

Recipes for Success: Oppositional Defiant Disorder

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Grade Level: Early Childhood, Elementary, Middle School, High School, Special Ed, Administration, Adult

Description:

This installment of “Recipes for Success” discusses ODD – Oppositional Defiant Disorder. Tips are offered for stopping and avoiding tantrums and dealing with anger and moodiness. Learn about the three discipline traps to avoid and how to generally help your child or student with ODD. The Recipes for Success series is an informative resource for parents and educators in helping children succeed. The articles offer small tips that pack a powerful punch in various frustrating situations. This series covers a number of social-emotional and learning-related topics, including bullying, ADHD and executive function disorder, oppositional defiant disorder, friendship, dyslexia and learning disabilities, life skills and self-esteem, and sensory processing disorder. Each category offers helpful, tried and true advice for helping children overcome their unique challenges. The information is given over in a clear, easy to read format, and employs acronyms to aid in retention. Focus on one tip each day or select a particular chapter based on your child’s/student’s current needs. To view all of the materials in the Recipes for Success series, search for Recipes for Success.

What to download

- Download the print-ready PDF file (includes lesson plan/instructions).

Goals/Objectives:

Teachers and parents will read the tips about oppositional defiant disorder and educate themselves about this topic. Teachers and parents will help children apply these tips to enable them to succeed.

Instructions:

1. Read through the article.
2. If you have concerns about a particular child, discuss them with another competent individual.
3. Implement the techniques mentioned in the article.
4. When appropriate, distribute the article to parents or other teachers who may benefit from it.

Additional Tips:

- Principals may choose to present one tip a day to their teachers and cover all of the topics over the course of the year.
- These tips may be a useful addition to a school newsletter.

- Printing Tip: These pages are sized as 8"x12"; set your printer to "fit to printable area" so that it will print properly on 8 ½ " x11" paper.



ODD



Can't stop your child's constant tantrums? Try the following three-step solution to **END** the explosions:

E: EMPATHY. Ask questions about what is making your child so unhappy. Then attempt to look at the problem through his eyes.

N: NOTE THE PROBLEM IN YOUR OWN WORDS. Verbalize the problem out loud, so that your child hears your empathy. Begin with something such as, "Your concern is..." or "You are frustrated about..."

D: DRAW CONCLUSIONS TOGETHER. With your child, see if you can come up with solutions. Brainstorm realistic and mutually satisfactory ends to the problem. Just having the discussion will calm him down.



Three Discipline Traps to Avoid

DON'T	DO
GIVE IN	<p>CREATE RULES YOU CAN FOLLOW.</p> <p>If you know that shopping will be easier if your children can choose a snack when they are in the store, let them know in advance your budget for the snack. This way, you are not creating a rule that you will later break. Otherwise, your children will assume that all of your rules are as flexible.</p>
TALK ON AND ON	<p>KEEP YOUR INSTRUCTIONS SHORT AND SWEET.</p> <p>“Remember to say thank you,” “wash your hands after the bathroom,” and “All homework should be done at your desk in your room” are simple rules. Children will respond to those statements much more readily than a long lecture.</p>
LOSE IT	<p>ADULT “TIME OUTS.”</p> <p>We all know that time outs give children the opportunity to collect themselves and relax. Well, children aren’t the only people who need time-outs. Allow yourself to walk away from the difficult situation (as long as it is a safe setting). Take a deep breath, count to ten, and then you will be much more effective at disciplining your child.</p>



If you are struggling with a child who has frequent temper tantrums or who possibly might have **Oppositional Defiant Disorder** (ODD), consider the following tips:

RECOGNIZE THE POSITIVES. Give your child praise when he shows flexibility or cooperation.

ENFORCE CONSEQUENCES. Set age-appropriate rules and consequences, but be sure to enforce those consequences if the rules are broken. However, think carefully about the policies you will set – if you have unrealistic expectations – you are going to end up in a constant state of war.

LET YOURSELF TAKE A BREAK. Both you and your child might need time outs when things get heated. Show your child that you are able to restrain yourself by taking a time out in your own room when you feel out of control.

ACCEPT YOUR BATTLES. Since the child with ODD has trouble avoiding power struggles, prioritize the things you want your child to do.

EXPLORE SOCIAL SKILLS TRAINING. Working with children with ODD in order to increase flexibility and lengthen frustration tolerance can significantly help explosive children.



