



Parent Management Training, Part 1

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Objectives

- Behavior problems in typical development
- When do we intervene on behavior problems?
- Recommendations for “typical” problems
- Parent Management Training
- Questions/Cases



Behavior Problems in Typical Development

- Preschoolers:
 - 80 % engage in tantrums, 10% engage in daily tantrums
 - More than 58% are aggressive
 - Typical preschoolers disobey 25-50% of their parents' commands (Schroeder & Gordon, 2002)
 - 26% of preschoolers engage in destruction of possessions (Achenbach & Edelbrock, 1981)



Do We Intervene?

- Most children will grow out of it
- Some won't outgrow (Lavigne et al., 2001; Briggs-Gowan et al., 2006)
 - Age
 - Number and severity of externalizing behaviors
 - Sleep Problems
- Parental factors should be considered



Temperament and Parenting Style

- “Goodness of Fit” between child’s temperament and parenting style
- Parents who are sensitive to their child’s temperament and willing to adapt will have the best outcomes
- Parental mental health plays a significant role as well

Child Temperament	Parenting Style
Easy Child	Neglectful
Difficult Child	Permissive
Slow to Warm Child	Authoritarian
	Authoritative



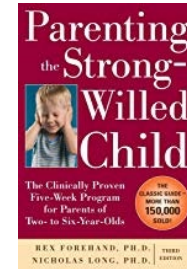
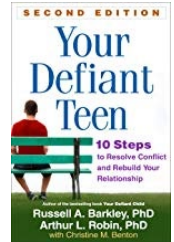
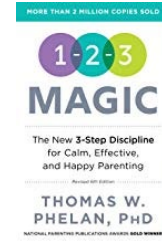
Resources for “Typical” Behavior Problems

Books:

- *1, 2, 3 Magic* by Phelan
- *Parenting the Strong-Willed Child* by Forehand and Long
- *Your Defiant Teen* by Barkley and Robin

CDC Positive Parenting Tips

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>



Parent Management Training

- Positive attention to promote appropriate behaviors
- Consistent use of consequences
- Include coaching parents and evaluating their use of skills
- Treatment length varies based on the program, format and the parents' progress



Evidence-Based Parent Management Training

- Helping the Noncompliant Child
- Defiant Teen
- Parent Management Training Oregon Model (PMTO)
- Parent Child Interaction Therapy (PCIT)
 - <http://www.pcit.org/for-parents.html>



Positive Parenting Program (Triple P)

- Evidence-based
- Online Access
- Two age categories: 0-12 and 10-16
- \$80 for 12-months access



<https://www.triplep-parenting.com>



Questions/Cases

