

UNLOCK

WIZARD



OPPOSITIONAL DEFIANT DISORDER (ODD)

Its time we take mental health seriously

**CCI
Special**

*The attention & environment you
provide shapes your child's brain
development for life*

**#28
ENGAGE
Series**

Child related disorders are common yet unknown to many. Mental illness can affect anyone. It does not look at the age, gender or social status before entering into your life.

Many times, parents and teachers have complaints related to a child's behaviour. We all label the child's behaviour with reasons like lack of attention, lack of interest, hopelessness etc without understating that there could be a psychological cause to all this.

Oppositional Defiant Disorder is one such mental disorder which is mainly found in children. It's time we start understanding the importance of mental illness and create awareness. This will help us to reach out for help before it's too late.

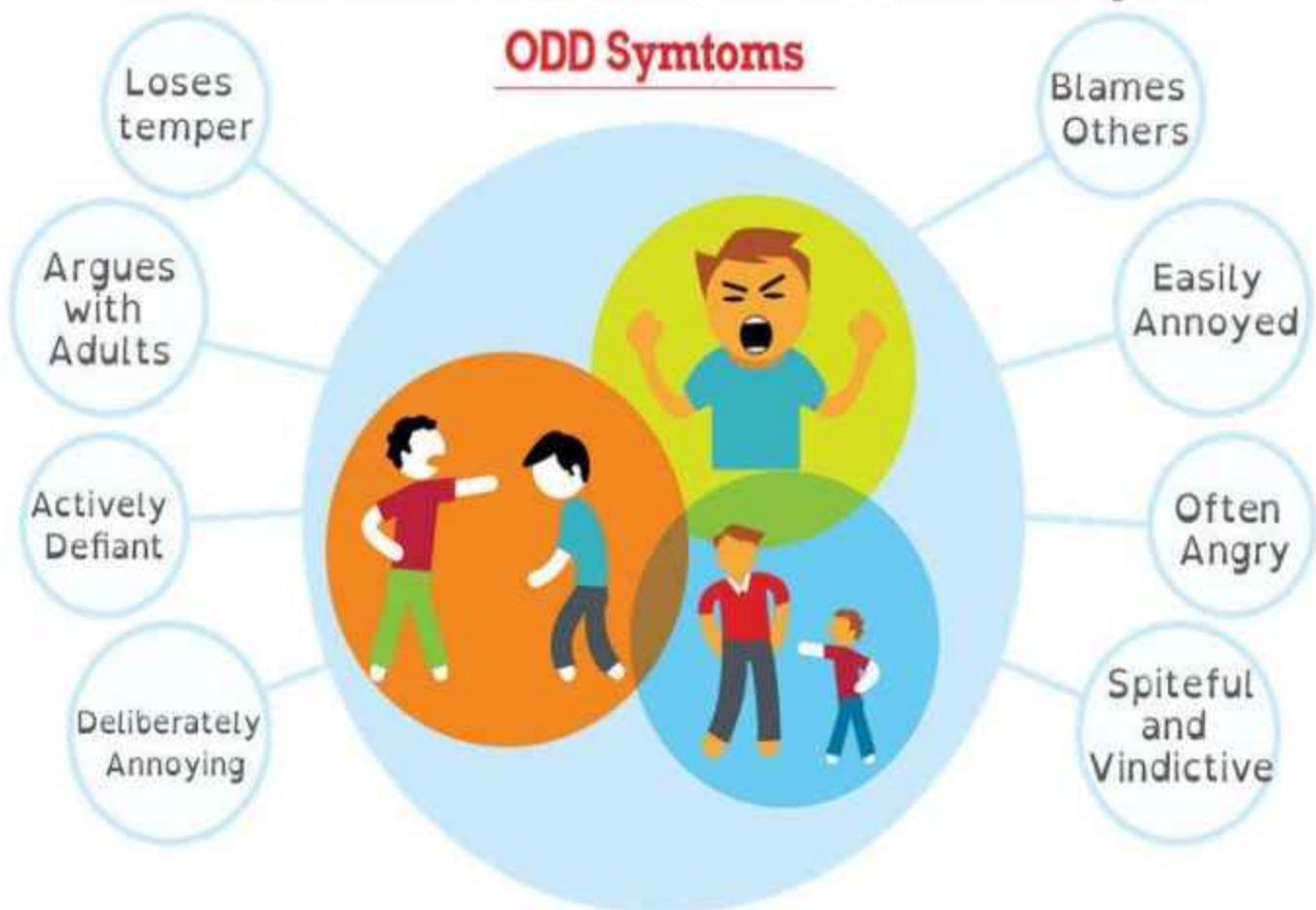
DB YaR Forum suggests the following ways to prevent, reduce and understand about ODD. In severe cases please don't hesitate to reach out for professional help

