



TITLE:
UNDERSTANDING
OPPOSITIONAL
DEFIANCE DISORDER
(ODD)**SUBTITLE:** A
PARENT'S GUIDE TO
SUPPORTING YOUR
CHILDPRESENTED

by: Dr. Laurel Keegan

Southern Fulton School District

WHAT IS ODD?

Definition: Oppositional Defiant Disorder (ODD) is a behavior disorder in children characterized by a persistent pattern of angry, defiant, or vindictive behavior toward authority figures.



Key Behaviors:

Frequent
temper
tantrums

Excessive
arguing with
adults

Defying rules or
refusing to
comply with
requests

Deliberately
annoying others

Blaming others
for their own
mistakes or
misbehavior

CAUSES OF ODD

Biological Factors: Genetic predisposition

Neurological imbalances (e.g., dopamine levels)

Environmental Factors: Inconsistent discipline

Harsh or neglectful parenting

High levels of family stress or conflict

Social and Psychological Factors: Difficulty forming healthy peer relationships

Low frustration tolerance

Poor problem-solving skills

SIGNS AND SYMPTOMS

Behavioral Symptoms:

- Argumentative and defiant behaviors
- Hostility toward authority figures
- Chronic anger and resentment

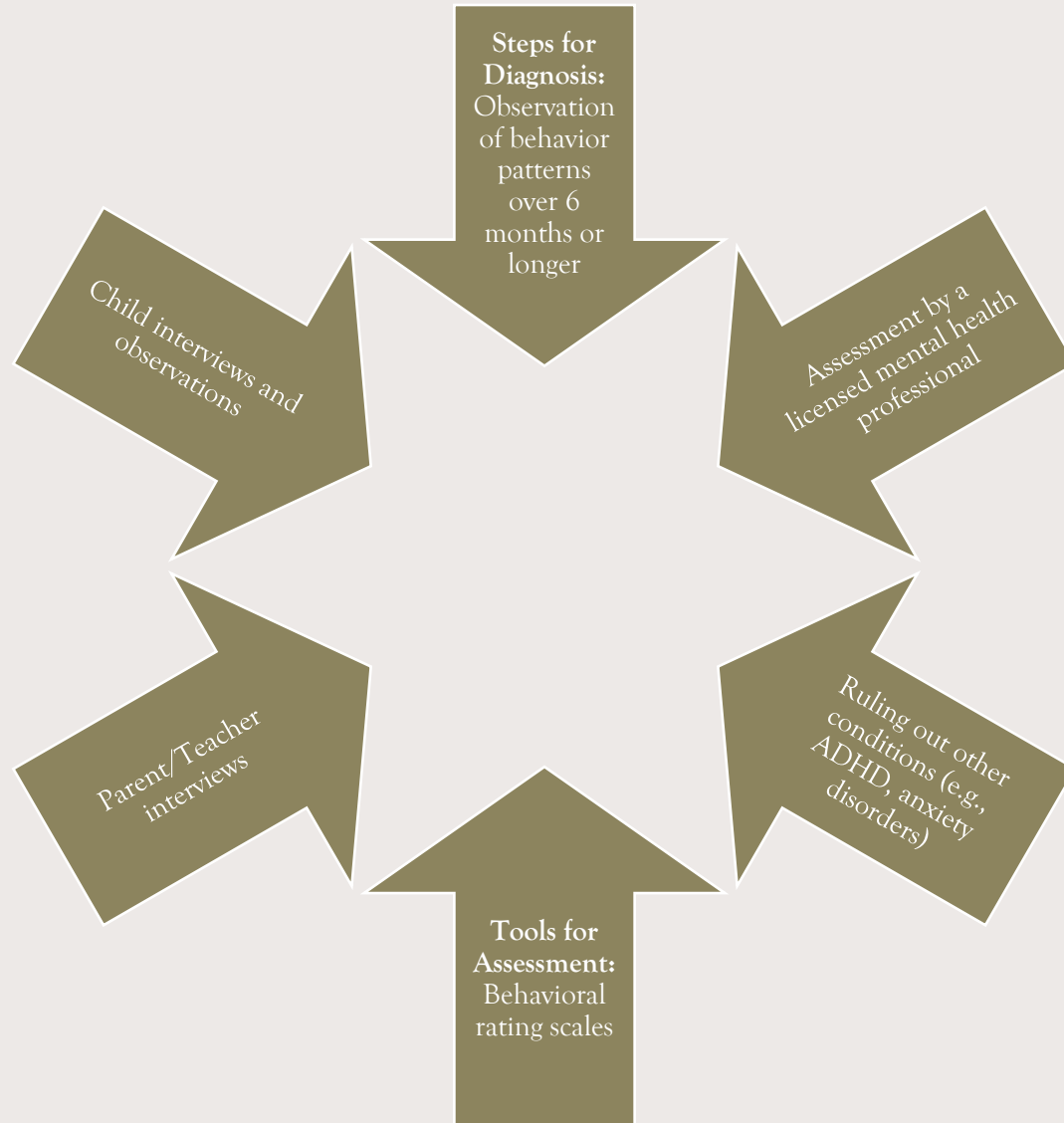
Emotional Symptoms:

- Irritability
- Mood swings
- Difficulty managing emotions

Impact on Functioning:

- Challenges in school and peer relationships
- Increased family conflict

DIAGNOSIS AND ASSESSMENT



EFFECTIVE PARENTING STRATEGIES



Consistency is Key:

Set clear, consistent expectations and consequences.



