



WHAT TO KNOW ABOUT

Parent Training Groups (ADHD and Neurodevelopmental Conditions)

Parent training groups teach parents and caregivers of children with ADHD, autism, and other neurodevelopmental conditions the behavioral strategies, communication approaches, and advocacy skills to support their child at home, school, and in the community. It's not therapy for the parent but a structured educational intervention that changes parenting behavior in ways with direct, measurable benefits for the child. For ADHD, behavioral parent training is recommended first-line by every major guideline, ahead of medication for children under six. For autism, parent-mediated programs teach parents to apply evidence-based strategies directly in everyday interactions.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for parents motivated to learn and apply strategies at home.
- Requires consistent attendance and between-session homework.
- Significant parental depression or trauma may need individual support too.

What it's for

Parents of children with ADHD, autism, ODD, and related conditions.

ADHD: managing inattention and impulsivity, reducing defiance, homework skills.

Autism: communication, adaptive skills, and positive behavior support.

WHAT TO EXPECT

1 Weekly 60 to 120 minute sessions over 8 to 16 weeks by program.

2 Didactic content, video demonstrations, discussion, and home practice.

3 Homework is central; in-session learning alone generalizes poorly.

Parent training is consistently effective for both ADHD and autism.

- A review of 20 ADHD trials found behavioral parent training improved **parental stress, efficacy, parenting behavior, and child outcomes**.¹
- A meta-analysis of 28 autism trials found parent-mediated interventions improved **social communication, adaptive behavior, and parent-child interaction**.²

MAKING THE MOST OF IT

Practice at home. Real change comes from between-session work with your child.

You're not to blame. The group counters the isolation and self-blame of it.

Borrow from peers. Other parents' real-world tactics extend the curriculum.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Which program is it (Incredible Years, Triple P, PCIT, Barkley, Hanen)?
- 2** Is it focused on ADHD/behavior or autism communication?
- 3** Is there coaching between group sessions to support homework?

Ready to find a group?

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Parent Training Groups (ADHD and Neurodevelopmental Conditions) · references keyed to the numbers on page 1.

- 1 Marquet-Doléac, J., Biotteau, M., & Chaix, Y. Behavioral parent training for school-aged children with ADHD: a systematic review of randomized control trials. *Journal of Attention Disorders* (2024), 28(3), 377–393.
- 2 Conrad, C. E., Rimestad, M. L., Rohde, J. F., et al. Parent-mediated interventions for children and adolescents with autism spectrum disorders: a systematic review and meta-analysis. *Frontiers in Psychiatry* (2021), 12, Article 773604.

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