**Child-Directed Interaction (CDI)**

**Do Skills**

“Thank you for sharing.”

“Yes. That is green.”

If child builds with blocks, you build with blocks.

“You’re pushing the tractor.”

Relax and delight in your child

Troutman, B. (2016), IoWA-PCIT, unpublished manuscript.

[http://www.medicine.uiowa.edu/psychiatry/parentchildinteractiontherapy/](http://www.medicine.uiowa.edu/psychiatry/parentchildinteractiontherapy/)
## Child-Directed Interaction (CDI)

let your child lead the play

### Reason for each CDI skill

<table>
<thead>
<tr>
<th>CDI skill</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Praise</strong></td>
<td>Tells child <em>exactly</em> which behaviors you like</td>
</tr>
<tr>
<td><em>(labeled)</em></td>
<td><strong>Reflect</strong></td>
</tr>
<tr>
<td></td>
<td>Tells child “I hear you”</td>
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<tr>
<td></td>
<td>Promotes language development</td>
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<tr>
<td><strong>Imitate</strong></td>
<td>Communicates to child “I see you”</td>
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<tr>
<td></td>
<td>Shows child you approve of behavior</td>
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<tr>
<td></td>
<td>Increases child’s imitation of <em>you</em></td>
</tr>
<tr>
<td><strong>Describe</strong></td>
<td>Communicates to child “I see you”</td>
</tr>
<tr>
<td></td>
<td>Improves attention span</td>
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<tr>
<td><strong>Enjoy</strong></td>
<td>Promotes healthy attachment</td>
</tr>
</tbody>
</table>

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AVOID During CDI

Negativity

Criticism – No, Don’t, Stop, Quit, Not
Sarcasm

Commands

Questions

Troutman, B. (2016), IoWA-PCIT, unpublished manuscript.
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## Reason to **AVOID** certain behaviors during CDI

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Reason to <strong>AVOID</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Criticism and sarcasm</strong></td>
<td>Can lead to negative interaction spiral</td>
</tr>
<tr>
<td><em>(No, Don’t, Stop, Quit, Not)</em></td>
<td>Decreases enjoyment</td>
</tr>
<tr>
<td></td>
<td>Gives attention to behaviors you want to decrease</td>
</tr>
<tr>
<td><strong>Commands</strong></td>
<td>Increases opportunities for conflict during CDI</td>
</tr>
<tr>
<td></td>
<td>Children with disruptive behavior often respond negatively to commands</td>
</tr>
<tr>
<td><strong>Questions</strong></td>
<td>May communicate parent is uncertain or not listening</td>
</tr>
<tr>
<td></td>
<td>Focuses on quizzing or teaching rather than interaction</td>
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<tr>
<td></td>
<td>May communicate disapproval</td>
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</tbody>
</table>


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Managing Misbehavior During CDI

Dangerous/Destructive

Annoying/Obnoxious
Behaviors you want to decrease

Selective Attention

END CDI

“Special play is over because you hit me.”

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http://www.medicine.uiowa.edu/psychiatry/parentchildinteractiontherapy/
Using **Selective Attention** to Address Misbehavior in CDI

Strategic use of your attention can be used to address misbehaviors or other behaviors you would like to decrease in CDI.

**Principle 1: More attention** to behaviors you want to **increase**.

1) PRIDE skills to increase **positive opposite** of problem behaviors.

**Principle 2: Less attention** to behaviors you want to **decrease**. Use of active ignore.

**Active ignore steps:**

1) Stay quiet.
2) Drop your eyes.
3) Pick up a toy and describe what you’re doing. Make your play and descriptions of your play exciting and fun. (After you get more experience with active ignore, you can incorporate modeling of positive opposites.)
4) Return to child-led play and PRIDE skills as soon as you get more appropriate behavior.

Specific behaviors to target with selective attention in CDI

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<table>
<thead>
<tr>
<th>Strategy</th>
<th>Reason</th>
</tr>
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<tbody>
<tr>
<td><strong>Stop CDI</strong></td>
<td>Communicates to child the need to play safely during CDI.</td>
</tr>
<tr>
<td></td>
<td>Communicates to child there are limits during CDI.</td>
</tr>
<tr>
<td><strong>Differential attention/active ignore</strong></td>
<td>Communicates to child you want to see less of ignored behavior</td>
</tr>
<tr>
<td></td>
<td>Describing your own play helps distract child (This helps them regulate and try a different behavior)</td>
</tr>
</tbody>
</table>

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Toys for Child-Directed Interaction (CDI)

**Toy suggestions for CDI** - creative, constructive toys that provide opportunities for positive parent-child interactions

- Trains
- Crayons and paper
- Blocks, Legos, or Duplos
- Baby dolls
- Farm with animals
- Dollhouse with people
- Mr. and Mrs. Potato Head

**Toys to avoid during CDI**

- Toys that encourage rough play (e.g. balls and bats)
- Toys that encourage aggressive play (e.g. guns, super-hero figures)
- Toys with pre-set rules (e.g. board games, card games)
- Toys likely to require limit setting (e.g. markers, scissors)
- Toys that discourage conversation (e.g. books, video games)

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