

## Does Bad Parenting Cause ADHD in Children?



Parenting plays a crucial role in forging the individuals we become. Besides, it remains with us throughout our lives and interferes with how we react to situations, decision-making, and various other aspects of life. However, this post raises the question of whether bad parenting can cause ADHD in children. To understand it better, we need to understand the relationship between parenting and children with ADHD. Let's move ahead and find out.

### Poor Parenting Can Cause ADHD in Children – Reality or Myth?

It is a myth that poor parenting can cause [ADHD in children](#). If you are a parent and blame yourself for this brain disorder in your child, then you need to know that you have nothing to do with it. There is no exact cause known to promote ADHD. However, it is certain that there are factors beyond the control of the parents, such as genes, low birth weight, and several others.

However, a chaotic and stressed environment at home can make the situation even worse for the kids. Contrarily, good parenting can help children with ADHD and make things better for them. Therefore, it is important to ensure good parenting for the kids with their special needs.

## Can Parenting Make Any Difference With ADHD in Kids?

Yes! Although negative parenting doesn't cause ADHD in kids, it surely makes a difference in how kids manage their daily lives with this brain disorder. There are training programs for the parents as well, which enables them to take good care of their children. It provides parents with a comprehensive understanding of ADHD. Thus, they can learn to improve their kid's life at school and home.

## Different Types of Parenting Styles

It is important to understand different [types of parenting styles](#) while establishing a relationship between parenting and ADHD. Four common types of parenting are:

### Authoritarian Parenting

This is a parenting style wherein, parents make a one-way communication with their children, form strict rules and want kids to obey them. There is no scope for communication, flexibility or negotiation for the kids. It's like the words of the parents are carved in stones and are not easy to change. The expectations are higher for the kids and they are expected to make no mistakes. All in all, it is a less nurturing form of parenting.

### Authoritative Parenting

Authoritative parenting involves a close and thriving relationship with the kids. In this form, parents give clear guidelines for their expectations but don't expect the child to follow them blindly. Therefore, parents also explain the reasons behind the rules created for the kids. Moreover, the disciplinary methods are to support the kid's optimal growth rather than a means of punishment. In this type of parenting style, there are appropriate levels of communication between the parent and their child about the goals and expectations.

### Permissive Parenting

In this parenting style, parents tend to establish a warm and nurturing relation, with a minimal or no expectations from their child. There are limited rules for the kids and an open channel for communication. Moreover, parents allow children to figure out the things for themselves. However, the lack of the sufficient rules in this form can cause low discipline among the children.

## Uninvolved Parenting

Parents in this form often give a lot of freedom to their children and are not involved in their daily lives. They only feel responsible for fulfilling the basic needs of their child while not thinking of their optimal growth. Communication is also limited, and the parents often miss out on the disciplinary actions to shape the child. The expectations from the child are also very low, and the amount of nurturing is also very low.

## Parental Training Programs For Child's ADHD Therapy

There is training for parents in the behavioral management of children with attention-deficit/hyperactivity disorder (ADHD). It enables parents to control and improve their child's behavior, self-control, and self-awareness. The younger the child, the more effective this behavioral therapy gets. The training program involves a proven approach that can help in the betterment of children with ADHD through dedicated interventions. Below is how it can help:

- It trains parents with the strategies and skills to implement a positive reinforcement structure in order to manage the child's behavior at home and school.
- The program teaches parents to enable effective two-way communication with ADHD children. Thus, the children can speak their hearts out, and parents remain aware of their current mental state.
- There are helpful activities assigned to the parents to be practiced with the kids to improve the difficulties.
- Moreover, parents are trained to assess the progress, provide assistance with the hardships, and adjust the strategies by re-evaluating the plans.

## Wrapping Up!

This comprehensive post bursts the myth that poor parenting can cause ADHD in children. Besides, it also establishes a relationship between ADHD and parenting, including a holistic approach to relieving the symptoms of ADHD with well-thought-out efforts. [Parent training programs](#) in behavioral management for ADHD children can also play a pivotal role.

**Related Article:** [Understanding Adult ADHD and Its Treatment: A Comprehensive Guide](#)