

PCIT-T Do Skills: Relationship Enhancement

P.R.I.D.E.

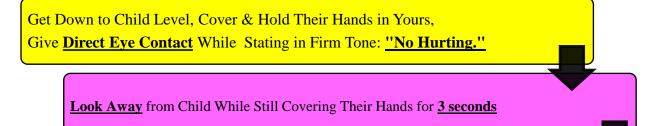
Picture Icon		Do Skill	Why Use This Skill?
	P •	Praise Behavior	 Increases behavior you like Brings connection to relationship Models positive social skills Increases self-esteem Examples: While clapping hands say: "Great sharing!" "Beautiful music!" "Awesome talking!"
	R •	Reflect Speech	 Shows child you're paying attention Allows for word pronunciation Increases chance for child to add more Examples: (child) "ba ba" (parent) "ba, ba, ball" (child) "lello one." (parent) "Yellow block."
	I •	Imitate Play	 Gives your approval of child's play Child starts to model your behavior Teaches child how to interact Helps child feel important Examples: (Copy their physical movements) (child) puts arms up (parent) puts arms up (child) scoots on floor (parent) scoots on floor
	D •	Describe Behavior	 Describes child's body in action Teaches organization & ideas Increases child's focus on task Slows down an active child Examples: "You're making music." "You're softly petting the dog." "You're hugging the baby doll."
	E •	Enjoy Time Together	 Providing physical affection adds warmth in the relationship Using animated facial expressions & animated tone of voice keep play fun Models positive emotions Examples: Smiling & laughing together. Making eye contact & clapping. Giving a pat on the back or a hug.



PCIT-T Don't Skills: Relationship Enhancement

Picture Icon	Don't Skill	Why Avoid This Skill?
	Q • Questions	 Interrupts the play Takes over the activity Often irritating for child Answer maybe unknown Examples: "What color is this?" "What are you making now?" "Do you want me to help you?"
	C • Commands	 Playing is a time child can lead Commands place parent in charge Minimize negative interaction Examples: "Look what Mommy has." "Try using this block." "Let's play with this toy."
	C • Criticizing	 Can impact child's self-esteem Creates an unpleasant interaction Doesn't work to stop bad behaviors Often increases criticized behavior Examples: "You're being naughty." "I don't like it when you scream." "Sugar pie, no, it doesn't go there."

AVOID: NO - DON'T - STOP - QUIT - NOT unless a DANGEROUS or DESTRUCTIVE behavior is occurring



Return Direct Eye Contact, State in Firm Tone: "No Hurting. Gentle Hands."

Quickly physically **rotate child** from around the waist **toward another toy** while facing away from the parent

Redirect with PRIDE Skills and Provide C.A.R.E.S. as Needed