

Coping Mechanisms

There are also things that you, as a parent/carer can do to help your child, such as:

- Make sure that you keep any and all appointments that are made for your child – such as medical appointments, therapist appointments etc
- Take part in any and all family therapy sessions as and when they are needed
- Make sure you know who will be involved in your child's care – for example school support, healthcare providers, social workers, therapists, psychiatrists etc
- Inform other people outside of your family about your child's disorder – tell friends, extended family members, school/college staff – anyone who your child may come into contact with
- Make sure that you reach out for support for yourself too. Looking after a child with any difficulties can be exhausting and really take its toll, so seek out any support that you might need, and accept help when it is offered. Everyone needs a break sometimes, and parenthood is no exception
- Practice self-care – a bubble bath, a walk, take up a hobby – anything that you enjoy doing, make sure you take the time to do

Oppositional Defiant Disorder Information



The Lotus Mental Health

www.thelotusmentalhealth.org

What is Oppositional Defiant Disorder?

Oppositional defiant disorder (ODD) is a behaviour disorder that is mostly diagnosed in childhood. Those with ODD tend to be defiant, unwilling to co-operate, hostile towards others – especially authority figures and their behaviours have more of an affect on those around them, than towards themselves.

Signs and Symptoms

- Having frequent temper tantrums
- Very argumentative – especially with parents/carers/teachers etc
- Refuse to do what they are asked – mainly by parents/carers or other authority figures such as teachers
- Frequently question rules – why they are there, what's the point in them etc
- A refusal to follow the rules they are given
- Purposefully do things that cause annoyance, distress, or upset towards others
- Have a tendency to blame others for their negative behaviours or mistakes made
- Get easily annoyed or 'wound up' by others
- Often described as 'angry' or as having a 'bad attitude'
- Being unkind and saying unkind things to others
- Enjoy seeking out revenge for any perceived wrongdoings
- Have a tendency to be vindictive towards others

Coping Mechanisms

If your child is struggling with ODD there are things that you can do to help them, they are:

- Give clear and understandable directions/instructions for them to follow, and put appropriate consequences in place if they are ignored
- Praise good behaviours
- Show unconditional love at all times
- Show acceptance of your child
- Don't be hard on yourself – you are doing the best that you can
- Show your child the type of person you want them to be, by acting the way you want them to act too
- Pick your battles – anything can turn into a battle ground, so choose what you want to go to battle over, carefully
- Set limits for your child to follow – and have consistent consequences if they don't do as they are asked
- Set up daily routines – agreed on by yourself and your child and stick to them as best you can
- Involve your child in decision making such as routines, bedtimes, punishments etc
- Give your child chores, that they alone are responsible for
- Always be prepared to face challenges – expected and unexpected, and pre-decide how you will deal with them
- Expect behaviours to worsen when you first start to introduce routines or changes to their schedules, and be prepared to deal with them appropriately