




PCAT– 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 Adds warmth to relationship Models positive social skills Increases self-esteem <p>Examples: While clapping hands say: “Great sharing!” “Beautiful music!” “Awesome talking!” “You did it!”</p>
	R ● Reflect Speech	<ul style="list-style-type: none"> Shows child you’re listening well Allows for word pronunciation Increases communication <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"> Shows you approve 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 & concepts Increases child’s focus on task Slows down an active child <p>Examples: “You’re making music.” “You’re petting the lion.” “You’re hugging the baby doll.”</p>
	E ● Enjoy Time Together	<ul style="list-style-type: none"> Creates warmth in the relationship Shows how much you care Models positive emotions Demonstrates social skills <p>Examples: Smiling & laughing together. Making eye contact & clapping. Giving a pat on the back or a hug.</p>

PCAT– Don't Skills: Relationship Enhancement

Picture Icon	Don't Skill	Why Avoid This Skill?
	Q • Questions	<ul style="list-style-type: none"> • Doesn't allow the child to lead play • May trigger oppositional response • Requires an answer • Interrupts the play <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 one time child can lead • Commands take the lead away • Minimize negative interaction <p>Examples: "Look at this." "Try using this block." "Let's play with this toy."</p>
	C • Criticizing	<ul style="list-style-type: none"> • Doesn't work to stop bad behaviors • Often increases criticized behavior • May lower the child's self-esteem • Creates an unpleasant interaction <p>Examples: "You're being naughty." "No, honey, that's not right." "I don't like it when you scream."</p>

What About Tantrums & Misbehavior?

	• Redirect	<p>What To Do:</p> <ul style="list-style-type: none"> • Remain non-reactive • Parent engages in new activity • Distract child with new activity • Role model appropriate play <p>Why This Works:</p> <ul style="list-style-type: none"> • Avoids increasing bad behavior • Decreases mild/irritating behaviors • Helps child notice difference between caregiver's responses to positive instead of negative behavior
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AVOID: NO - DON'T - STOP - QUIT - NOT
unless a DANGEROUS or DESTRUCTIVE behavior is occurring