

“PRIDE” Skills

P Praise

R Reflect

I Imitate

D Describe

E Enthusiasm

Praise the behavior. “Good job!” NOT, “Good boy (or girl).”

Reflect the child’s statements. If during special time, your child says, “I want to play with the puppets,” then you say: “You’re going to play with the puppets now.” Also, try to get at the underlying feeling. For example, if your child makes a negative remark, then you say, “It seems like you are feeling frustrated now.”

Imitate what your child is doing. If he or she is building a tower of blocks, then you build a tower of blocks. This helps to build a connection with your child. Remember, that this is not a contest; don’t try to make yours better.

Describe what your child is doing with his/her hands, “You’re drawing windows on the house. Now you’re drawing the roof.” “You’re holding the turtle.” This shows your child that you are paying attention.

Enthusiasm should be truly sincere. Let the child know that you are sincerely glad to be playing with him/her. It may feel artificial at first, but with practice it will become easier. Being enthusiastic will give your child the message that he/she must be special, and will improve self-esteem.