

Behavior therapy for young children with ADHD

Steps by healthcare providers



1 Assess with Intention

Evaluate the child using clinical guidelines



2 Talk, Teach and Empower

Explain ADHD and behavior therapy benefits to parents or caregivers



3 Connect Parents with Experts

Refer to qualified behavior therapists before considering medication



4 Track Progress, Celebrate Wins

Follow up during and after therapy to ensure strategies are working

What parents can expect in behavior therapy

1 Learn Practical Skills

- Understand strategies to improve your child's behavior
- Focus on routines, reinforcement, and parent-child interactions

2 Attend Multiple Sessions

- Typically, 8+ sessions, individually or in groups
- Consistency is key to lasting results

3 Practice at Home

- Apply strategies between sessions
- Track progress and note challenges

4 Receive Ongoing Support

- Therapist checks progress regularly and adjusts strategies as needed

5 Experience Long-Term Benefits

- Better behavior at home, and in school
- Reduced stress and stronger parent-child bonds