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Parenting of Children with Attention Deficit Hyper Activity Disorder

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Abstract: Parenting is the ultimate long term investment. It is comprehensive and objective concept than fathering and mothering. Parenting is the parenting or child rearing is the process of promoting and supporting the physical, emotional, financial, and intellectual development of a child from infancy to adulthood. Parenting practices are specific behaviors, while presenting style represents broader patterns of parenting practices. According to Diana Baumrind, authoritarian, authoritative and permissive parenting style are the three main types of parenting style. Parenting of a child with a child with attention deficit hyper activity disorder is not like rearing a normal child. Rule making is very difficult in the case of children with attention deficit hyperactivity disorder. Through accepting the fact and make change in the attitude of parenting and practicing changes in normal child rearing style will make a child with attention deficit hyperactivity disorder as productive citizens in the future.
Keywords: Attention Deficit Hyperactivity Disorder, Parenting, Parenting practices, Parenting Style

I. INTRODUCTION

Family is an important component in the lives of all children and it plays an essential role in fostering the development of children. Parenting is the ultimate long term investment. Parenting style has big impact on how children develop into adults and there are important implication for their future life. Parenting is more comprehensive and objective concept than mothering and fathering. And it is also a difficult endeavor, especially in children with Attention Deficit Hyper Activity Disorder. Raising a child with ADHD is not like traditional child rearing. Normal rule making and household routines can become impossible, depending on the type and severity of the disease. Parents may accept the fact and make changes in the attitude will make parenting easier.

A. Definition

1) Parenting can be defined as the process or the state of being a parent.
2) Parenting or child rearing is the process of promoting and supporting the physical, emotional, financial, and intellectual development of a child from infancy to adulthood.
3) Parenting is a leadership role in the family in which children are guided to learn acceptable behaviors, believes, Morales and ritual in the family and become socially responsible contributing members of the society. The manner in which children are parented in combination with their individual personality traits and characteristics influence their developmental outcome.

Parenting practices are specific behaviors, while parenting style represent broader patterns of parenting practices.

II. TYPES OF PARENTING STYLE:

Parenting style is a psychological construct representing standard strategies that parent use in the child rearing. A parenting style is the overall emotional climate in the home.

According to developmental psychologist Diana Baumrind there are three main style in child development such as authoritarian, authoritative and permissive parenting styles. This proposed classification is now also using for identification of parenting behavior. One more type of parenting behavior is exist in some families called indifferent parenting.

1) *Authoritarian Parenting Style:* Authoritarian parents tend to be punitive and adhere to rigid rules or be more dictatorial. Children have no opportunity to participate in the family.
2) *Authoritative Parenting Style:* Uthoritative parents use firm control to set limits, but they establish an atmosphere with open discussion or more democratic. Children are allowed to express their opinions and objection.
3) Permissive Parenting Style: Permissive parents shows a great deal of warmth but set few controls or restriction on the child's behaviors.

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4) *Indifferent Parenting Style:* Indifferent parents may be in different because of disinterest or because of their lives are busy and stress filled, leaving little time or energy for their children.

a) *Other Types of Parenting Styles*

5) *Attachment parenting:* This type of parenting style framed around psychological attachment theory. Attachment in psychology is defined as a lasting emotional bond between people. There are four main types of attachment such as secure, insecure-avoidant, insecure-ambivalent and disorganized attachment.

a) *Secure Attachment:* Secure attachment developed through closeness, eye contact, touch, emotional attunement, secure environment, shared pleasure play and fun.

Characteristics of secure attachment includes:-

i) Seek out care giver when in need of physical or emotional support or comfort
ii) Ability to talk about a wide range of feelings, feels comfortable exploring new environments while continuing to use their caregiver as a secure base,
iii) Enjoys and comfortable with physical and emotional closiness
iv) Positive believes about themselves, others and world
v) Emotionally stable.

b) *Insecure- avoidant Attachment:* Insecure- avoidant attachment developed if the infant is not soothed, attachment cycle is broken and the distressed infant stop asking for help, infant is left unattended, the infant learns not to depend on anyone to soothe or to meet his/her needs.

Characteristics of Insecure- avoidant attachment

i) Child is emotionally distant and aloof
ii) Limited tolerance for feelings
iii) Lacks empathy
iv) Inflated self reliance to minimize need for connection
v) Independent or inappropriately mature
vi) the child's solution is limited dependence on relationship

c) *Insecure- ambivalent Attachment:* Insecure- ambivalent attachment developed when the distressed infant sometimes has his needs met, caregiver is inconsistent and disruptions in care due to inconsistent or chaotic care giving.

Characteristics of insecure- avoidant attachment:

i) Care giver attachment yet punishes away
ii) Clinginess
iii) Unable to self soothe and need all soothing from an outside source
iv) Fear of abandonment
v) Child's solution is to keep care givers in consistent proximity.

d) *Disorganized Attachment Type*: Disorganized attachment developed through caregiver is frightening, dangerous or causes terror, child needs the care giver for survival but is terrified of the care giver and child cannot find a solution which results in disorganized attachment.

