

MYTH: "Children with ADHD just need more discipline"

When children with ADHD break the rules, it is usually a matter of forgetting rules, not appreciating them, or impulsively neglecting them in the heat of the moment.



Children with ADHD who also show oppositional or conduct disorder do need better discipline – but not more, or harsher, punishment.

Behavioral interventions decrease disruptiveness, aggression and disobedience, reduce parental stress and improve the parent-child relationship.



Training for parents: Learning to pay attention to their child's positive behavior, ignoring minor misbehavior, and providing consistent disciplinary consequences for major misbehavior.

Children with ADHD need effective (not harsh) discipline, but Improving discipline does not alter the core problems of inattention and impulsiveness.



Find out more at ADHDAwarenessMonth.org

Information adapted from "Children With ADHD Just Need More Discipline" by Eric Taylor, PhD