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OPPOSITIONAL DEFIANT DISORDER(ODD)

Oppositional defiant disorder (ODD) is a behavioral disorder characterized by a ongoing pattern of defiant, disobedient, and hostile behavior beginning in childhood or adolescence. It is part of a group of disruptive behavior disorders that also includes attention deficit hyperactivity disorder (ADHD) and conduct disorder. Of these three, ODD is seen as the most gentle.

ODD Symtoms



CAUSES

No known biological basis for ODD exists.

Risk Factors:

- Parental rejection
- Inconsistent, unsupervised child rearing.
- Inconsistent or punitive discipline or limit setting
- Parental modeling of defiant interactions with others
- Family conflict
- Marital discord between the child's parent
- Disrupted child care with a succession of different caregivers.

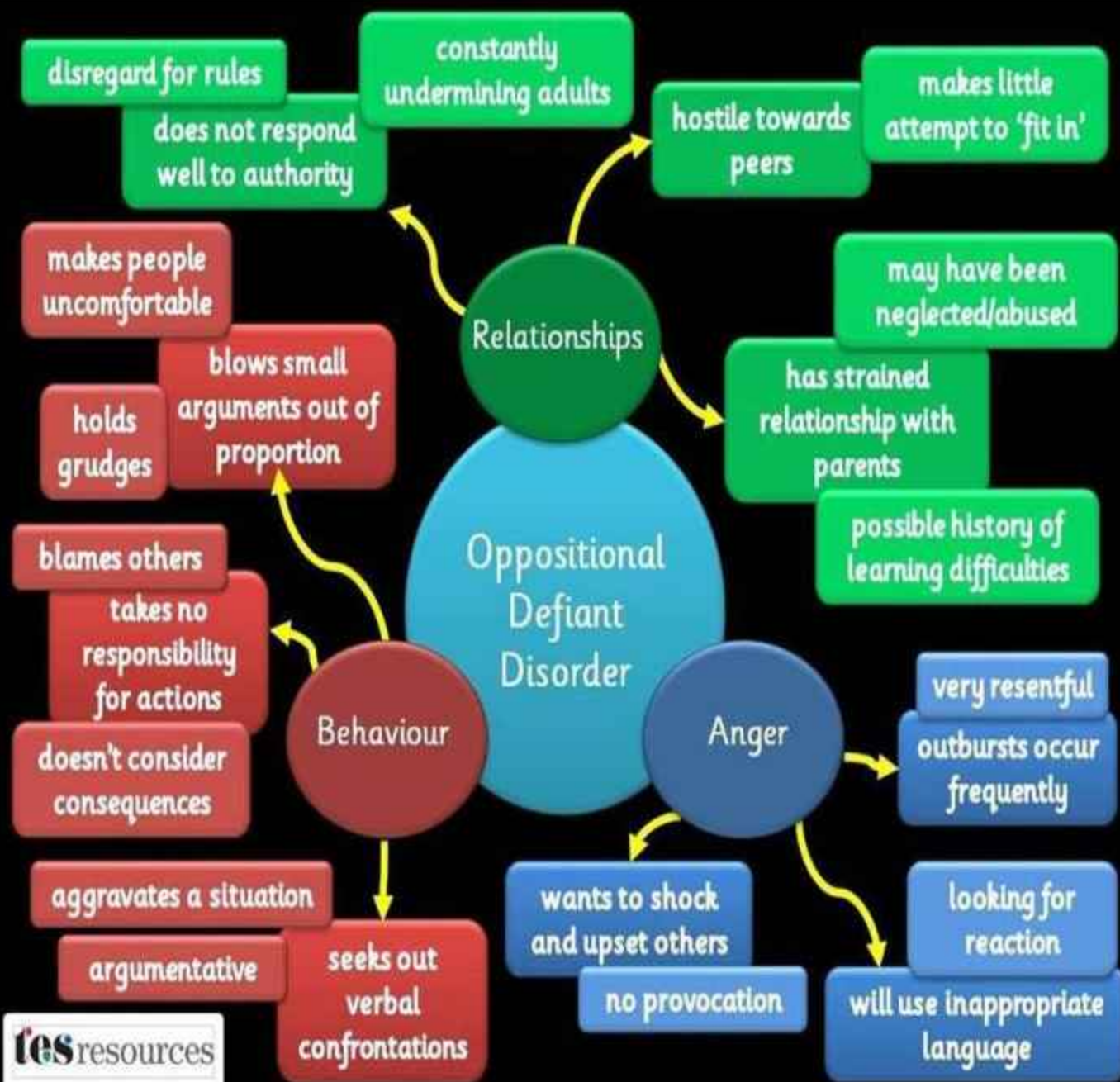
www.drjayeshpatidar.blogspot.in



Children with ODD:

- Have extreme difficulty complying with the limits set by others
- Are frequently argumentative and angry
- Have difficulty controlling their temper
- Display angry and vindictive behaviors
- Have negative behaviors that are usually directed at someone else (most often an authority figure)
- Do NOT display behaviors that suggest major anti-social violations





The Ultimate List

STRATEGIES FOR OPPOSITIONAL KIDS & YOUNG ADULTS



PROACTIVE STRATEGIES

- Build a relationship.
- Start fresh each day.
- Explicitly discuss expectations.
- Develop routines.
- Teach social skills.
- Use student interests.
- Teach coping skills.
- Identify triggers.
- Be consistent.
- Integrate SEL strategies.

IN THE MOMENT STRATEGIES

- Stay calm.
- Use de-escalation strategies.
- Help the child regulate their emotions.
