



Relationship Enhancement

P*R*I*D*E

Rule	Reason	Examples
<p><u>PRAISE</u> appropriate behavior</p>	<ul style="list-style-type: none"> Increases desired behaviors. Lets child know what you like. Increases child's self-esteem. Adds to warmth of the relationship. Models positive social behavior. Makes both parent and child feel good! 	<ul style="list-style-type: none"> I like the way you're playing so gently. You have wonderful ideas for this picture. I'm proud of you for staying calm. You did great concentrating on building the garage. Thank you for sharing.
<p><u>REFLECT</u> appropriate talk</p>	<ul style="list-style-type: none"> Allows child to lead the conversation. Shows child you're listening and understand child. Improves child's speech. Increases social communication. Calms anxious children. Non-critical way of correcting child. 	<ul style="list-style-type: none"> Child: I did it all by myself. Parent: Yes, you did it all by yourself. Child: I drew a blue flower. Parent: You drew a blue flower. Child: I'm tired. Parent: You are tired. Child: This isn't working. I'm mad. Parent: You're mad because it isn't working.
<p><u>IMITATE</u> appropriate play</p>	<ul style="list-style-type: none"> Helps child feel important. Shows approval of child's play. Models and increases desired behaviors. Increases child's imitation of what you do. 	<ul style="list-style-type: none"> Parent: I'm going to tap the blocks quietly, just like you. Parent: We're driving our trains on the track.
<p><u>DESCRIBE</u> appropriate behavior</p>	<ul style="list-style-type: none"> Increases concentration and attention to the activity. Slows down an active child. Teaches vocabulary for desired behaviors. Increases child's mindfulness. Maintains child's interest. 	<ul style="list-style-type: none"> You're putting the toys back one at a time. You're keeping the Play-Doh on the table. You're sharing your animals with me. You're rolling out the Play-Doh very carefully.
<p><u>ENJOY</u></p>	<ul style="list-style-type: none"> Demonstrates interest in child. Models positive emotions. Increases the child's interest in play. Creates warmth in the relationship. Reinforces desired behaviors. 	<ul style="list-style-type: none"> Smiles, eye contact, arm around child, rub back, tussle hair, warm voice, laughing together, clapping "I have so much fun playing with you."

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<p><u>IGNORE</u> inappropriate behavior (unless it's dangerous or destructive)</p> <p>a. Avoid looking at child, smiling, frowning, etc. b. be silent c. ignore every time d. expect behavior to increase at first</p>	<ul style="list-style-type: none"> • Helps child notice difference between your responses to good and bad behavior. • Helps parents stay calm. • Avoids increasing attention-seeking behavior by removing your attention. 	<ul style="list-style-type: none"> • Look at own toys, talk about own play, avoid eye contact with the child, neutral body language, avoid talking to or responding to the child, increase the level of fun in the current play, introduce a new toy or activity • Child: (plays roughly with the toys) Parent: (says nothing about it, turns focus to own toys; making it fun) "I'm going to make some cookies. Oh these are so tasty!"
<p><u>AVOID</u> giving commands</p>	<ul style="list-style-type: none"> • Doesn't allow child to lead. • Creates power struggles. • Provides opportunity for conflict and negativity. • Distracts from positive moments during play. 	<ul style="list-style-type: none"> • Try putting that block on here. • Let's play with these toys. • Look at this.
<p><u>AVOID</u> asking questions</p>	<ul style="list-style-type: none"> • Controls the conversation. • May seem like you aren't listening or disagree with child. • Can increase frustration for the child. • Can create a feeling of failure if there's a wrong answer. 	<ul style="list-style-type: none"> • What color is this? • What are you making now? • Why did that happen? • What comes next? • What do you think this does?
<p><u>AVOID</u> criticizing</p>	<ul style="list-style-type: none"> • Doesn't provide any direction. • Focuses attention on negative behavior. • Children burn-out on these words, making them ineffective. • Can trigger negative behaviors. 	<ul style="list-style-type: none"> • You're being naughty. • I don't like it when you talk back. • Don't scribble on your paper. • No, honey, that's not right. • That's not appropriate talk. • You're acting like a baby. • That's not how you do it.

AVOID

NO DON'T STOP

QUIT

NOT