

Parent-Directed Interaction (PDI) Homework Plan For Caregivers

Congratulations on achieving mastery of your Child-Directed Interactions (CDI) Skills! Way to have PRIDE!

By focusing on relationship enhancement and discipline techniques of praise you have been able to boost your child’s self-esteem and keep your child engaged in positive behavior. Your ability to use the skill of reflections shows you’re listening closely to their shared thoughts and statements. In addition, your use of behavioral descriptions has taught your child to be aware of what they are physically doing with their hands and body. Learning the art of “Differential Attention” has taught your child when they behave in a rude, sassy or demanding manner you will remove all your attention from them until they begin to act in a positive manner that deserves being noticed by you through giving a verbal behavior description, reflection or labeled praise. Beyond mastering these skills you have also learned how to imitate your child’s play and body language when it is appropriate and most wonderful of all, you have enjoyed spending time with your child. As therapy moves forward and you begin learning the Parent-Directed Interactions (PDI) skills daily homework will remain an important key part to help achieve successful behavior changes in your child.

CAUTION: *Even though you have been taught the PCIT Time-Out Sequence you will only use Time-Out as taught following a certain order and level system which your therapist will discuss in detail with you. **You move to the next level of PDI homework only when your therapist and you assess together if your child accepts Time-Out without leaving the chair.** The plan will be to remain on the same level with PDI homework until your child has been able to successfully complete time-outs (if needed) with play commands. The process is extremely methodical; jumping ahead can create set-backs in treatment gains.*

CALL YOUR PCIT COACH IMMEDIATELY if you are having any problems implementing Time-Out!

Therapy Session	Homework Given Weekly <u>DAILY 5 minutes CDI & Add:</u>	When Can Time Out Be Used?	Reason
PDI Teach	Only CDI Homework *extremely important this week	<i><u>NO Time-Outs</u></i>	Child has not yet learned the Time-Out plan in therapy, only the adult has been taught
PDI HW Level 1	Play Commands Only	Time-Out for not obeying play command	Teach immediate need to obey commands Make sure you have time to complete Time-Out *If any problems call therapist immediately