



PDI Daily Care!

Command → Comply → Praise

Child's Name: _____



This Week's PDI Focus

(circle):

1. Clean-up Commands
2. 2-4 Real Life Commands
3. All Day Commands
4. House Rules

	During 5 Minutes		Throughout the day		
	5-minute Special Play Time!	What toys did you play with?	Circle PRIDE skills used today	Number of Time Outs for Disobeying PDI Commands:	Overall, how was your child today? (circle one)
Monday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Tuesday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Wednesday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Thursday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Friday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Saturday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️
Sunday _____	YES NO		Praise Reflect Imitate Describe Enjoy		😊 ☹️

SPECIFIC SKILLS TO PRACTICE DAILY

Use your Relationship Enhancement Skills (PRIDE)

- P** **Praise** the appropriate behavior that you see immediately
- R** Use “**reflection**” to teach your child to listen and communicate
- I** Model (**Imitate & Model**) the behavior you desire
- D** **Describe** the behavior that you see or want to see that is appropriate
- E** “**Enjoy**” your play time with your child by having enthusiastic play

Use “**physical positives**” such as smiles, looking with eyes, hugs, kisses, sitting close.

Reduce questions and commands.

Avoid NO, DON'T STOP, QUIT, & NOT

Behaviors to notice, describe, and praise:

Attitude	Concentrating	Minding	Softly
Big boy/girl voice	Cooperative	Patiently	Taking their time
Calmly	Following directions	Polite words	Taking turns
Carefully	Gently	Quickly	Thinking things over
Caring	Hands to self	Quiet	Using words
Choosing	In-door voice	Safely	Waiting
Cleaning up	Letting others talk	Saying nice things	
Complying (first time)	Listening	Sharing	

BE DIRECT when you give commands

- B** **Be Specific** about what you want your child to do
- E** **Every command positively stated** (tell your child what TO DO)
- D** **Developmentally Appropriate** (within your child’s abilities)
- I** **Individual** (ONE command at a time)
- R** **Respectful and polite** (model respectful words – please)
- E** **Essential Commands Only** (only give commands when necessary)
- C** **Carefully Timed Explanations** (tell your child why they need to listen)
- T** **Tone of Voice Neutral** (stay calm so your child stays calm)

Specific Commands to Use this week:

1. _____
2. _____
3. _____
4. _____

House Rules:

1. _____
2. _____

Consequence:

How hard will it be for you to do your Daily Care this week?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Very easy

Somewhat easy

Somewhat hard

Very hard