

Chesapeake Bay Academy  
**4th Annual ADHD Symposium**  
Saturday, March 24, 2018

Parents/Families/Caregivers Track  
10:45 - 11:30 am

# How to Train Parents to Train Kids



Learning and Using Proven, Science-Based Strategies  
to Eliminate a Child's Most Challenging Behaviors

Learning and Using Proven, Science-Based Strategies  
to Eliminate a Child's Most Challenging Behaviors

Chesapeake Bay Academy  
**4th Annual ADHD Symposium**

Saturday, March 24, 2018

Parents/Families/Caregivers Track

10:45 - 11:30 am

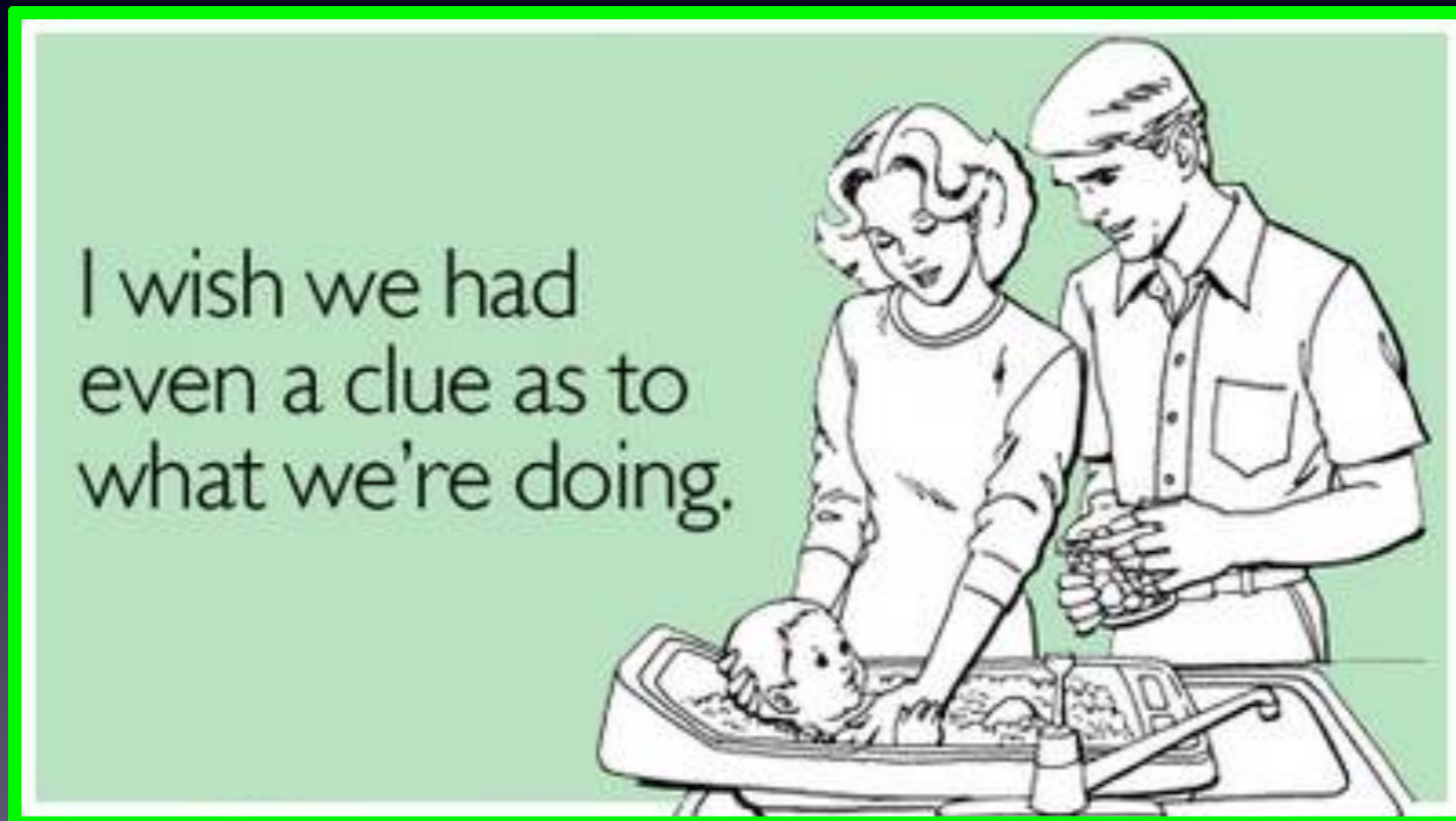
You're making it difficult  
for me to be the parent I  
always imagined I would  
be.



Unpublished Work © 2018 Peter Dozier

Chesapeake Bay Academy  
**4th Annual ADHD Symposium**  
Saturday, March 24, 2018

Parents/Families/Caregivers Track  
10:45 - 11:30 am



Unpublished Work © 2018 Peter Dozier

# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

## Objectives

- ✓ Does your child frequently refuse even the most simple adult requests?
- ✓ Is your child earning straight A's in argumentativeness, negativity, hostility, inflexibility and entitlement?

# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

## Objectives

- ✓ Does your child frequently refuse even the most simple adult requests?
- ✓ Is your child earning straight A's in argumentativeness, negativity, hostility, inflexibility and entitlement?