- Use planned ignoring.
- Don't take it personally.
- Give space.
- Be clear and concise with expectations.

POST-PROBLEM STRATEGIES

- Make sure the child is calm.
- Reflect and problem-solve.
- Make a plan together.
- Give strategies time to work.
- Apologize when you mess up.
- Forgive and move on.
- Don't give up.

www.thepathway2success.com

Strategies for Oppositional Kids



www.thepathway2success.com



Build a strong relationship



Start fresh every day



Stay calm in times of stress



Develop routines (and teach them)



Identify triggers ahead of time



Keep all adults on the same page



Avoid power struggles



Give special responsibilities



Be consistent



Let the little things go



Use their interests in lessons



Teach social skills & coping strategies

PARENT TRAINING

A health provider in ODD will help you develop skills that will allow a parent to interact with a child in a way that's more positive and less frustrating for both.



RECOGNIZE AND PRAISE
POSITIVE BEHAVIORS



AVOID POWER
STRUGGLES



SET LIMITS
AND ENFORCE
CONSEQUENCES



SET UP
A ROUTINE



ENSURE CONSISTENT
AND APPROPRIATE
DISCIPLINE PROCEDURES



LEARN WAYS
TO CALM YOURSELF



TAKE TIME
FOR YOURSELF



BE FORGIVING





- 8 Discipline Rules for Parents of Children with Oppositional Defiant Disorder



- What is oppositional defiant disorder?



- FAQ on ODD

<https://familydoctor.org/condition/oppositional-defiant-disorder/>



TO SEARCH ON THE WEB

1. What is Oppositional Defiant Disorder?
2. How is ODD different from conduct disorder?
3. What are the risk factors for ODD?
4. What is the prevalence of ODD?
5. How to handle ODD children at home?

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco



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