Characteristics of disorganized attachment:

i) Significant difficulty with behavior, emotions, attention and relationships
ii) Attempts to control their caregiver in order to make them more predictable
iii) Prone to dissociation
iv) 80% of abused children have disorganized attachment

6) Positive parenting: A positive parenting style overlapping substantially with authoritative parenting and defined by consistent support and guidance through developmental stages.

7) Concerted cultivation: A specific form of positive parenting characterized by parents' attempts to foster their child's talents through organized extra-curricular activities such as music lessons, sports/ athletics and academic enrichment.

8) Narcissistic parent is a parent affected by narcism or narcissistic personality disorder. Typically parents are exclusively and possessively close to their children and may be especially envious of and threatened by their child's growing independence. The child considered to exist solely for the parents benefit.

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9) Nurturant parenting: A family model where children are expected to explore their surroundings with protection from their parents.

10) Over parenting: Parents who try to involve themselves in every aspects of their child's life often attempting to solve their problems and shifting the child's ability to act independently or solve his/ her problems.

11) Slow parenting: Encourage parents to plan and organize less for their children, instead of allowing them to enjoy their childhood and to explore the world at their own pace. Electronics are limited, simplistic toys are utilized and the child is allowed to develop their own interest and to grow into their own person with lots of family time, allowing children to make their own decision.

12) Idle parenting: Talking children seriously. The central idea of this movement is that it is possible and desirable to raise and to educate children without doing anything to them against their will or making them do anything against their will.

13) Toxic parenting: Toxic parenting is poor parenting with a toxic relationship between parent and child. It results in complete description of child's ability to identify themselves and decreased self-esteem, neglecting the needs of the child.

14) Dolphin parenting: Dolphin parenting style represent a parenting style seen as similar to nature of the dolphin. In this type of parenting avoid overscheduling of activities for their children, refrain from being overprotective and take into account the desires and goals of the children when setting expectations for behavior and academic success

III. EFFECTS OF PARENTING STYLE ON CHILDREN

Parenting style	Behavior of child	Child outcome
Authoritarian	Highly controlling issues commands and expects them to be objected. Little communication with the child Inflexible rule Permit little independence	No negotiation skill No ability to direct and initiate own activities Frustrated in efforts to achieve autonomy. May become fearful withdrawn and unassertive Girls often passive and dependent during adolescents. Boys become rebellious and aggressive.
Authoritative	Sets reasonable limits on behavior Accepts and encourages growing autonomy of the child Open communication with children Flexible rule	More willing to accept restrictions Tends to be more self- reliant, self-controlled and socially component High self-esteem Better school performance
Permissive	Few or no restrictions Uncoordinational love Communication flows from child to parent Much freedom and little guidance No limit setting	May become rebellious aggressive, socially independent, self- indulgent or impulsive May be creative, active and outgoing
Indifferent	No limit setting Lack of affection for the child Focused on stress in own life May show hostility toward or neglect of the child	May show high expression of behaviour, destructive impulsive and delinquent behaviour.

IV. LITERATURE SUPPORT FOR THE EFFECTS OF PARENTING STYLE AMONG CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER(ADHD)

A. Alicia etal (2017)conducted a study on the family impact and parenting style in families of children with attention deficit hyperactivity disorder among 68 parents of 6-11 years old children. The study revealed that child's ADHD was only indirectly related to parenting style, where as child's behavioural problems have direct relationship.

B. Ellis Brand and Nigg Joel (2009) studied on the partial specificity effects of parenting practices and attention deficit /hyperactivity disorder among 118 children between 6-11 years(control n=52, ADHD inattentive n=24, and ADHD combined 71). The result revealed that low parental involvement was associated with ADHD, even with conduct disorder and oppositional defiant behavior.

C. A study was conducted on the parenting style and Attention deficit hyperactivity disorder as correlates of academic adjustment in schools of Enugu state niegeriaamong3362 junior secondary school (JSS II) students. the result showed that, among 624 students, parents style of parenting and students ADHD significantly predict in school adolescents academic adjustment.

