



Oppositional Defiant Disorder(ODD) – PARENTS GUIDE

WHAT IS ODD?

Oppositional Defiant Disorder (ODD) is characterized by a pattern of uncooperative, defiant, and hostile behaviour toward authority figures such as parents, teachers, peers and other figures of authority

WHAT DOES ODD LOOK LIKE?

- Frequent temper tantrums, easily annoyed, often angry and has difficulty managing their anger. Can be resentful
- Often argues with authority figures, actively defies or refuses to comply with rules, deliberately annoys others
- Spiteful or vindictive behaviour, holds grudges
- Often blames others for their own mistakes or misbehaviour
- Easily irritated by others
- Consistently disobeys rules and requests. Refuses to comply with instructions

RECOGNISING ODD

Sometimes it can be difficult to recognise the difference between a strong willed or emotional child and one with ODD. It is normal to exhibit oppositional behaviour at certain stages of a child's development.

For a child with ODD there would be significant impact with family, social activities, school and work.

IMPACT OF ODD?

ODD can lead to problems such as :

Poor school and work performance.

Anti-social behaviour and difficulties maintaining friendships

Impulse control problems

Substance use disorder

Depression, anxiety and even suicide

WAYS TO SUPPORT

Parents play a key role in supporting children with ODD. Positive feedback, given in the form of praise or compliments can be effective. When using this strategy ensure you make it clear what the praise is being given for so that the child makes clear links between the action and the praise/reward.

Try to talk about what is happening for the child. Use phrases such as "I notice there is a lot of shouting happening", "I think something is upsetting you", "I feel worried that you are not happy", "I need you to know that you can talk to me about what is going on"

Make it clear that it is the behaviour that is the problem and not them or their feelings. Explain why the behaviour is not ok and that whilst it is ok to feel angry, it is not ok to hurt others, shout at you etc. Set clear and consistent rules and help them understand consequences, use a reward system for compliance.

Try to understand things from their perspective and stay calm when talking to them. Reassure them that you want to help and make them feel happier.

Support them in finding strategies that help them calm down and to recognise when they are feeling overwhelmed.

Remain calm, use positive reinforcement and avoid power struggles by providing choices.

Encourage taking responsibility, discuss the impact of their actions on others, use role-playing to teach empathy

Teach forgiveness and letting go, encourage positive social interactions, reinforce positive behaviours

OTHER RESOURCES

<https://www.mayoclinic.org/diseases-conditions/oppositional-defiant-disorder/symptoms-causes/syc-20375831>

<https://www.psychologytoday.com/gb/conditions/oppositional-defiant-disorder>

https://r.search.yahoo.com/_ylt=AwrkPO7rdX5nsEQIVjJ3Bwx.;_ylu=Y29sbwMEcG9zAzQEdnRpZAMEc2VjA3Ny/RV=2/RE=1736369771/RO=10/RU=https%3a%2f%2fput.nhs.uk%2fmedia%2ftddmqp%2fodd-information-leaflet-for-parents.pdf/RK=2/RS=SeLqXWFCwsOzGb12dbXjj4_LQA-