


# 5 Ways to Support Parents of Kids with Reactive Attachment Disorder



Early trauma can greatly impact the brain, resulting in reactive attachment disorder (RAD). Kids don't outgrow RAD. Those who raise them can't "good parent" RAD away. **Here's what you can do to support parents of kids with RAD:**

## 1. Don't Judge.

It's easy to look at a parent who is struggling with their child and assume they need to try different parenting approaches. However, know that RAD is a serious mental health affliction, *not* a parenting issue. Rather than judge a parent of a child with RAD, remind yourself that you've likely never walked in their shoes. Parenting is not a "one size fits all" experience. All kids are different.



## 2. Be there, even from afar.

Raising a child with RAD is difficult and lonely. Friends and family usually don't understand the disorder and many people unfairly place blame on parents for their child's struggles. Let parents know regularly that you're thinking of them. Understand, however, if they can't accept your invitations to coffee or if they reply to your texts a week late. They're dealing with a lot.



## 3. Do some research.

Get online and find resources written by parents of kids with RAD. You'll gain a much better understanding of what parents go through. After you learn more, you can ask parents informed questions and perhaps offer help where you can.

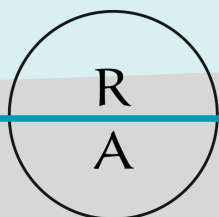
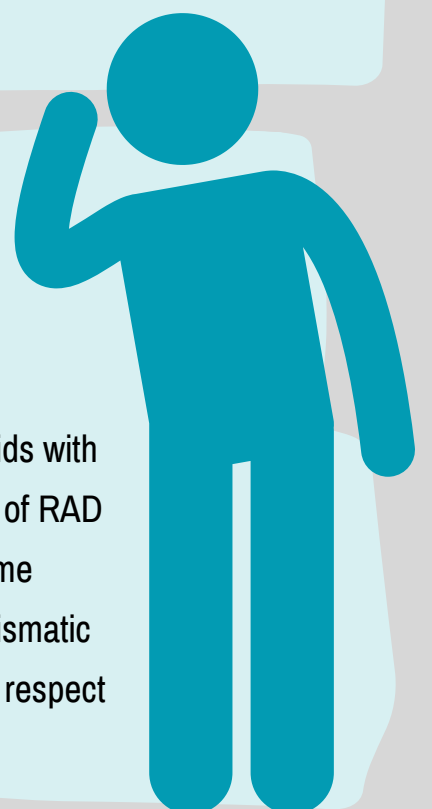


## 4. Talk about your "normal life" (without boasting).

To raise kids with RAD often means regular chaos. Many parents long to hear about "normal" things such as your new puppy or a sale you found on your favorite food at the grocery store. Just try not to boast about your own child. As much as they'd be happy for you, they may feel embarrassed or inferior that they and their child are merely getting by.

## 5. Listen to and believe the parents.

The most important thing you can do is to really listen to parents of kids with RAD. Give them a safe place to share their experiences. A symptom of RAD is manipulation. So while parents often experience their child's extreme behavior dysregulation, you may only see a well-mannered and charismatic child. Honor the parent's trust in you, believe what they tell you, and respect their parenting choices.



RAD ADVOCATES

Information Source  
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