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.

**Reflect**

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

**Imitate**

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

**Describe**

Describe the appropriate behavior that your child is doing.

**Enthusiasm**

Interact enthusiastically and excitedly with your child.

adapted from Parent-Child Interaction Therapy (PCIT)