



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

