

PC-CARE: A Brief Intervention for Caregivers and Children Together



What is PC-CARE?

PC-CARE is a 6-week intervention designed to improve the quality of the caregiver-child relationship and to teach caregivers skills to help them identify and build up their children's strengths and manage their children's challenging behaviors. In PC-CARE, providers teach and coach caregivers to increase their positive caregiving skills and to find the behavior management strategies that are most effective for their family.

Who is PC-CARE for?

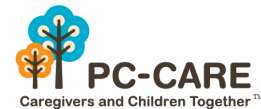
- **Caregivers who:**
 - Are interested in improving their relationship with their child and in learning new caregiving skills
 - Have had their child in their custody for a long or relatively short time (e.g. foster, adoptive, relative, reunited parent)
 - Are willing to spend five minutes in play with their child daily or as often as possible
- **Children who:**
 - Are between the ages of about 1 and 10 years
 - May be disruptive, defiant, and/or aggressive at home and/or school
 - May have experienced a traumatic event that is impacting behaviors and/or relationships
 - May be adjusting to a new home (e.g., foster, reunification) or situation (e.g., parental separation, new sibling)

My Parenting Values:

- _____

Goals of PC-CARE:

- **Build Up Child's Strengths**
 - _____
- **Improve Caregiver-Child Relationships:**
 - _____
- **Improve Child Behaviors:**
 - _____



NCTSN The National Child Traumatic Stress Network

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