Oppositional Defiant Disorder (ODD) symptoms in 40% of children with ADHD

There is no medication for ODD

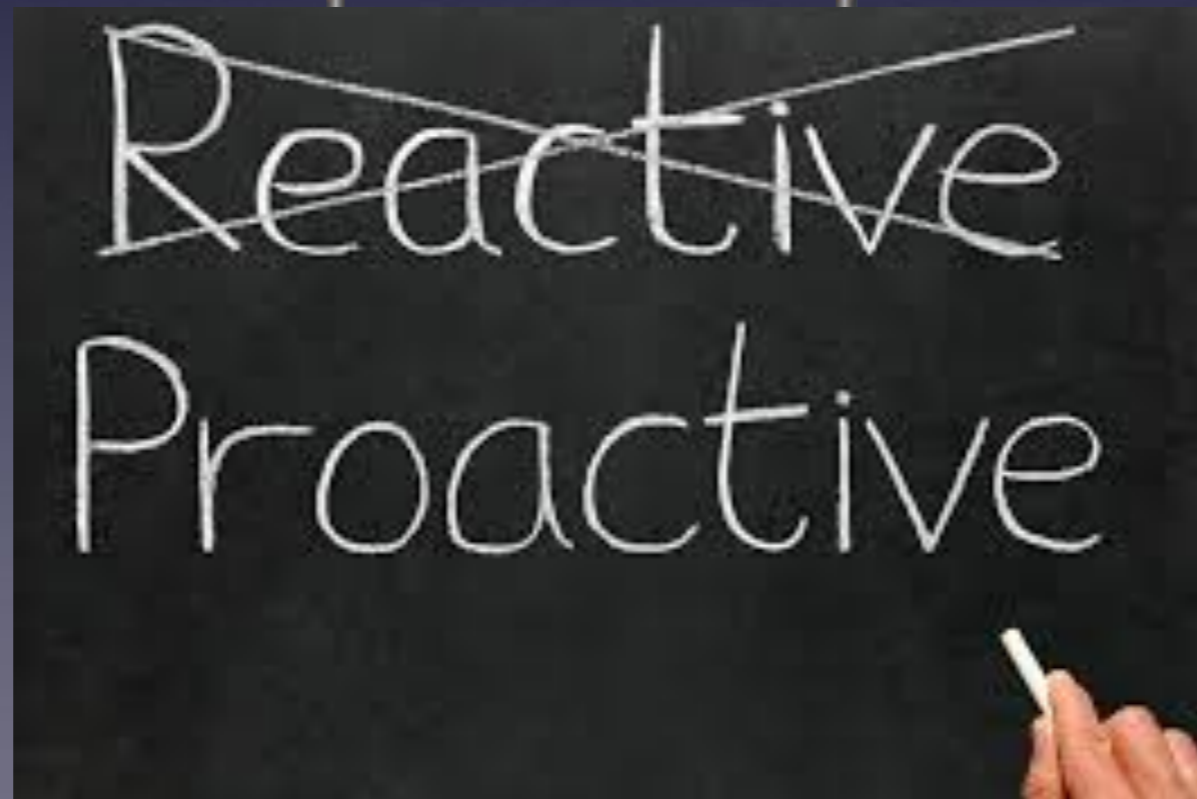
Will review proven behavioral techniques which rapidly reduce these challenging behaviors



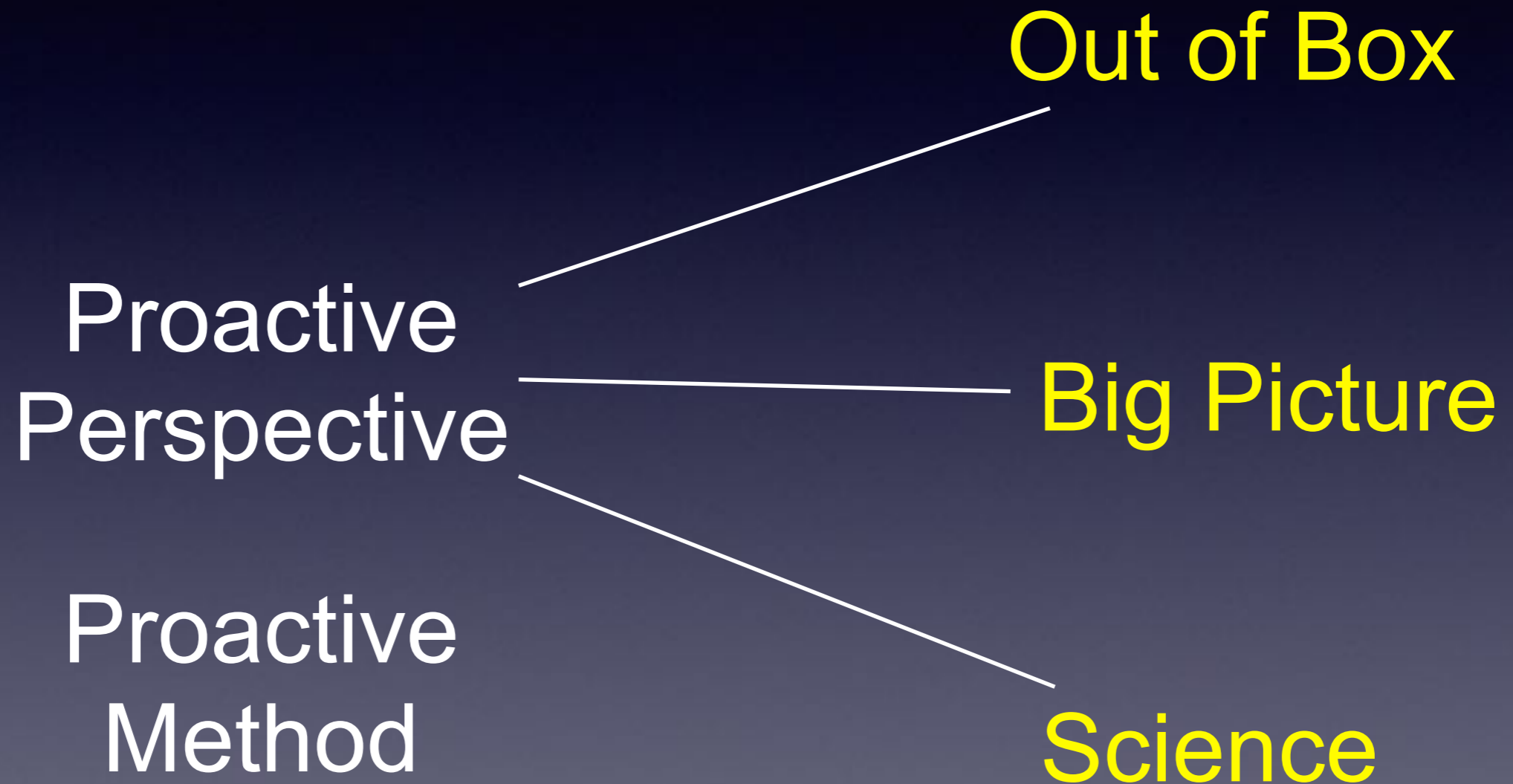
# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors



# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors



# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors





Learning and Using Proven, Science-Based Strategies  
to Eliminate a Child's Most Challenging Behaviors

# Proactive Method

CHKD Comprehensive Mental Health Services Continuum

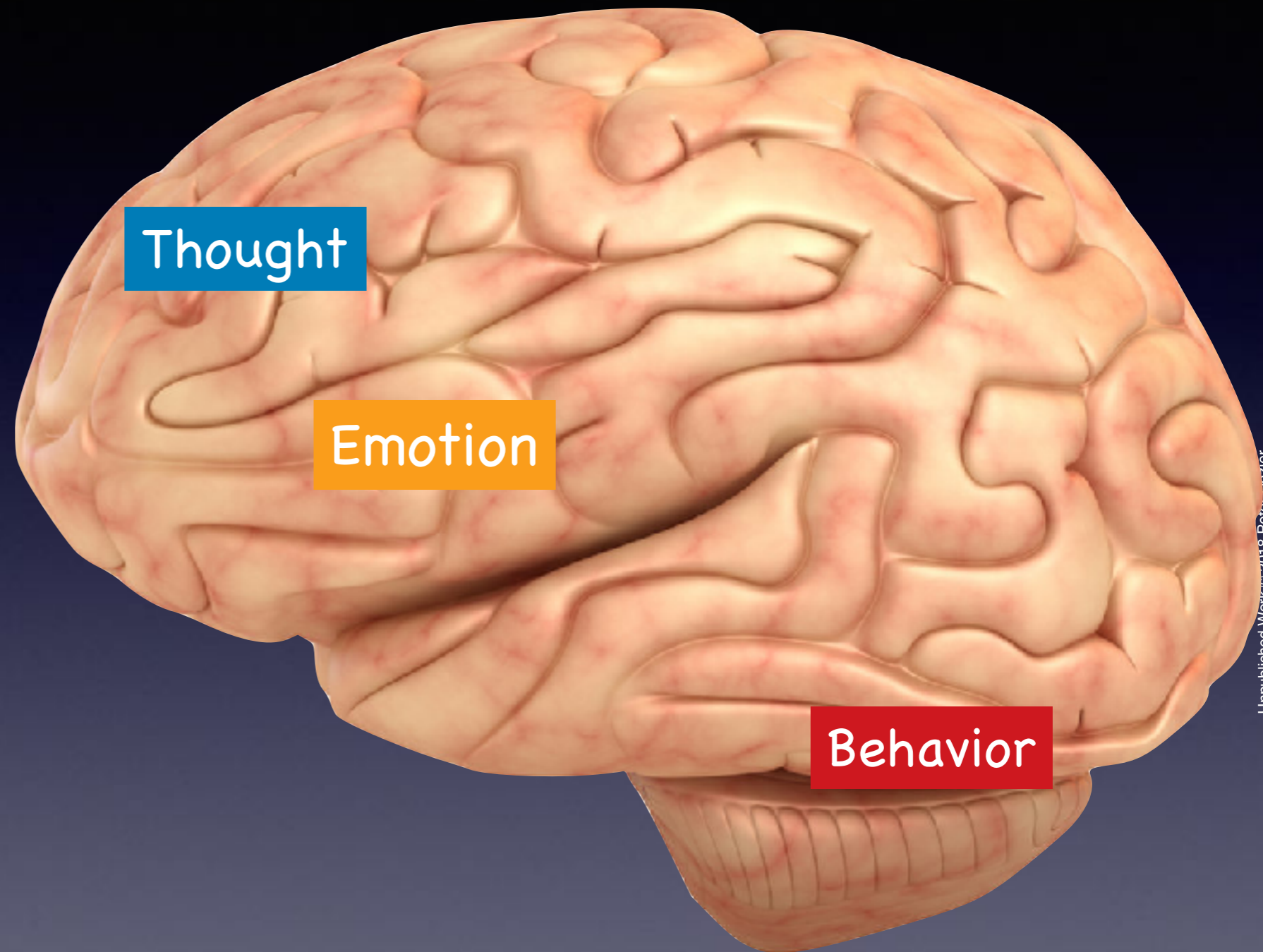
# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

