

Promoting Engagement with ADHD Pre-Kindergarten children (PEAK)

A flexible, evidence-based behavioral parent training program that helps caregivers of preschoolers with ADHD reduce disruptive behaviors

Request an introduction



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Background

Children with ADHD often show significant behavioral, social, and academic impairments before kindergarten. While behavioral parent training (BPT) is the recommended first-line treatment for young children with ADHD, access and participation are limited due to cost, clinician availability, scheduling barriers, and stigma. As a result, most families don't receive these critical services.

Tech Overview

Developed by researchers at Lehigh University, PEAK is a structured, 10-session BPT program delivered either face-to-face (F2F) or asynchronously online. It provides parents of preschoolers with ADHD with practical strategies to manage behavior, improve self-regulation, and be more optimistic about parenting.

The scalable online format dramatically increases access without sacrificing effectiveness, offering flexibility and convenience for families.

Benefits

- **Improves Child Outcomes** – Reduces ADHD symptoms, oppositional behaviors, and improves self-regulation in preschool-aged children.
- **High Parent Engagement** – Achieves ~80% session completion, exceeding typical behavioral parent training benchmarks.
- **Equivalent Efficacy Online or In-Person** – Asynchronous delivery performs comparably to traditional face-to-face training.
- **Scalable & Cost-Effective** – Reduces barriers related to clinician availability, travel, and scheduling.
- **Supports Early Intervention** – Addresses ADHD-related challenges before kindergarten, improving long-term developmental and academic outcomes.

Applications

- **Digital Health & Teletherapy Platforms** – Integration into existing online behavioral health services.
- **Healthcare Systems & Pediatric Practices** – Early intervention for diagnosed or at-risk children.
- **Schools & Early Education Centers** – Parent-focused support to reduce behavioral disruptions and prepare children for kindergarten.
- **Behavioral Health Clinics** – Evidence-based treatment option to complement or replace medication-first approaches.

- **Research & Clinical Trials** – Framework for large-scale implementation studies or comparative effectiveness research.

Learn more about this opportunity

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