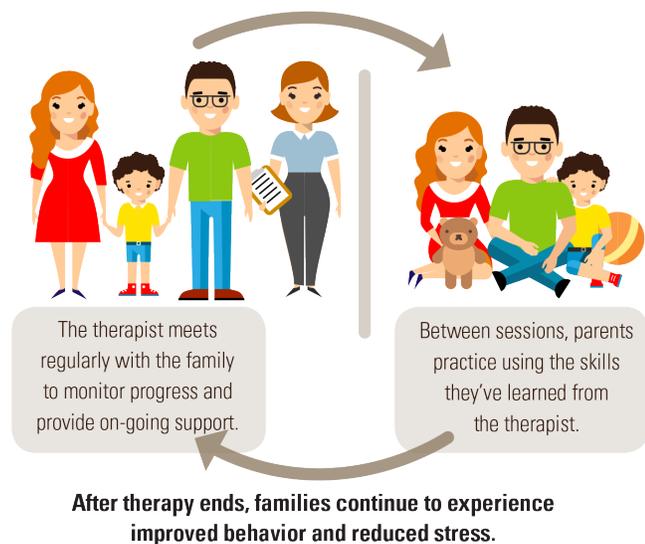




## What can I expect?

Parents typically attend eight or more sessions with a therapist. Sessions may involve groups or individual families. The therapist meets regularly with the family to review their progress, provide support, and adjust strategies as needed to ensure improvement. Parents practice with their child between sessions.



## What if a therapist is trying something different?

Parents have the greatest influence on their young child's behavior. **Only therapy that focuses on training parents is recommended for young children with ADHD because young children are not mature enough to change their own behavior without their parents' help.** Some therapists may use play therapy or talk therapy to treat young children with ADHD. Play therapy provides a way for children to communicate their experiences and feelings through play. Talk therapy uses verbal communication between the child and a therapist to treat mental and emotional disorders. *Neither of these has been proven to improve symptoms in young children with ADHD.*

## What parents learn when trained in behavior therapy



Positive Communication



Positive Reinforcement



Structure and Discipline

Learning and practicing behavior therapy requires time and effort, but it has lasting benefits for the child. Ask your doctor about the benefits of parent training in behavior therapy for young children with ADHD.

For more information, visit [www.cdc.gov/ADHD](http://www.cdc.gov/ADHD) or [help4ADHD.org](http://help4ADHD.org).