It's Only  
Behavior

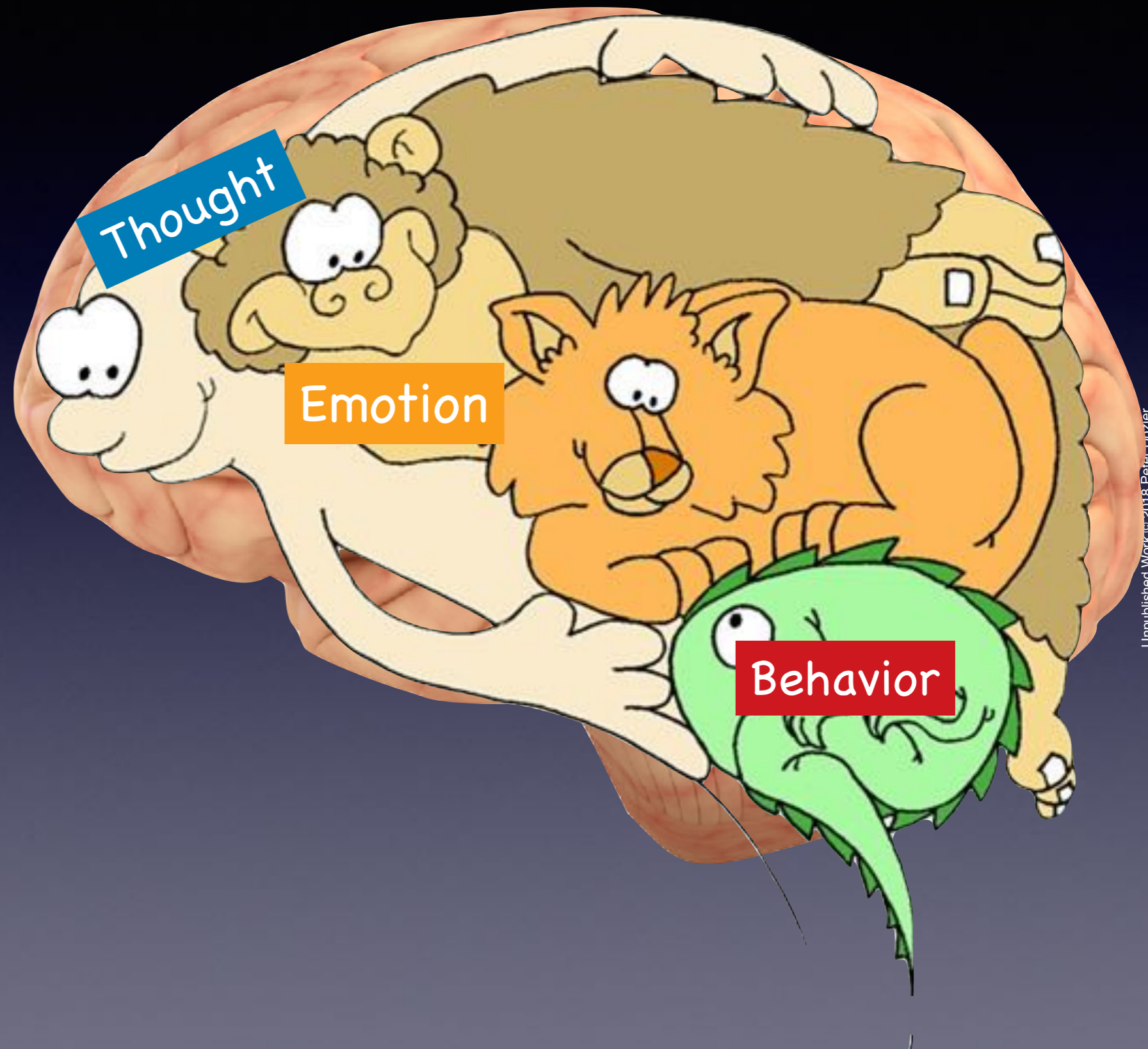




# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors



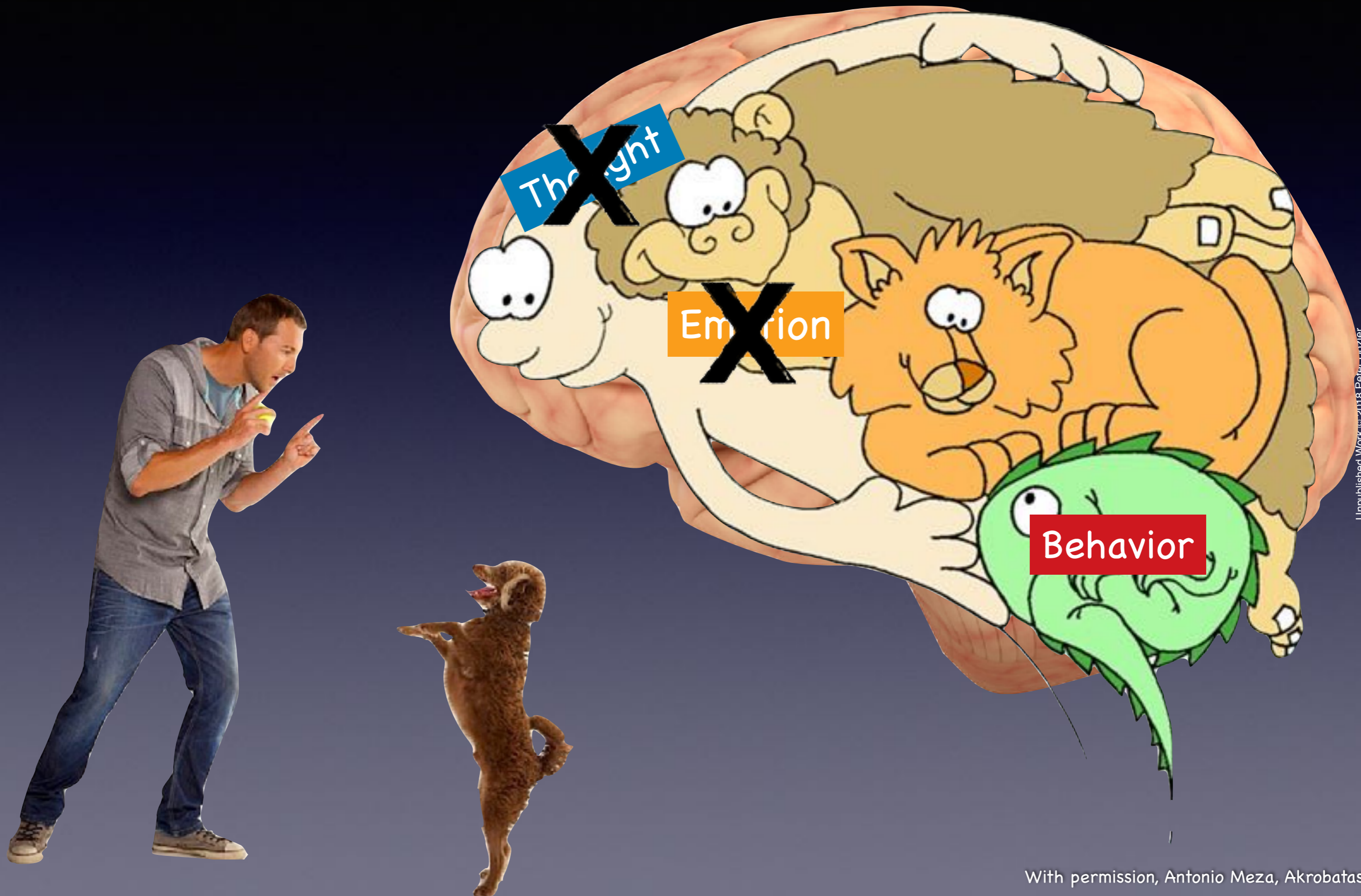
# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors



Unpublished Work © 2018 Peter Dozier



# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors





Hurtful

Out of Line

Evil

Bad

Lazy

Spoiled

Behavior

Disrespectful

Impolite

Selfish

Rude

Just like your  
father

Thought  
?

Intended

Emotion  
?

Behavior

Thought **X**

Intended

Emotion **X**

Behavior

Identify & Isolate

Inappropriate

Behavior

# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

It's Only  
Behavior

Punishment  
Does Not  
Teach





