

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.

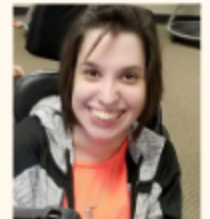


A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

ODD: Overcoming Defiance

WRITTEN BY ASHLEY MOHESKY, FEATURED WRITER



Oppositional Defiant Disorder (ODD) is a disorder in which children display an angry mood, along with defiant behavior. There are times when children are resistant to adults due to not wanting to complete tasks that are asked of them. However, in order to have a diagnosis of ODD, symptoms must be evident for six months and must not include defiant behavior with siblings. Symptoms of ODD are: losing temper, feeling easily annoyed, frequent anger, argumentative with others, purposeful annoyance of others, displacement of blame onto others for one's own mistakes, and being vindictive at least twice within a six-month period. ODD is categorized as mild, moderate, or severe based on the number of settings where it is present. For example, if a child is only showing defiant behavior at home, they are considered to have mild ODD. On the other hand, if a child is showing the same behavior at home, school, and playing with others, it is likely that a severe case of ODD is present.

ODD is not a disorder that people see in a positive light. Individuals with ODD do not enjoy constantly arguing with people or always feeling angry. There is a lot of pain that comes with ODD. The

likelihood of losing functionality in all areas of life is high due to the inability to regulate emotions. All humans have times when they are having a hard day and tend to be argumentative with everyone around them, but it does not mean that they have ODD. ODD can greatly affect a person's life negatively. Medication is a personal choice and can benefit a child who shows very aggressive and severely dysregulated behaviors. Atypical antipsychotics have been shown to reduce aggression and serotonin-selective reuptake inhibitors have been linked to help with irritability. As for psychological treatments, focusing on the family dynamic has been known to improve behavior in ODD. Group therapy has also shown to help children, as well as Cognitive Problem-Solving Skills Training.

It can be difficult for parents raising children with ODD, because they are not complying with daily tasks and tend to become extremely defiant. While it is natural to want to get angry with the child for constantly being argumentative and not listening, it is important to remember that the child is not wanting to be this way. Remaining calm and empathetic can make a difference between the relationship with the child and parents. Creating a system that works for everyone involved can dramatically decrease ODD behaviors. Children are not defined by ODD, it is only a part of their lives.

ODD: Tips & Strategies

by Dr. Ann-Louise T. Lockhart

1. Although it may not seem like it, children with ODD are very sensitive and tend to internalize your disapproval, yelling, and insults. Their smirks, talking back, and increasingly defiant behavior are often their way of protecting themselves emotionally.
2. As you are trying to train these children, they are also training you. Be aware of how their behaviors and attitude impact your reaction. Instead, respond in a calm, but firm manner. Avoid over-correction and confrontation, as they tend to thrive off of conflict and confrontation.
3. Give these children consistent love and attention. This is especially important because they often feel ignored or punished. Rather than checking out, connect more and start to enjoy being in their presence.
4. Your behavior serves as a model for theirs. Be aware of how you respond to common, daily frustrations and begin to change your response.
5. Monitor your child's playmates, games they play (eliminate exposure to violent TV and video games), and provide proper supervision.

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This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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