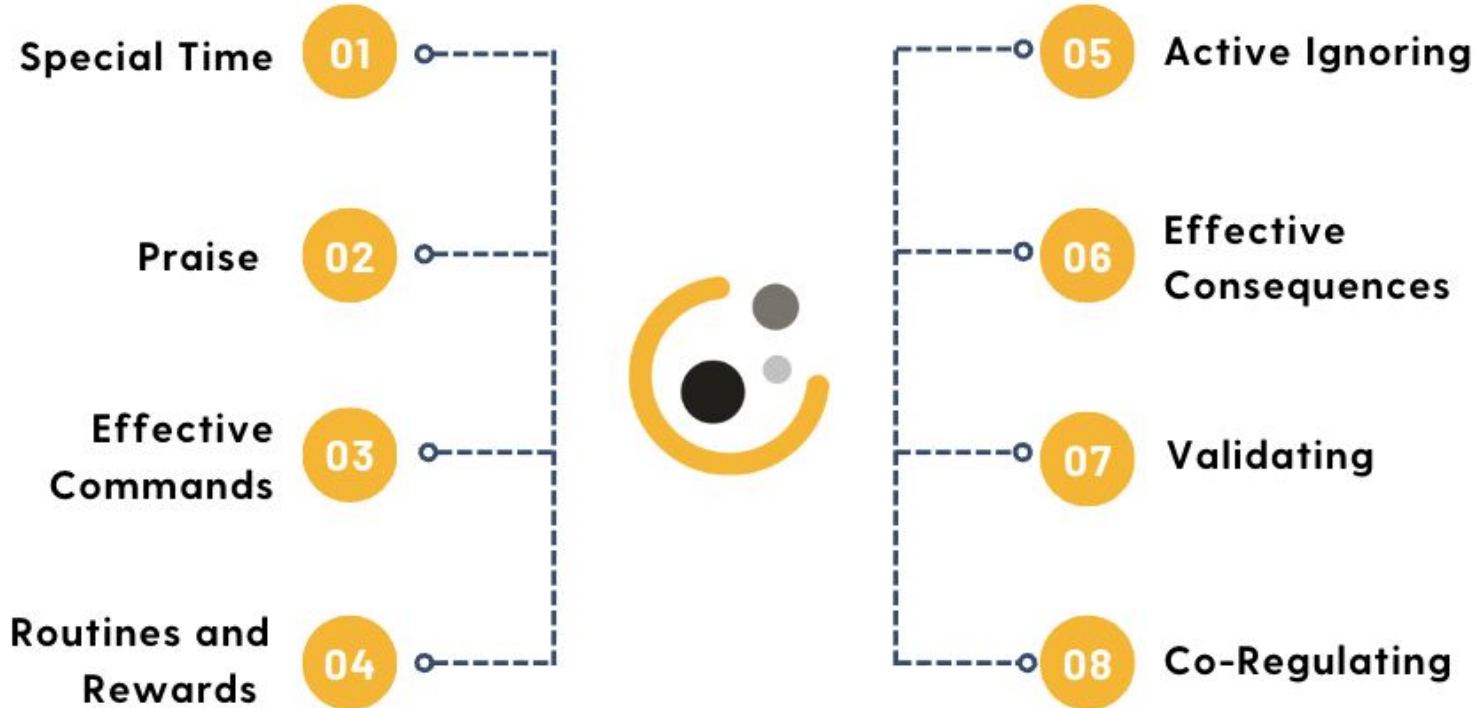
## Child Engagement

Seeks positive attention  
Learns expectations

Source:

Challenging Child Behaviors and the Family  
Cycle

# Clarity's BPT Curriculum



# Let's learn a skill together!



# Special 1:1 Time



# Special Time Skills Practice

Practice Special Time daily  
for 10-15 minutes

*\*If not possible, aim for 5  
minutes*

## Special Time Tips:

Special 1:1 time is a boost of fun parent interaction for your child (like a relationship vitamin).

Create Special 1:1 Time by:

- 1) Letting your child choose the activity
- 2) Focusing 100% of your attention on your child
- 3) Showing enthusiasm
- 4) Scheduling in your calendar/setting reminders/asking a buddy to remind you
- 5) Setting a timer
- 6) Creating a menu of options with your child



# Special Time Activity Ideas

## Younger Children

- LEGO, blocks
- Color/draw
- Craft project
- Play a game the child's way (unless it will become too competitive)
- Play with a pet together
- Build a fort
- Play with dolls, action figures

## Older Children

- Go for a walk
- Drink a cup of tea/hot chocolate
- Talk about a hobby, friends
- Sports (kick a soccer ball, throw a baseball, throw a frisbee)
- Let them teach you about a favorite topic
- Make a favorite treat
- Go on an outing together
- Listen to music

