

## “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.