# Punishment

**BAD Behavior**



**Hurt** Happens



**Behavior Stops**



# Punishment

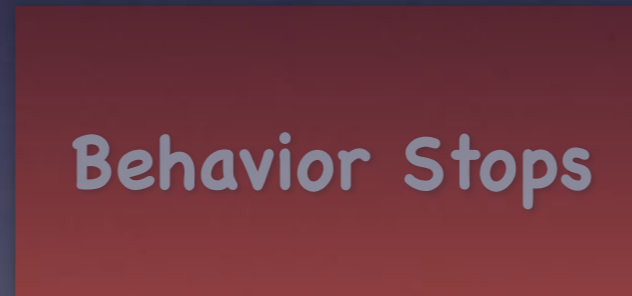


# Punishment

**DOES NOT TEACH THE  
CORRECT BEHAVIOR**



Hurt Happens





Punishment

DOG'S

**DOES NOT TEACH THE  
CORRECT BEHAVIOR**



# Punishment

**POSITIVE**  
characterized by the presence of  
qualities rather than their absence





# Punishment

**POSITIVE**

characterized by the presence of  
qualities rather than their absence



Where is  
Positive?

# Punishment

POSITIVE



FIND THE POSITIVE OPPOSITE

# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

It's Only  
Behavior

Punishment  
Does Not  
Teach



Use Your  
Attention  
Tool



Use Your  
Attention  
Tool

???

