






Relationship Enhancement

*P*R*I*D*E*

Rule	Reason	Example	Look
<p><u>PRAISE</u> appropriate behavior</p>	<ul style="list-style-type: none"> Increases desired behaviors. Lets child know what you like. 	<ul style="list-style-type: none"> “You did great concentrating on building the garage.” 	
<p><u>REFLECT</u> appropriate talk</p>	<ul style="list-style-type: none"> Allows child to lead the conversation. Shows child you’re listening and understand child. 	<ul style="list-style-type: none"> Child: “I did it all by myself.” Parent: “Yes, you did it all by yourself.” 	
<p><u>IMITATE</u> appropriate play</p>	<ul style="list-style-type: none"> Shows approval of child’s play. Models and increases desired behaviors. 	<ul style="list-style-type: none"> Parent: “I’m going to tap the blocks quietly, just like you.” 	
<p><u>DESCRIBE</u> appropriate behavior</p>	<ul style="list-style-type: none"> Increases concentration and attention to the activity. Slows down an active child. 	<ul style="list-style-type: none"> “You’re keeping the Play-Doh on the table.” 	
<p><u>ENJOY</u></p>	<ul style="list-style-type: none"> Demonstrates interest in child. Models positive emotions. 	<ul style="list-style-type: none"> “I have so much fun playing with you.” 	

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<p><u>AVOID</u> NO, DON'T, STOP, QUIT and NOT</p>	<ul style="list-style-type: none"> • Doesn't tell the child what TO DO. • Creates power struggles. • Causes conflict and negativity. 	<ul style="list-style-type: none"> • "Stop running in the house!" • <i>Instead say:</i> "Please walk inside the house." 	
<p><u>AVOID</u> criticizing</p>	<ul style="list-style-type: none"> • Doesn't provide any direction. • Focuses attention on negative behavior. • Can trigger negative behaviors. 	<ul style="list-style-type: none"> • "You're acting like a baby." • "That's not how you do it." 	
<p><u>AVOID</u> giving commands and asking questions</p>	<ul style="list-style-type: none"> • Doesn't allow child to lead. • Creates power struggles. • May seem bossy or testing. 	<ul style="list-style-type: none"> • Let's play with these toys. • Look at this. • What are you making now? • What color is this? 	
<p><u>IGNORE</u> inappropriate behavior (unless it's dangerous or destructive)</p>	<ul style="list-style-type: none"> • Helps child notice difference between your responses to good and bad behavior. • Helps parents stay calm. • Avoids increasing attention-seeking behavior by removing your attention. 	<ul style="list-style-type: none"> • Child: (plays roughly with toys) • Parent: (says nothing about it, turns focus to own toys; making it fun) "I'm going to make some cookies. Oh these are so tasty!" 	