

# Opposition

Youth 6 to 12 Years Old

## Types of opposition

### Passive

The child appears to agree to the request but intentionally omits to follow through.

### Passive-aggressive

The child appears to adhere to the adult's request, but they inadvertently harm others or accidentally break something in the process of retaling .

### Active

The child yells, hits, throws objects, confronts, defies, says no while holding eye contact.



▶ Attention

▶ Control

▶ Expression



Cut off the argument quickly. You are not in a power struggle.

## Prevent opposing behaviors

**Positive attetion and quality time.**

- Avoid comparisons and belittlement.
- Reinforce positive cooperative behaviours.
- Spend positive time together regularly.
- Reduce rules during this time. Its meant to be enjoyable and this applies to the child too!

## Empathic approach

Listening and validating feelings are the best ways for soothing an emotion.

When used, it avoids anger that could come from misunderstanding.

When children feel understood, they are more likely to cooperate.

Recognizing the emotion. For example: "It's true that it must be disapointing to stop your video game to do your homework". Without arguing, tell him that he has to do his homework anyway.

Understanding does not mean accepting

## How to favorise collaboration

**Choosing one's words:**

- Instead of saying "Could you please take a bath", say " It's time bath time"
- Formulating your requests in a positive manner involves framing your language to focus on what they can do rather than what they can't do.

**To express your requests:**

- Give instructions one at a time
- Choose the appropriate time
- Use a convincing and inviting tone
- Indicate the time he has for his activity

## Consequences

If a consequence is applied, it should immedialetely stop the behavior without any sort of argument. Additionally, after the consequence has been administered, it's important to try to understand the reason behind the child's behavior in the first place.

## As a parent, you serve as a role model

- As an adult, you are a role model for the child. You can set an example by managing your emotions.
- Be consistent : if you say no to one of their requests, it should be a no until the end.
- Determine clear rules and firm consequences.
- Relax the atmosphere by creating a diversion through a change of topic or activity as a preventative measure.

| 418-294-4410 |

**SYNAPSE  
360**



Accompagnement  
TDA/H & SGT

| [www.synapse-360.com](http://www.synapse-360.com) |

**For more tips and tricks on supporting individuals living with ADHD, feel free to contact us!**