Behavior



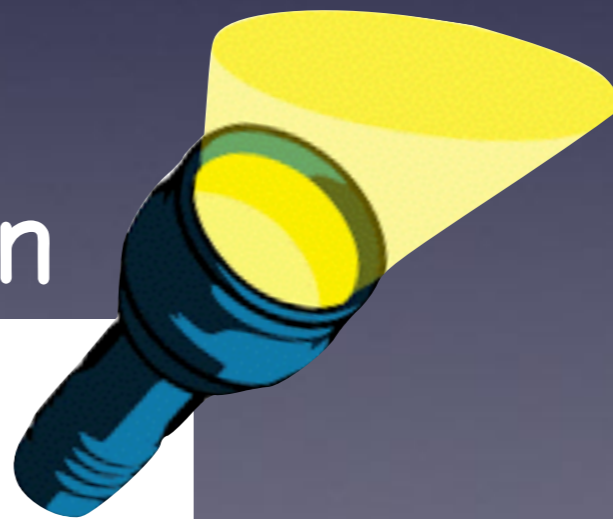


Appropriate

Behavior

Inappropriate

Your  
Attention







phillipmartin.info



Deliver Your Attention to Desired Behavior



Behavior

Anger

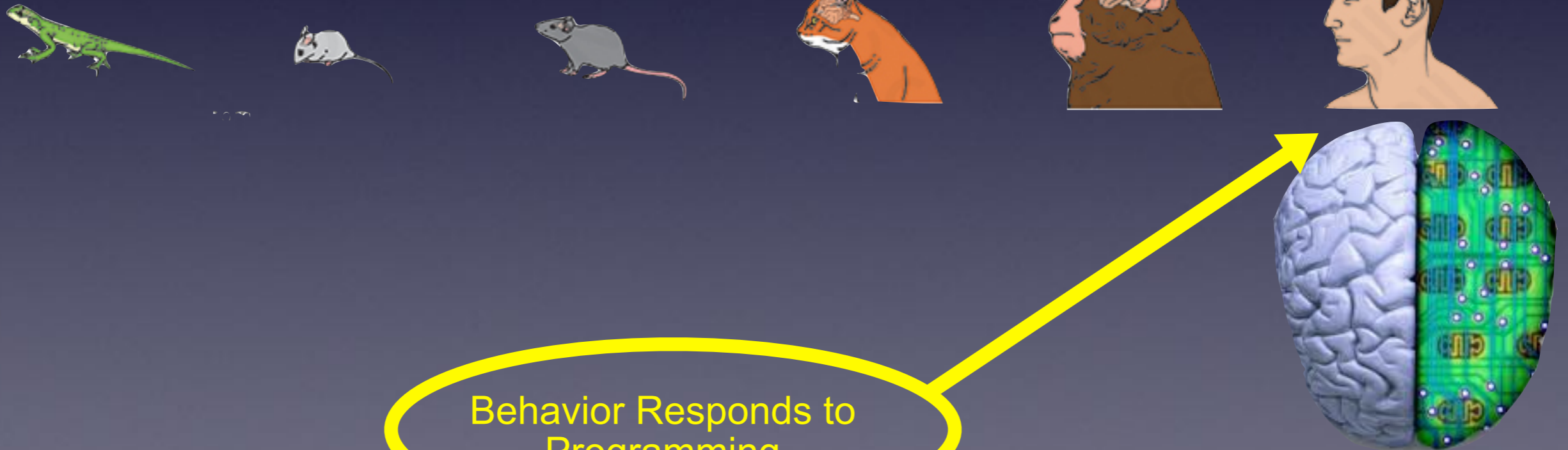
What about her anger?

Am I going to let her  
talk to me that way?



What about her anger?

"The human brain hasn't had a hardware upgrade in about 100,000 years."



What about her anger?

"The human brain hasn't had a hardware upgrade in about 100,000 years."



Instead, "an Ancient Brain System called the basal ganglia, brain circuits that consciousness cannot access, pulls the strings"



What Can You Do? Does Not Respond to Spoken Language





What about his anger?

Why?

