## PCAT- Do Skills: Relationship Enhancement

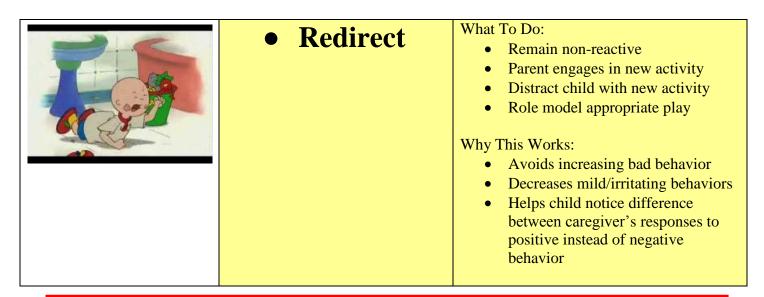
## P.R.J.D.E.

Picture Icon		Do Skill	Why Use This Skill?
	P •	<b>Praise</b> Behavior	<ul> <li>Increases behavior you like</li> <li>Adds warmth to relationship</li> <li>Models positive social skills</li> <li>Increases self-esteem</li> </ul> Examples: While clapping hands say: <ul> <li>"Great sharing!" "Beautiful music!"</li> <li>"Awesome talking!" "You did it!"</li> </ul>
Helio Helio TALIX BASIX PARTIES	R •	Reflect Speech	<ul> <li>Shows child you're listening well</li> <li>Allows for word pronunciation</li> <li>Increases communication</li> </ul> Examples: <ul> <li>(child) "ba ba" (parent) "ba, ba, ball"</li> <li>(child) "lello one." (parent) "Yellow block."</li> </ul>
	Ι •	<b>Imitate</b> Play	<ul> <li>Shows you approve of child's play</li> <li>Child starts to model your behavior</li> <li>Teaches child how to interact</li> <li>Helps child feel important</li> </ul> Examples: (Copy their physical movements) <ul> <li>(child) puts arms up (parent) puts arms up</li> <li>(child) scoots on floor (parent) scoots on floor</li> </ul>
CoolGing.com	D •	<b>Describe</b> Behavior	<ul> <li>Describes child's body in action</li> <li>Teaches organization &amp; concepts</li> <li>Increases child's focus on task</li> <li>Slows down an active child</li> <li>Examples: "You're making music."     "You're petting the lion."     "You're hugging the baby doll."</li> </ul>
	E •	Enjoy Time Together	<ul> <li>Creates warmth in the relationship</li> <li>Shows how much you care</li> <li>Models positive emotions</li> <li>Demonstrates social skills</li> </ul> Examples: Smiling & laughing together. <ul> <li>Making eye contact &amp; clapping.</li> <li>Giving a pat on the back or a hug.</li> </ul>

## PCAT- Don't Skills: Relationship Enhancement

Picture Icon	Don't Skill	Why Avoid This Skill?
3	Q • Questions	<ul> <li>Doesn't allow the child to lead play</li> <li>May trigger oppositional response</li> <li>Requires an answer</li> <li>Interrupts the play</li> </ul> Examples: "What color is this?" <ul> <li>"What are you making now?"</li> <li>"Do you want me to help you?"</li> </ul>
	C • Commands	<ul> <li>Playing is one time child can lead</li> <li>Commands take the lead away</li> <li>Minimize negative interaction</li> <li>Examples: "Look at this."  "Try using this block."  "Let's play with this toy."</li> </ul>
No Put Down Zone	C • Criticizing	<ul> <li>Doesn't work to stop bad behaviors</li> <li>Often increases criticized behavior</li> <li>May lower the child's self-esteem</li> <li>Creates an unpleasant interaction</li> <li>Examples: "You're being naughty."         "No, honey, that's not right."         "I don't like it when you scream."     </li> </ul>

## What About Tantrums & Misbehavior?



AVOID: NO - DON'T - STOP - QUIT - NOT unless a DANGEROUS or DESTRUCTIVE behavior is occurring