

Date Returned: ___/___/___

PDI Daily Care!

This Week's PDI Focus

(circle):

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









Command → Comply → Praise

Child's Name: _____ Parent's Name: _____



	During 5 Minutes		Throughout the day		
	5-minute Special Play Time!	What toys did you play with?	Check PRIDE skills used today	Number of Time Outs for Disobeying PDI Commands:	Overall, how was your child today? (check 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		☺ ☹

Date Returned: __/__/__

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 | |

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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