What Can You Do? Does Not Respond to Spoken Language

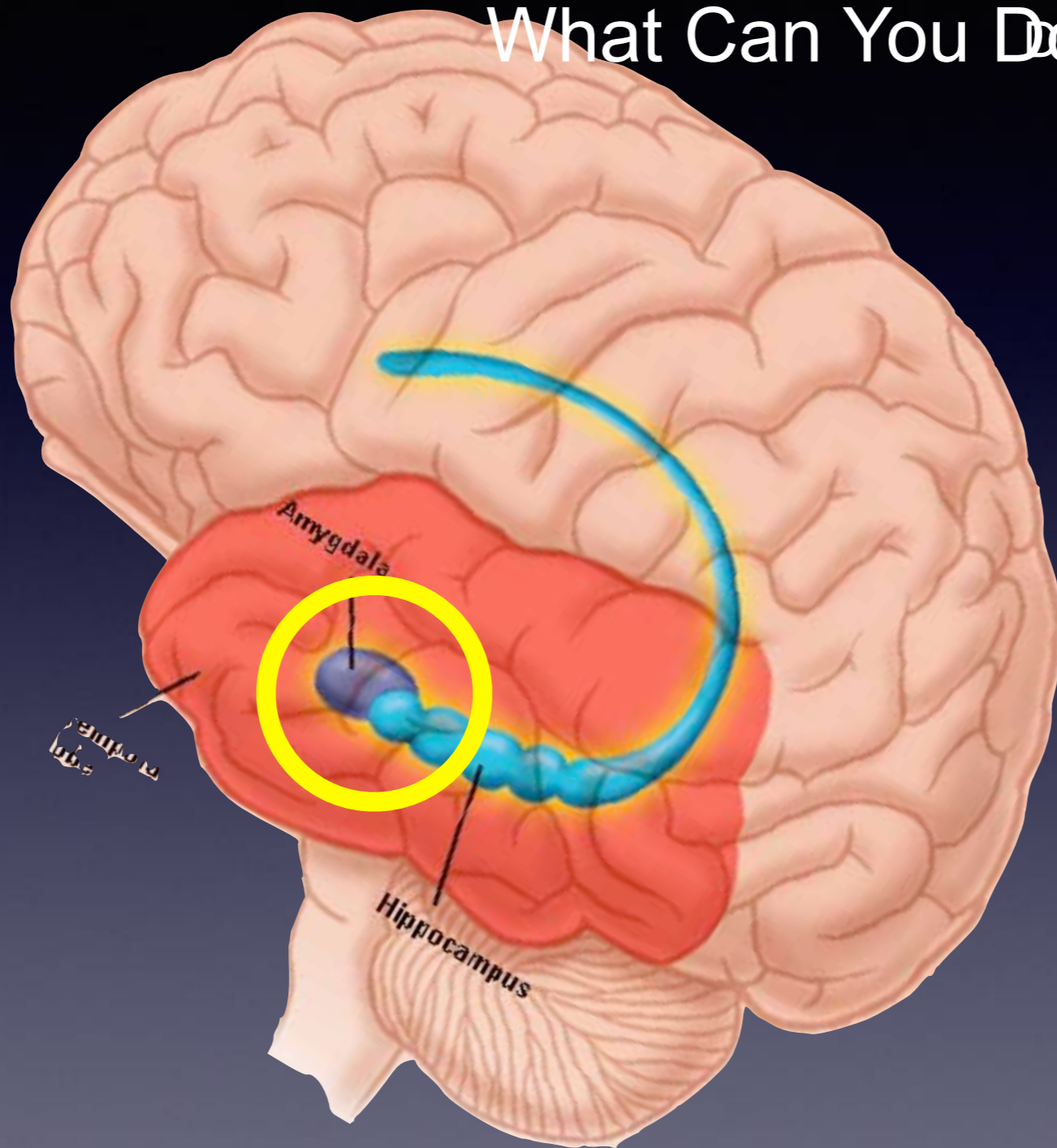




What Can You Do? Does Not Respond to Spoken Language

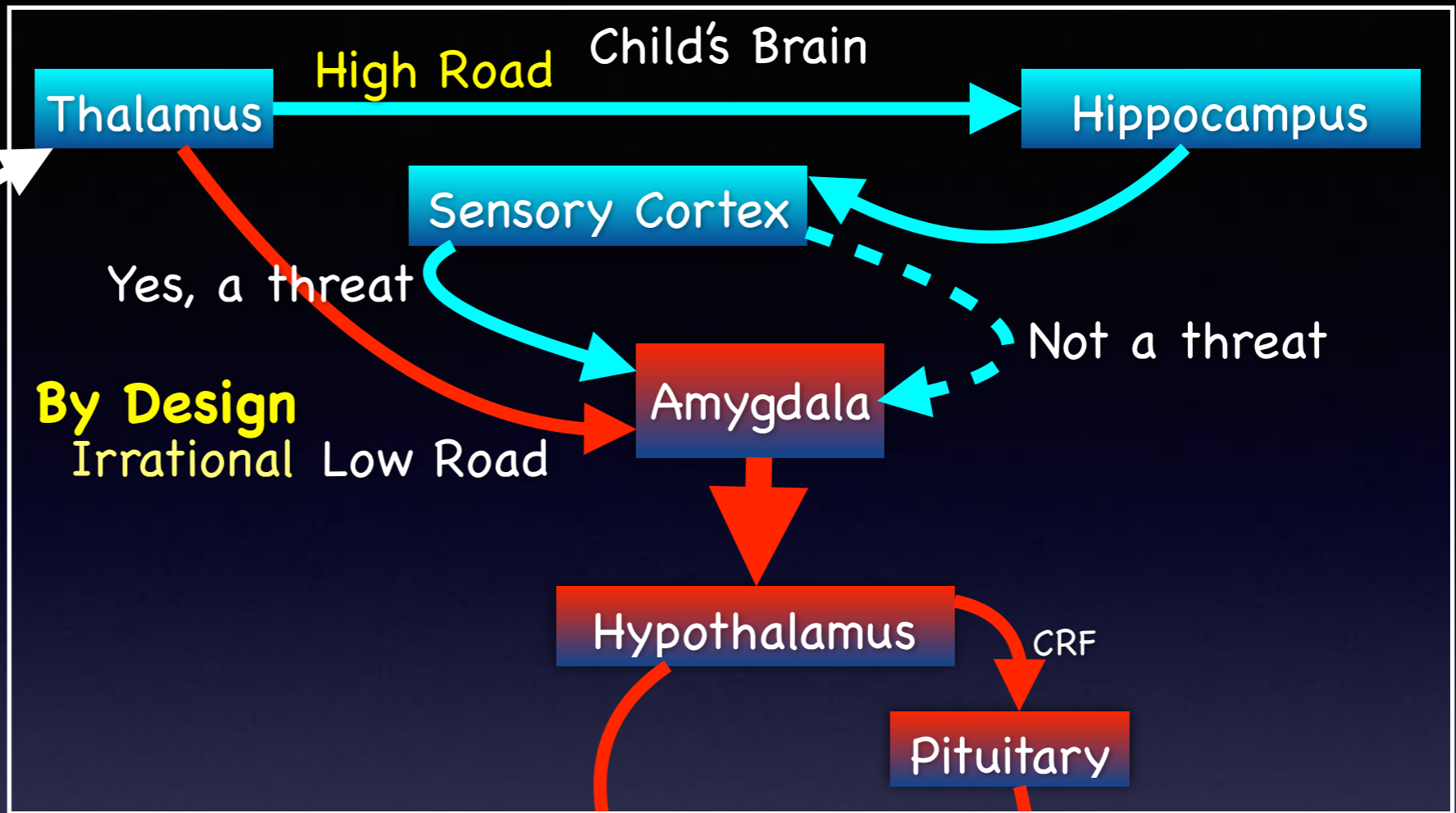


What Can You Do? Does Not Respond to Spoken Language

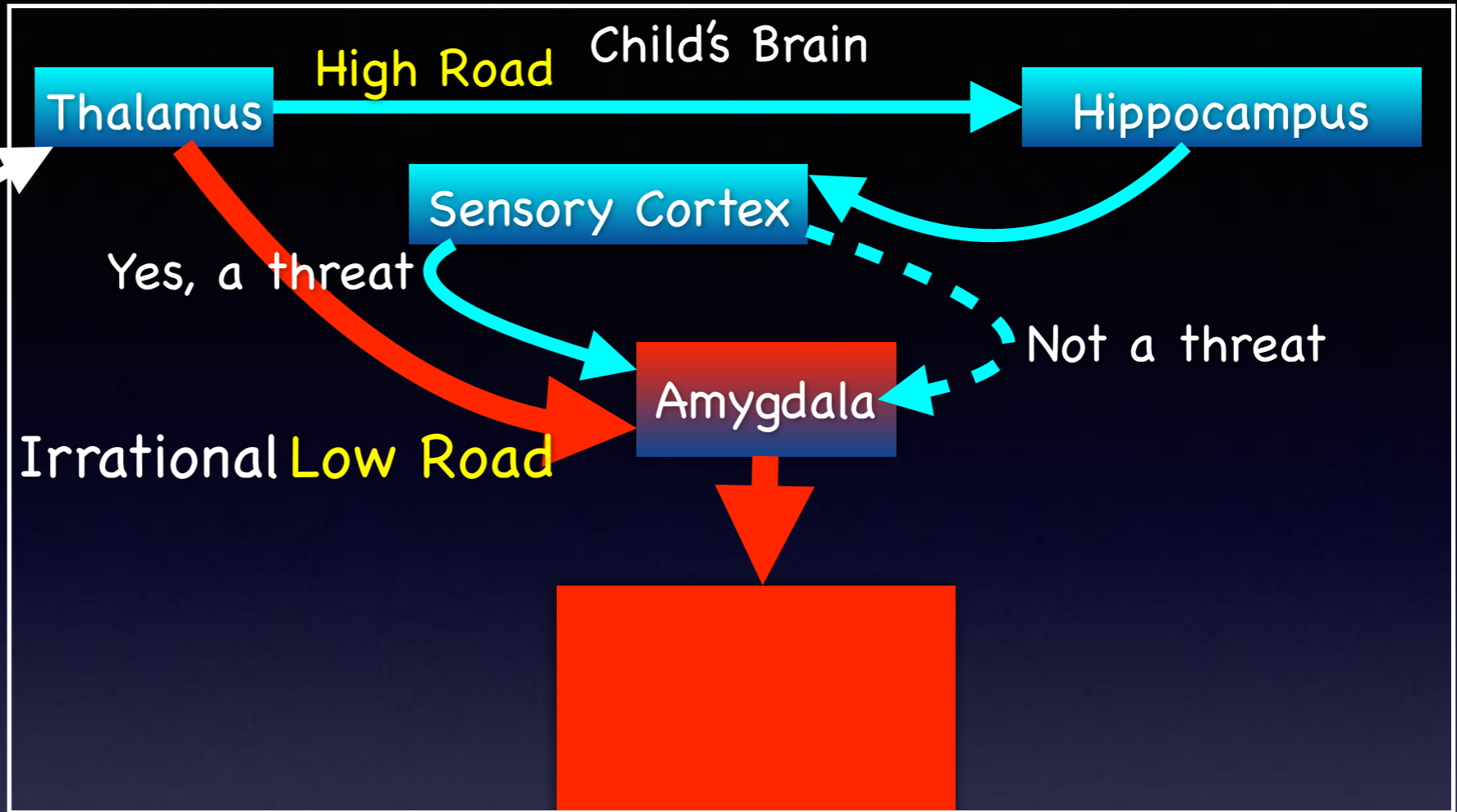




# Neuroanatomy Paradigm



# Neuroanatomy Paradigm



Mouth & Muscle

Fight / Flight / Frenzy/Freeze



Behavior

Anger

What about her anger?

Am I going to let her  
talk to me that way?





Appropriate

Behavior

Inappropriate



Your  
Attention





# Learning and Using Proven, Science-Based Strategies to Eliminate a Child's Most Challenging Behaviors

Questions?

It's Only  
Behavior

Questions?

Punishment  
Does Not  
Teach



Use Your  
Attention  
Tool

Chesapeake Bay Academy

4th Annual ADHD Symposium

Saturday, March 24, 2018