

# Daily CARE!



Child's Name: \_\_\_\_\_

Therapist – Session #: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Date Returned: \_\_\_\_\_

DATE	During 5 Minutes		Throughout the day		
	5-minute Special Play Time!	What toys did you play with?	Circle PRIDE skills used today	List strategies to manage behavior used today	Overall, how was your child today? (circle one)
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
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# SPECIFIC SKILLS TO PRACTICE DAILY

## Use your Relationship Enhancement Skills (PRIDE)

- P** Praise!
- R** Reflect!
- I** Imitate and model!
- D** Describe!
- E** Enjoy out loud!

Use "physical positives" such as smiles, eye contact, hugs, kiss, sitting closely

**Reduce** questions and commands

**Avoid** "NO", "DON'T", "STOP", "QUIT", & "NOT"

## Use your Strategies to Manage Behaviors

- Transitions** between activities.
- Adjust the environment:** Help child to succeed.
- Ignore** unwanted behaviors that are mild.
- Redirect & Model** appropriate behavior.
- Keep Calm!**
- When-then, if-then, & choices** to encourage compliance.
- Set up Rules.**
- Effective commands:** Praise compliance, remove privilege for non-compliance.
- Redo and hand-over-hand** to practice positive behaviors.
- Recovery** by using PRIDE skills after compliance.

### Increase the behaviors you want to see by using key words:

Unwanted behaviors:	Dawdling, stalling, delaying	Misbehaving at meal times	Disobeying, acting defiant	Acting angry or aggressive
<b>Words to encourage appropriate behaviors:</b>	Quickly Complying (first time) Focusing Right away	Quietly Waiting Hands to self Sitting in seat Using manners Polite words	Good attitude Calmly Following directions Cooperative Complying	Using calming skills Softly Gently Carefully Calmly Thinking things over
Screaming, yelling	Destroying or being rough with things	Provoking others, picking fights	Interrupting, seeking attention	Trouble paying attention, overactive
Using nice words Big boy/girl voice Indoor voice Using calming skills Speaking softly Talking calmly	Safely Calmly Gently Softly Carefully Hands to self	Hands to self Polite words Saying nice things Cooperative Sharing	Letting others talk Listening Waiting Patiently Taking turns	Listening Focusing Concentrating Waiting Patiently