Sometimes children act out in situations that are embarrassing and uncomfortable. If your daughter starts throwing a fit in the supermarket, here are some suggestions to **END** that behavior:

E: EXPLORE CAUSES. Children will often lose control over their emotions if they are tired or hungry. Perhaps, switch the time you take your daughter to the supermarket or be sure to feed her a snack before you leave the house. This can reduce the occurrences of tantrums.

N: NO GIVING IN. If you originally said “no” to buying chocolate chip cookies and then threw them in your cart when your daughter started screaming, you are teaching her that if she screams she gets what she wants. Instead, if you say “no,” stick to it. Expect to feel embarrassed in the supermarket for a few trips, but eventually your daughter will learn that screaming gets her nowhere.

D: DON'T SET OFF TRIGGERS. If you know that your daughter always melts down when you go through the snack aisle, don't go through the snack aisle. If you need something from that section, consider going to the supermarket when your daughter is not with you.



Occasional fits involving homework are normal, but if they are occurring on a weekly basis, consider taking the following steps:

ESTABLISH A ROUTINE. Set aside a regular time and place where your daughter can do her homework. This will ensure that she feels in control and will give her more confidence when approaching her homework tasks.

SLEEP, SLEEP, SLEEP. For preschoolers and elementary school children, sleep is an essential part of the puzzle. Children who are rested are better able to handle obstacles with poise.

TESTING. If you notice a discrepancy between your child's potential and her performance, consider getting an academic evaluation. There might be something larger, such as a learning disability, at work.



Just because anger is a normal emotion, it does not mean you have to express it in a destructive manner. Below are some tips on how to control your anger, **RELAX**, and turn it into something positive:

R: REDIRECT ANGER: It's possible to get angry at a parent or sibling because of another issue that occurred earlier in the day with friend or teacher. It often helps to take a step back and ask yourself, "Why am I really angry?" Then, you can redirect your feelings towards the appropriate source.

E: ENGAGE OTHERS IN CONVERSATION: Calmly speaking to others is a great way to work through your anger. When not in the heat of the moment, it might help to talk to your friends about what is frustrating you. Also, consider whether your parents would be receptive to speaking with you. If so, ask them when a good time to sit down and talk would be. Setting aside time for your relationship will strengthen your ties with your parents and ultimately smooth out the bumps in your relationship.

L: LEARN PERSPECTIVE: Separate the true grievances from the petty annoyances. Take a moment to think about whether what's angering you is truly terrible or whether it is simply a passing irritation. This will give you the ability to better deal with the "big" stuff when it comes along.

A: AVOID TRIGGERS: Everyone has pet peeves, or actions that make them particularly frustrated. If you know that it bothers you when your sister constantly asks you to borrow your shirt, prepare yourself before you interact with her. Rehearse your answer (whether you decide to say "yes" or "no") in order to calmly be able to handle the situation.

X: EXACT TIME MANAGEMENT: Stress definitely contributes to anger. When you are in a rush, you feel like your friends, parents, or siblings are slowing you down and you just have to get away from them. A great way to avoid these feelings is to manage your time effectively. Try not to leave big assignments or studying to the night before they are due. Being sleep-deprived will only make you more likely to snap at those around you.



*I*f your child seems very moody, here are some tips to help you cope with the moodiness:

LOOK FOR PATTERNS. If your daughter always has tantrums after she does an afterschool activity, consider not signing up for the following semester. Maybe the day is just too long. Alternatively, consider picking her up and going for a quiet walk or a drive so that she can have some down time without needing to “perform.”

KEEP YOUR COOL. As difficult as this can be, maintain your calm so that she knows that her behavior does not get to you. Your anger or desperation will only make her tantrums worse.

DISCUSS OTHER OPTIONS. While your daughter is calm, talk to her about running around or riding her bike when she feels her anger rising. Other options for blowing off steam are: talking about her feelings, taking some quiet time for herself, counting to ten, or taking deep breaths.

SET CONSEQUENCES AND FOLLOW THROUGH. Chances are, tantrums will still occur. Depending on the severity and disruption of those tantrums, set appropriate consequences. However, if you set consequences for her tantrums, you must follow through with those consequences. For instance, if she always gets a Shabbat treat on Fridays, do not threaten that she will lose it unless you plan on withholding it. Otherwise, she will believe that her actions are acceptable and your words have no meaning.

