

PC-CARE!

Caregiver-Child Intervention – 6 Week Model



Week 1:

- Learn about PC-CARE and how to use PRIDE skills and strategically notice your child's positive behavior
- Learn and practice: Setting up your home *Environment* to improve child compliance, & *Transitions*
- Daily CARE!

Week 2:

- Learn and practice: *Ignore, Modeling, Redirect, & Calming*
- Practice PRIDE skills to strengthen your child's positive behavior
- Daily CARE!

Week 3:

- Learn and practice: *Rules, Positive Incentives – Choices, When-Then & If-Then* statements
- Practice PRIDE skills to strengthen your child's positive behavior
- Daily CARE!

Week 4:

- Learn and practice: *Effective Commands & Consistent Consequences*
- Practice PRIDE skills to strength your child's positive behavior
- Daily CARE!

Week 5:

- Learn and practice: *Re-Doing, Hand-Over-Hand* (for very young children), & *Recovery*
- Practice PRIDE skills to strengthen your child's positive behavior
- Daily CARE!

Week 6:

- *Putting it all together!* Use what you've learned at home and in the community!
- Practice all the skills: the PRIDE skills, *Calmly Tell Your Child What to Do*, and the calming & coping skills
- Graduation!



NCTSN The National Child Traumatic Stress Network

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