



Practical Tips for Dealing with ODD

1. Education
2. Provide opportunities for CHOICES (no more than 2 predetermined)
3. Consistency, Fairness, Respect
4. Plan ahead – needs time to transition
5. Reassurance
6. Advocacy
7. Regular & Frequent Exercise
8. Healthy Diet
9. Good Sleep Hygiene
10. Involvement in structured/organized activities (martial arts, swimming)
11. Find opportunities to laugh together as a family
12. Look for opportunities to praise good behaviour

<http://www.caringforkids.cps.ca/behaviour&parenting/index.htm>

<http://www.empoweringparents.com>

Reading Resource:
"The Explosive Child" by Ross Greene