






PCIT-T Don't Skills: Relationship Enhancement

Picture Icon	Don't Skill	Why Avoid This Skill?
	Q • Questions	<ul style="list-style-type: none"> • Interrupts the play • Takes over the activity • Often irritating for child • Answer maybe unknown <p>Examples: "What color is this?" "What are you making now?" "Do you want me to help you?"</p>
	C • Commands	<ul style="list-style-type: none"> • Playing is a time child can lead • Commands place parent in charge • Minimize negative interaction <p>Examples: "Look what Mommy has." "Try using this block." "Let's play with this toy."</p>
	C • Criticizing	<ul style="list-style-type: none"> • Can impact child's self-esteem • Creates an unpleasant interaction • Doesn't work to stop bad behaviors • Often increases criticized behavior <p>Examples: "You're being naughty." "I don't like it when you scream." "Sugar pie, no, it doesn't go there."</p>

AVOID: NO - DON'T - STOP - QUIT - NOT
unless a **DANGEROUS** or **DESTRUCTIVE** behavior is occurring

Get Down to Child Level, Cover & Hold Their Hands in Yours,
Give **Direct Eye Contact** While Stating in Firm Tone: "**No Hurting.**"

Look Away from Child While Still Covering Their Hands for **3 seconds**

Return **Direct Eye Contact**, State in Firm Tone: "**No Hurting. Gentle Hands.**"

Quickly physically **rotate child** from around the waist **toward another toy** while facing away from the parent

Redirect with PRIDE Skills and Provide C.A.R.E.S. as Needed