

## Relationship Enhancement



## \*P\*R\*I\*D\*E\*

Rule	Reason	Example	Looks like:
PRAISE appropriate behavior	<ul> <li>Increases desired behaviors.</li> <li>Lets child know what you like.</li> </ul>	"You did great concentrating on building the garage."	
<b>REFLECT</b> appropriate talk	<ul> <li>Allows child to lead the conversation.</li> <li>Shows child you're listening and understand child.</li> </ul>	CHILD: "I did it all by myself." PARENT: "Yes, you did it all by yourself!"	I did it! You did do it
<b>IMITATE</b> appropriate play	<ul> <li>Shows approval of child's play.</li> <li>Models and increases desired behaviors.</li> </ul>	Parent: "I'm going to tap the blocks quietly, just like you."	
<b>DESCRIBE</b> appropriate behavior	<ul> <li>Increases         concentration and         attention to the         activity.</li> <li>Slows down an         active child.</li> </ul>	"You're keeping the Play-Doh on the table."	
<u>ENJOY</u>	<ul> <li>Demonstrates interest in child.</li> <li>Models positive emotions.</li> </ul>	"I have so much fun playing with you!"	

Rule	Reason	Example	Looks like:
AVOID NO, DON'T, STOP, QUIT and NOT	<ul> <li>Doesn't tell the child what TO DO.</li> <li>Creates power struggles.</li> <li>Causes conflict and negativity.</li> </ul>	<ul> <li>"Stop running in the house!"</li> <li>Instead say:</li> <li>"Please walk inside the house."</li> </ul>	
<u>AVOID</u> criticizing	<ul> <li>Doesn't provide any direction.</li> <li>Focuses attention on negative behavior.</li> <li>Can trigger negative behaviors.</li> </ul>	<ul> <li>"You're acting like a baby."</li> <li>"That's not how you do it."</li> </ul>	THIS IS TOO STRESSFUL STOP YELLING AT ME!!!
AVOID giving commands and asking questions	<ul> <li>Doesn't allow the child to lead.</li> <li>Creates power struggles.</li> <li>May seem bossy or testing.</li> </ul>	<ul> <li>"Let's play with these toys."</li> <li>"Look at this."</li> <li>"What are you making now?"</li> <li>"What color is this?"</li> </ul>	LOOK TOP WHAT DON'T

