

PRIDE SKILLS

Scheduling 5-15 minutes of “one-on-one” time each day to play with your child is priceless. The interaction is essential to building a healthy relationship and allows both parents and children to slow down and enjoy positive time together. This time is given every day regardless of the child’s behavior and is never taken away as a punishment. One-on-one time should include a joint activity the **CHILD CHOOSES** and is interactive (e.g., coloring, building blocks, reading a book, playing catch).

PRIDE skills should be incorporated into your daily one-on-one time in order to help make this time highly reinforcing and motivating for the child. PRIDE skills increase your child’s self-esteem, improve the parent-child relationship, and decrease child behavior problems.

PRIDE Skill	Reason	Examples
Praise appropriate behavior	<ul style="list-style-type: none"> Increases desired behavior Increases self esteem Lets the child know what you like Adds to warmth of the relationship Makes both parent and child feel good! 	<ul style="list-style-type: none"> Parent: I like the way you are playing so quietly! Parent: Excellent job keeping your hands to yourself. Parent: I’m proud of you for being polite. Parent: Your design is pretty. Parent: Thank you for showing me your drawing.
Reflect appropriate talk	<ul style="list-style-type: none"> Allows the child to direct the conversation Shows child you are really listening Demonstrates acceptance and understanding of child Improves child’s speech Increases verbal communication 	<ul style="list-style-type: none"> Child: I made a star. Parent: Yes, you made a star. Child: I like to play with this castle. Parent: This is a fun castle to play with.
Imitate appropriate play	<ul style="list-style-type: none"> Lets child lead Approves child’s choice of play Shows child you are involved Teaches child how to play with others (e.g., turn taking) Tends to increase child’s imitation of what you do 	<ul style="list-style-type: none"> Child: I’m putting baby to bed. Parent: I’ll put sister to bed, too. Child: I’m making a sun in the sky. Parent: I’m going to put a sun in my picture, too.
Describe appropriate behavior	<ul style="list-style-type: none"> Allows a child to lead Shows child you are interested Teaches concepts Models speech Holds child’s attention Organizes child’s thoughts about play 	<ul style="list-style-type: none"> Parent: That’s a red block. Parent: You’re making a tower. Parent: You drew a smiley face. Parent: The cowboy looks happy.
Enthusiasm	<ul style="list-style-type: none"> Demonstrates interest in child Models appropriate positive emotions Supports positive statements Strengthens positive relationship 	<ul style="list-style-type: none"> Parent: WOW! Parent: That’s great! Parent: That’s super!

Below are a few more tips and examples to improve the quality of your interaction with your child when using PRIDE skills during special one-on-one playtime. “Giving instructions” and “asking questions” are okay outside of the 10-15 minute PRIDE relationship building time; however, during the special playtime, remember to let the child take the lead by you using PRIDE skills.

TIPS	Reason	EXAMPLES of what to do
<p>“Active” Ignore inappropriate behavior (unless it is dangerous or destructive)</p> <p>a. Avoid looking at the 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"> Decreases bad behaviors Helps a child notice differences between your responses to good and bad behaviors 	<p>Describe appropriate behavior</p> <ul style="list-style-type: none"> Child: “You’re mean, making me clean up my toys” while putting their toys away. Parent: “Thank you for picking up your toys.” Ignore sass and praise for picking up toys.
<p>AVOID giving instructions</p>	<ul style="list-style-type: none"> Increases compliance Doesn’t allow child to lead Can cause unpleasantness Child obedience will be taught later 	<p>Imitate or describe appropriate behavior</p> <ul style="list-style-type: none"> Child: draws circle Parent: draws circles as well, or says “you drew a circle”
<p>AVOID asking questions</p>	<ul style="list-style-type: none"> Leads the conversation instead of following Many are instructions and require an answer May seem like you aren’t listening or disagree with the child 	<p>Reflect appropriate talk</p> <ul style="list-style-type: none"> Child: “I have a big balloon head.” Parent: “A big balloon head.”
<p>AVOID criticizing</p>	<ul style="list-style-type: none"> Doesn’t work to decrease bad behaviors Often increases the negative behaviors May lower the child’s self-esteem Creates an unpleasant interaction 	<p>Praise or model appropriate behavior and be enthusiastic</p> <ul style="list-style-type: none"> Parent: “Wow that’s a beautiful smile you’re giving me!” Parent models how to draw a circle correctly, “I’m drawing a circle too”

For more tips and video examples, visit:

<https://www.cdc.gov/parents/essentials/communication/specialplaytime.html>

<https://www.cdc.gov/parents/essentials/activities/activities-communicating.html>