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

<table>
<thead>
<tr>
<th>Child Temperament</th>
<th>Parenting Style</th>
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<tbody>
<tr>
<td>Easy Child</td>
<td>Neglectful</td>
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<tr>
<td>Difficult Child</td>
<td>Permissive</td>
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<tr>
<td>Slow to Warm Child</td>
<td>Authoritarian</td>
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<td>Authoritative</td>
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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

WHAT I THOUGHT PARENTING WOULD LOOK LIKE...

WHAT IT'S LIKE.

fb/momcabbage