Positive Reinforcement:

Reward positive behaviors with praise or tangible rewards.



Structured Routines:

Create predictable routines to reduce anxiety and conflict.



Calm, Non-Reactive Responses:

Stay calm in response to defiant behaviors and avoid power struggles.



Use of Time-Outs or Breaks:

Give space for the child to calm down before addressing behavior.

BEHAVIOR MANAGEMENT TECHNIQUES

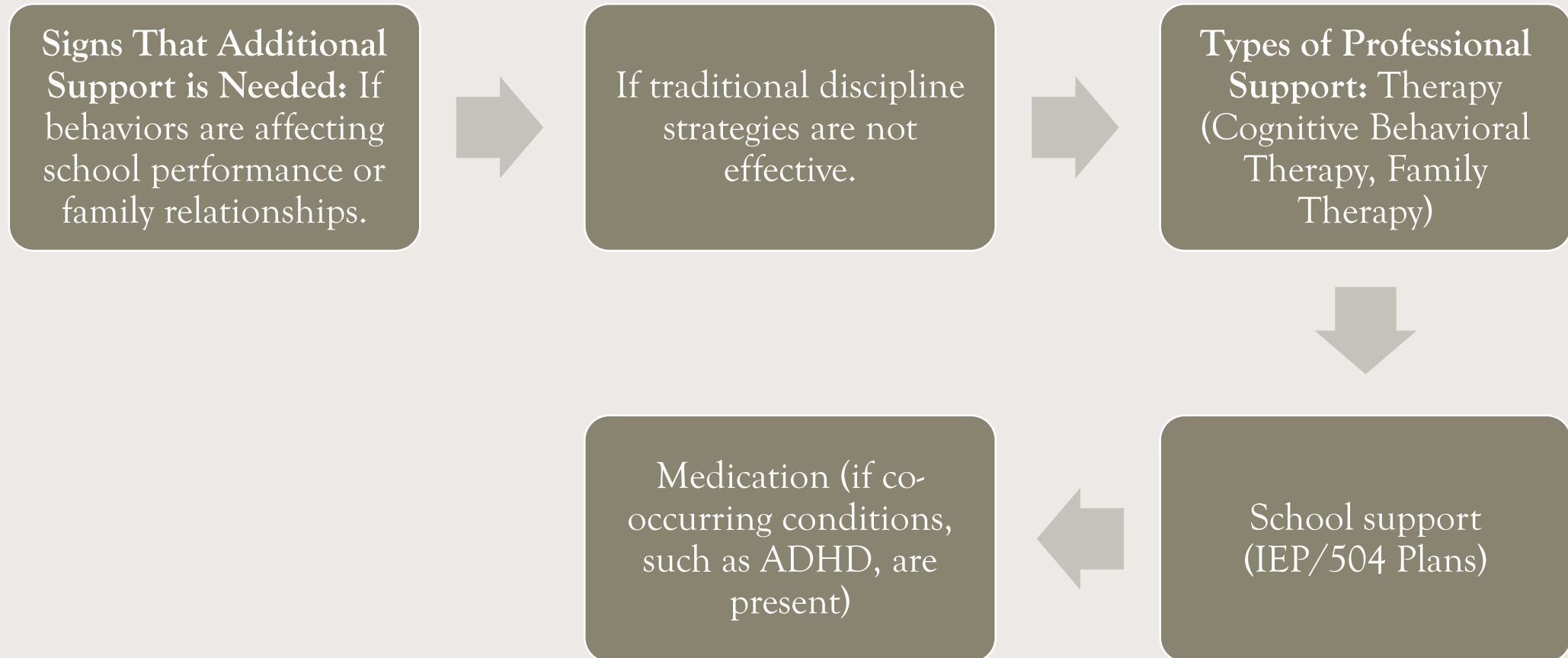
**Collaborative
Problem-Solving:**
Work with your child
to identify solutions
to problem behaviors.

Active Listening:
Validate your child's
feelings to reduce
emotional escalation.

**Modeling
Appropriate
Behavior:**
Demonstrate
respectful
communication and
emotional regulation.

Reward Systems:
Implement a token
system to reinforce
positive behavior over
time.

WHEN TO SEEK PROFESSIONAL HELP



BUILDING A SUPPORT NETWORK

Involving the School:

Collaborate with teachers and counselors to create behavior plans.

Connecting with Other Parents:

Join support groups for parents of children with ODD.

Family Support:

Ensure that all family members are on the same page with behavior management.

RESOURCES FOR PARENTS

Books: "The Explosive Child" by Ross W. Greene

"Parenting a Child Who Has Intense Emotions" by Harvey and Penzo

Websites: National Institute of Mental Health (NIMH)

Child Mind Institute

American Academy of Child & Adolescent Psychiatry (AACAP)

Local Resources: [List local therapy services, support groups, or counseling options]



Q&A AND DISCUSSION

THANK YOU

- Please reach out to the Director of Special Education at lkeegan@sfsd.k12.pa.us

PLEASE CONFIRM THAT YOU HAVE COMPLETED THIS
TRAINING BY COMPLETING THE FORM BELOW.

- [https://docs.google.com/forms/d/1XL6qXghJV5aytPc9W8LE
WXzydweRbYc0RzaoPIqZnqw/edit](https://docs.google.com/forms/d/1XL6qXghJV5aytPc9W8LEWXzydweRbYc0RzaoPIqZnqw/edit)