



Opposition and Oppositional Defiant Disorder (ODD)

Opposition... Is It Normal?

Opposition is part of development in childhood and adolescence. It allows young people to develop their assertiveness, their autonomy and their decision-making. It is therefore healthy and desirable!

Opposition decreases as the brain matures and as the harmony between parents and children increases. Two elements are necessary for family harmonization to take place:

1. Parents must let their child make his/her own choices and decisions, and perform tasks on his/her own. They must also strengthen and enhance their child's independence.
2. The child must have confidence in his/her parents and must learn that limits are present to ensure his/her safety.



Reference : Hammerrenger, B. (2016). *L'opposition : Ces enfants qui vous en font voir de toutes les couleurs*. Québec, Éditions Midi Trente.

What Is ODD?

ODD is a pattern of angry and irritable mood, argumentative and defiant behaviours, or vindictiveness lasting at least 6 months and occurs during an interaction with at least one person who isn't a sibling.

Angry/Irritable Mood

- Often loses his/her temper ;
- Is easily annoyed by others ;
- Is often angry and resentful.

Argumentative/Defiant Behaviours

- Often argues, defies or refuses to comply with authority figures or adults ;
- Often deliberately annoys others ;
- Often blames others for his/her misbehaviours.

Vindictiveness :

- Can be spiteful or vindictive.



References : American Psychiatric Association. (2016). *Mini DSM-5 : Critères diagnostiques*. États-Unis, Elsevier Masson. / Hammerrenger, B. (2016). *L'opposition : Ces enfants qui vous en font voir de toutes les couleurs*. Québec, Éditions Midi Trente.



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Internet

<https://www.ahaparenting.com/>

<https://aidersonenfant.com/thematique/vie-de-famille/>

<https://aqnp.ca/documentation/developpemental/le-trouble-dopposition-provocation/>

<https://parentandteen.com/>

Ressources / Resources

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>

