A 1993 study by Anastopoulous, Shelton, Dupaul, and Guevremont examined the changes in behavior functioning resulting from participation in a behavioral parent training (BPT) program specifically designed for school-aged children with ADHD. Parents subjects who completed the nine-session Behavioral Parent Training (BPT) program showed significant post-treatment gains in child functioning, which were shown to maintained 2 months after treatment. While Behavioral parent training methods show effectiveness in treating and managing child behaviors, they also show added benefits for parents.

Behavioral Parent training has shown to have the added benefit of treating symptoms comorbid with ADHD as well. Often time’s children with ADHD have oppositional issues because they cannot manage their hyperactivity in demand with their parent’s needs. Behavioral Parent Training may help parents who are left feeling stressed and unable to manage these behaviors. A Behavioral Parent training program employed by Drew Erhardt and Bruce L. Baker in 1989 was evaluated to address whether parents will develop and implement behavior management programs that reduce problem behaviors in their children, if the positive effects of training generalize beyond specifically targeted behavior problems, and whether parents report improved confidence in their child management abilities as a result of their participation. Following the training, the parents not only saw perceived improvements in their child’s behavior, but also reported improvements in maternal knowledge of behavior modification techniques, increased confidence in their ability to manage their child’s behavior, and a more appreciative view of their child’s positive qualities!

Here at our lab, we created a behavioral parenting training manual for you to read and try at home!