## PCIT-T Do Skills: Relationship Enhancement

### P.R.I.D.E.

<table>
<thead>
<tr>
<th>Picture Icon</th>
<th>Do Skill</th>
<th>Why Use This Skill?</th>
</tr>
</thead>
</table>
| ![Praise](image1) | **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!” |
| ![Reflect](image2) | **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) “ello one.” (parent) “Yellow block.” |
| ![Imitate](image3) | **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 |
| ![Describe](image4) | **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.” |
| ![Enjoy](image5) | **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

<table>
<thead>
<tr>
<th>Picture Icon</th>
<th>Don’t Skill</th>
<th>Why Avoid This Skill?</th>
</tr>
</thead>
</table>
| ![Question Icon](image) | **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?” |
| ![Command Icon](image) | **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.” |
| ![Criticize Icon](image) | **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

- Get Down to Child Level, Cover & Hold Their Hands in Yours,  
  Give **Direct Eye Contact** While Stating in Firm Tone: "**No Hurting.**"
- **Look Away** from Child While Still Covering Their Hands for 3 seconds
- 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