

PRIDE skills

communication tools for positive parent-child relationships

Set aside five minutes everyday for "special playtime," where you spend time playing with your child and letting them take the lead. Use the PRIDE skills during this time to build a positive relationship with your child.

Praise



Praise your child for specific appropriate behavior.

I like the way you're playing so quietly!

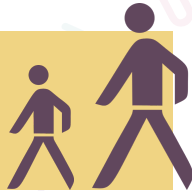
Reflect



Reflect what the child is telling you to show that you're listening.

Yes, you drew a green star.

Imitate



Imitate what your child is doing during playtime; let them lead what activities you do.

I'll draw a sun in my picture, too.

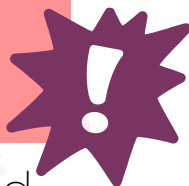
Describe



Describe the appropriate behavior that your child is doing.

You're making a tower of Legos!

Enthusiasm



Interact enthusiastically and excitedly with your child.

Wow, that's great!!

adapted from Parent-Child Interaction Therapy (PCIT)