



PCIT-T Do Skills: Relationship Enhancement

P.R.I.D.E.

| Picture Icon | Do Skill | Why Use This Skill? |
|--------------|--------------------------------|--|
| | P • Praise Behavior | <ul style="list-style-type: none"> Increases behavior you like Brings connection to relationship Models positive social skills Increases self-esteem <p>Examples: While clapping hands say: “Great sharing!” “Beautiful music!” “Awesome talking!”</p> |
| | R • Reflect Speech | <ul style="list-style-type: none"> Shows child you’re paying attention Allows for word pronunciation Increases chance for child to add more <p>Examples: (child) “ba ba” (parent) “ba, ba, ball” (child) “lello one.” (parent) “Yellow block.”</p> |
| | I • Imitate Play | <ul style="list-style-type: none"> Gives your approval of child’s play Child starts to model your behavior Teaches child how to interact Helps child feel important <p>Examples: (Copy their physical movements) (child) puts arms up (parent) puts arms up (child) scoots on floor (parent) scoots on floor</p> |
| | D • Describe Behavior | <ul style="list-style-type: none"> Describes child’s body in action Teaches organization & ideas Increases child’s focus on task Slows down an active child <p>Examples: “You’re making music.” “You’re softly petting the dog.” “You’re hugging the baby doll.”</p> |
| | E • Enjoy Time Together | <ul style="list-style-type: none"> Providing physical affection adds warmth in the relationship Using animated facial expressions & animated tone of voice keep play fun Models positive emotions <p>Examples: Smiling & laughing together. Making eye contact & clapping. Giving a pat on the back or a hug.</p> |



PCIT-T Don't Skills: Relationship Enhancement

| Picture Icon | Don't Skill | Why Avoid This Skill? |
|--------------|------------------------|--|
| | Q • Questions | <ul style="list-style-type: none"> • Interrupts the play • Takes over the activity • Often irritating for child • Answer maybe unknown <p>Examples: "What color is this?" "What are you making now?" "Do you want me to help you?"</p> |
| | C • Commands | <ul style="list-style-type: none"> • Playing is a time child can lead • Commands place parent in charge • Minimize negative interaction <p>Examples: "Look what Mommy has." "Try using this block." "Let's play with this toy."</p> |
| | C • Criticizing | <ul style="list-style-type: none"> • Can impact child's self-esteem • Creates an unpleasant interaction • Doesn't work to stop bad behaviors • Often increases criticized behavior <p>Examples: "You're being naughty." "I don't like it when you scream." "Sugar pie, no, it doesn't go there."</p> |

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