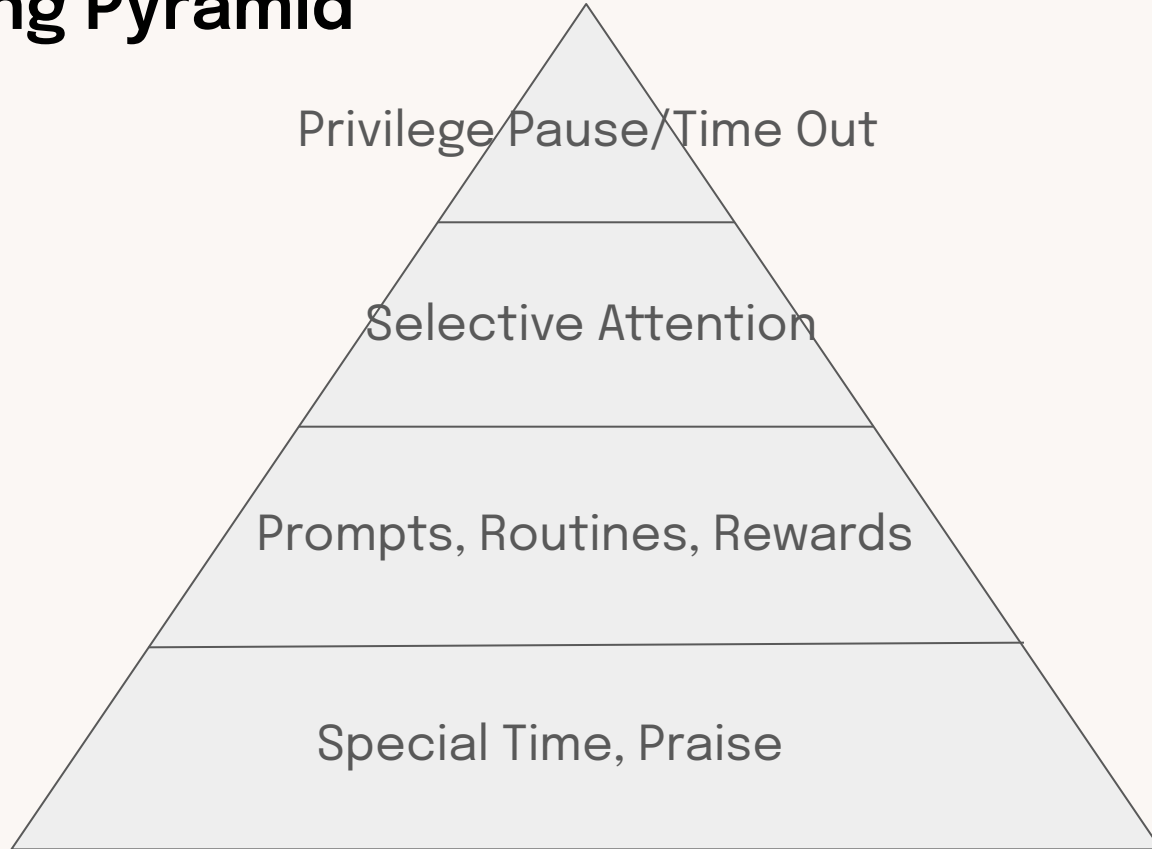


# FAQs

- Does every caregiver need to do special time every day?
- Can screen time be a part of special time?
- What if my child does not want to do special time?
- What if my child does not want special time to end?
- What should I do if my child misbehaves during special time?
- What should I do with my other kids?



# Parenting Pyramid



# Next Steps

- To find an individual provider:
  - APA Psychologist Locator
    - <https://locator.apa.org/>
- To learn more about Clarity Pediatrics and our groups:
  - Clarity Pediatrics Website
    - <https://www.claritypediatrics.com/>



# Resources

- Websites

- Seattle Children's Family Resource Page:  
[www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources/](http://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources/)
- Understood: [Understood.org](http://Understood.org)
- Parents Helping Parents: <https://www.php.com/>

- Books for Caregivers

- Taking Charge of ADHD: The Complete Authoritative Guide for Parents, Revised by Russell Barkley, Ph.D.
- 12 Principles for Raising a Child with ADHD by Russell Barkley, Ph.D.
- Your Defiant Child by Russell Barkley, Ph.D.

# Resources (cont.)

- Books for caregivers:
  - Attention Deficit Disorder: The Unfocused Mind in Children and Adults (2006) by Tom Brown, Ph.D.
  - The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief, M.A.
- Books for children:
  - My Brain Needs Glasses: ADHD Explained to Kids (2017) by Annick Vincent
  - Cory Stories: A Kid's Book About Living with ADHD (2004) by Jeanne Kraus and Whitney Martin

# References

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# Questions?