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V. PARENTING TIPS FOR PARENTS OF CHILD WITH ADHD:

1) *Establish Morning Routine:* ADHD child having a reliable schedule. That is easy to follow can make difference between chos and successful departure to work and school. Have a regular wakeup, brushing, dressing and breakfast schedule in the same order to avoid confusion.
2) *Have A Structure In The Day:* Keep activities simple and healthy.
3) Set clear and specific expectations: Make behavioural rules simple and always explain what will ha will happen if the rule are followed or broken.
4) Avoid harsh parenting.
5) Help the child succeed at school.
6) Encourage exercise, sleeping and eating habits: children with ADHD need physical exercise and good sleep. Avoid eating a lot of sugary foods.
7) Always notice the child's success: Help the child with social skill: Children with ADHD ways get negative reaction from their peers. Parent training can help to learn how to the child impulsivity and hyperactivity or aggressive behavior
8) Work together: Provide clear, consistent expectations, directions and limits: Children with ADHD need to know exactly what others expected from them.
9) Setting up an effective discipline system: Learning discipline methods that reward appropriate behaviour and respond to misbehavior with alternatives such as time out or loss of previlages.
10) *Stay on Schedule:* The child will function best if he/she has the routine every day.
11) Creating behavior modification plan to change the most problematic behaviour: Behaviour charts that track the child's chores or responsibilities and that offer potential rewards for positive behavior. Children with ADHD may need help to organize their time and belongings.

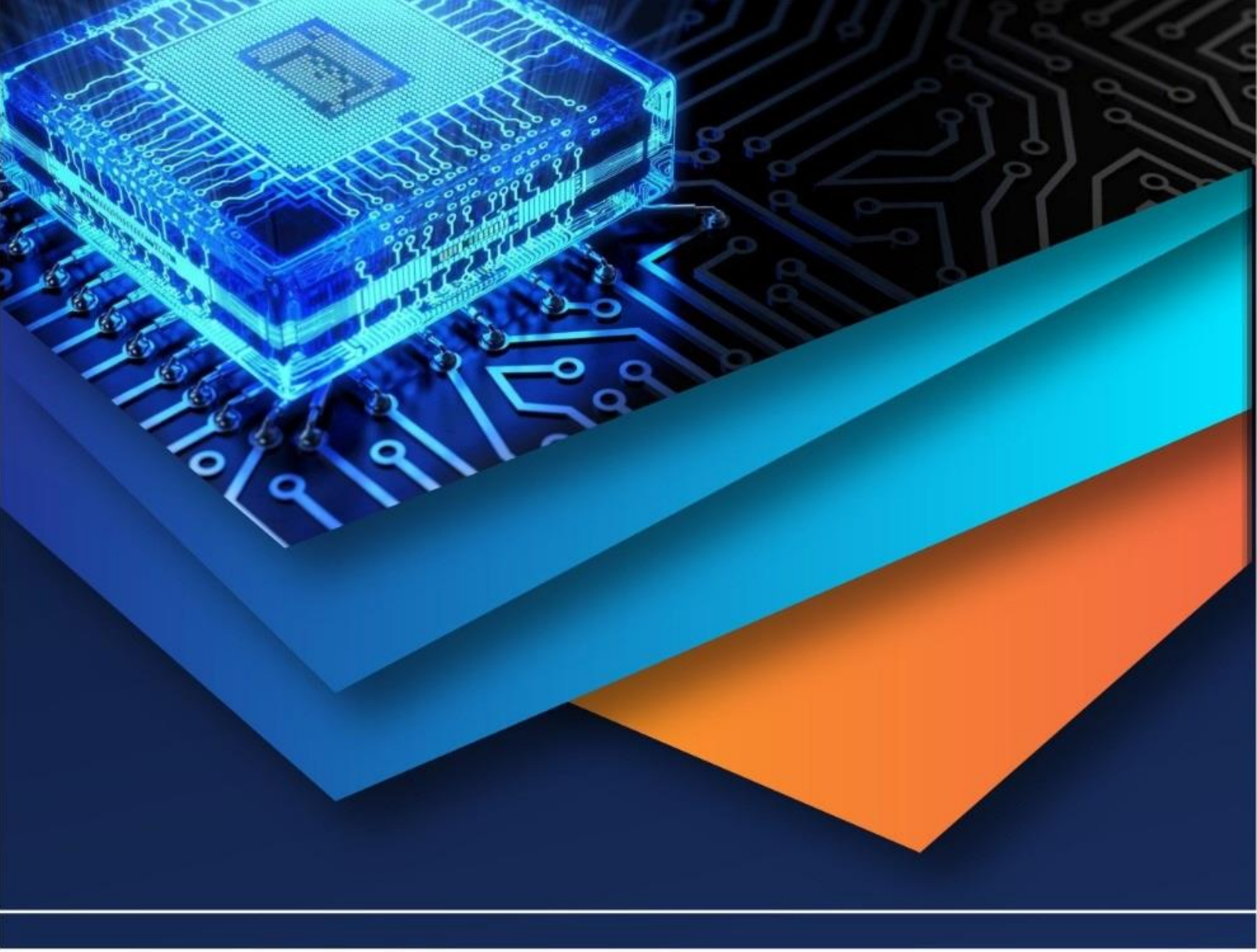
VI. CONCLUSION

Children are the future of our society. It is the responsibility of the society to nurture and care for them, especially children with special needs such as ADHD. Parents can help them to be a good citizens in the future. By make change in practices of parenting the children with ADHD can also lead better life with their limitations.

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