




# CDI– Do Skills: Relationship Enhancement


## P.R.I.D.E.

Picture Icon	Do Skill	Why Use This Skill?
	<b>P ● Praise Behavior</b>	<ul style="list-style-type: none"> <li>• Increases behavior you like</li> <li>• Adds warmth to relationship</li> <li>• Models positive social skills</li> <li>• Increases self-esteem</li> </ul> <p>Examples: You're so good at cleaning up! Awesome waiting your turn! Great job sharing!</p>
	<b>R ● Reflect Speech</b>	<ul style="list-style-type: none"> <li>• Shows child you're listening well</li> <li>• Practice to hear words pronounced</li> <li>• Allows child to lead conversation</li> <li>• Increases communication</li> </ul> <p>Examples: (kid) "I made it a lello one." (parent) "You made a yellow star."</p>
	<b>I ● Imitate Play</b>	<ul style="list-style-type: none"> <li>• Shows you approve of child's play</li> <li>• Child starts to model your behavior</li> <li>• Teaches child how to interact</li> <li>• Helps child feel important</li> </ul> <p>Examples: (parent) "I'm going to do the same thing you are because that looks fun."</p>
	<b>D ● Describe Behavior</b>	<ul style="list-style-type: none"> <li>• Describes child's body in action</li> <li>• Teaches organization &amp; concepts</li> <li>• Increases child's focus on task</li> <li>• Slows down an active child</li> </ul> <p>Examples: You're sitting quietly. You're building with blocks. You're coloring carefully.</p>
	<b>E ● Enjoy Time Together</b>	<ul style="list-style-type: none"> <li>• Creates warmth in the relationship</li> <li>• Shows how much you care</li> <li>• Models positive emotions</li> <li>• Demonstrates social skills</li> </ul> <p>Examples: Smiling &amp; laughing together. Making eye contact, giving a pat on the back or a hug.</p>

# CDI– Don't Skills: Relationship Enhancement

Picture Icon	Don't Skill	Why Avoid This Skill?
	<b>Q • Questions</b>	<ul style="list-style-type: none"> <li>• Doesn't allow the child to lead play</li> <li>• May trigger oppositional response</li> <li>• Requires an answer</li> <li>• Interrupts the play</li> </ul> <p>Examples: "What color is this?" "What are you making now?" "Do you want me to help you?"</p>
	<b>C • Commands</b>	<ul style="list-style-type: none"> <li>• Playing is one time child can lead</li> <li>• Commands take the lead away</li> <li>• Minimize negative interaction</li> </ul> <p>Examples: "Look at this." "Try using this block." "Let's play with this toy."</p>
	<b>C • Criticizing</b>	<ul style="list-style-type: none"> <li>• Doesn't work to stop bad behaviors</li> <li>• Often increases criticized behavior</li> <li>• May lower the child's self-esteem</li> <li>• Creates an unpleasant interaction</li> </ul> <p>Examples: "You're being naughty." "No, honey, that's not right." "I don't like it when you talk back."</p>

## What About Tantrums & Misbehavior?

	<b>D • Differential Attention</b>	<p>What To Do:</p> <ul style="list-style-type: none"> <li>• Remain non-reactive</li> <li>• Avoid eye contact</li> <li>• Physically move away</li> <li>• Engaging in new activity</li> <li>• Consistently ignore behavior</li> </ul> <p>Why This Works:</p> <ul style="list-style-type: none"> <li>• Avoids increasing bad behavior</li> <li>• Decreases mild/irritating behaviors</li> <li>• Helps child notice difference between caregiver's responses to positive instead of negative behavior</li> </ul>
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**AVOID: NO DON'T STOP QUIT NOT**