

# 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
- **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:**
  - \_\_\_\_\_



For information contact:

Lindsay Armendariz (Forte)  
PC CARE Coordinator  
laforte@ucdavis.edu  
(916) 732 8983

Our Team  
HS PCCARE@ucdavis.edu  
Facebook.com/PCCARETHERAPY

UCDMC CAARE Center  
3671 Business Drive, Suite 100  
Sacramento CA 95820  
PCIT.UCDAVIS.EDU/PC CARE

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# 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: Giving *Effective Commands, & Removal of Privileges*
- 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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