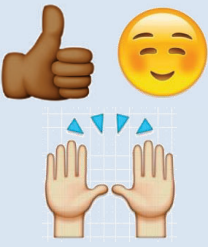





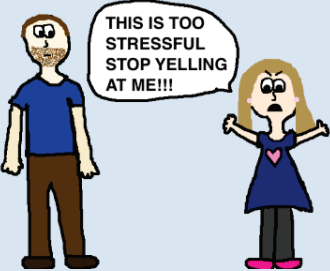



## \*P\*R\*I\*D\*E\*



Rule	Reason	Example	Look
<p><b><u>PRAISE</u></b> appropriate behavior</p>	<ul style="list-style-type: none"> <li>Increases desired behaviors.</li> <li>Lets child know what you like.</li> </ul>	<ul style="list-style-type: none"> <li>“You did great concentrating on building the garage.”</li> </ul>	
<p><b><u>REFLECT</u></b> appropriate talk</p>	<ul style="list-style-type: none"> <li>Allows child to lead the conversation.</li> <li>Shows child you’re listening and understand child.</li> </ul>	<ul style="list-style-type: none"> <li>Child: “I did it all by myself.”</li> <li>Parent: “Yes, you did it all by yourself.”</li> </ul>	
<p><b><u>IMITATE</u></b> appropriate play</p>	<ul style="list-style-type: none"> <li>Shows approval of child’s play.</li> <li>Models and increases desired behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>Parent: “I’m going to tap the blocks quietly just like you.”</li> </ul>	
<p><b><u>DESCRIBE</u></b> appropriate behavior</p>	<ul style="list-style-type: none"> <li>Increases concentration and attention to the activity.</li> <li>Slows down an active child.</li> </ul>	<ul style="list-style-type: none"> <li>“You’re keeping the Play-Doh o the table.”</li> </ul>	
<p><b><u>ENJOY</u></b></p>	<ul style="list-style-type: none"> <li>Demonstrates interest in child.</li> <li>Models positive emotions.</li> </ul>	<ul style="list-style-type: none"> <li>“I have so much fun playing with you.”</li> </ul>	

Rule	Reason	Example	Look
<p><b><u>AVOID</u></b> NO, DON'T, STOP, QUIT and NOT</p>	<ul style="list-style-type: none"> <li>• Doesn't tell the child what TO DO.</li> <li>• Creates power struggles.</li> <li>• Causes conflict and negativity.</li> </ul>	<ul style="list-style-type: none"> <li>• "Stop running in the house!"</li> <li>• <i>Instead say:</i> "Please walk inside the house."</li> </ul>	
<p><b><u>AVOID</u></b> criticizing</p>	<ul style="list-style-type: none"> <li>• Doesn't provide any direction.</li> <li>• Focuses attention on negative behavior.</li> <li>• Can trigger negative behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• "You're acting like a baby."</li> <li>• "That's not how you do it."</li> </ul>	
<p><b><u>AVOID</u></b> giving commands and asking questions</p>	<ul style="list-style-type: none"> <li>• Doesn't allow the child to lead.</li> <li>• Creates power struggles.</li> <li>• May seem bossy or testing.</li> </ul>	<ul style="list-style-type: none"> <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>	

# Strategies to Manage Behaviors



## PC-CARE SESSION 1

Skill	Reason	Example
 <p><b>Transitions</b></p>	<ul style="list-style-type: none"> <li>• Provides the child an opportunity to prepare for a change.</li> <li>• Allows the child to complete their current activity before switching to another.</li> </ul>	<ul style="list-style-type: none"> <li>• “In one more minute it will be my turn to play with the Legos.”</li> <li>• “A the end of this TV program, it will be time for bed.”</li> </ul>
 <p><b>Compliance Friendly Environment</b></p>	<ul style="list-style-type: none"> <li>• Adjusting your environment to allow for compliance will help set you and your child up for success!</li> <li>• With fewer distractions and opportunities for bad behavior, the child will be better able to listen and follow directions.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep breakable and/or off-limits items out of reach and out of sight.</li> <li>• Keep the play area safe and kid-friendly so that the child can make good choices.</li> <li>• Support the child in regulating emotions by setting or changing routines.</li> <li>• Child: gets cranky and tired at dinner time.</li> <li>• Parent: makes dinner earlier so child can enjoy dinner without being fussy and noncompliant.</li> </ul>

# 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		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹

## 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.
- Compliance-friendly 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