

Parent Education Guide

Understanding

Parent-Child Interaction Therapy (PCIT)



Parent Education Guide: Understanding Parent-Child Interaction Therapy (PCIT)



Welcome to the Parent-Child Interaction Therapy (PCIT) Parent Education Guide. This guide will help you apply the principles of PCIT at home to improve your relationship with your child and manage challenging behaviors.

Disclaimer: This guide is intended to complement, not replace, your psychotherapy with a licensed therapist. It should be used under the supervision of a licensed professional.

Introduction to PCIT

Parent-Child Interaction Therapy (PCIT) is a structured program designed to strengthen the parent-child relationship and address behavioral issues. It consists of two main phases:

- Child-Directed Interaction (CDI): Focuses on building a positive relationship through play.
- Parent-Directed Interaction (PDI): Teaches effective discipline techniques.

Child-Directed Interaction (CDI)

CDI focuses on enhancing the parent-child relationship by encouraging positive interactions. The main goals are to improve your child's self-esteem, increase their social skills, and foster a positive relationship between you and your child.

Key Components of CDI:

- **PRIDE Skills:** Use the PRIDE skills during playtime to enhance your relationship with your child.
 - **Praise:** Give specific positive feedback. For example, say, "I like how you are sharing your toys." Click [here](#) to learn more about how to use praise as a positive parenting skill
 - **Reflection:** Repeat or paraphrase what your child says to show understanding and encourage communication. For example, if your child says, "I'm building a house," you can respond, "Yes, you're building a big house!"
 - **Imitation:** Copy your child's play to show approval and join in their activities. If your child is drawing, you can draw something similar.
 - **Description:** Describe your child's behavior aloud to show attention and reinforce positive actions. For example, "You are building a tall tower."
 - **Enthusiasm:** Show excitement and interest in your child's play to create a fun and engaging interaction. Use an enthusiastic tone and positive facial expressions.
- **Avoid Negative Behaviors:** Avoid behaviors that can discourage positive interactions, such as giving commands, asking questions, and criticizing during CDI sessions.
- **Special Playtime:** Set aside regular, uninterrupted play sessions with your child to practice CDI skills. Aim for at least 5-10 minutes daily where you can focus entirely on your child using the PRIDE skills.

Activity: CDI Tracking Sheet

Date	Time Spent	Praise Given	Reflections Made	Imitations Done	Behaviors Described	Enthusiasm Shown
MM/DD/YY	30 mts	"I love your drawing!"	"You built a tall tower!"	Drew a similar picture	"You are coloring carefully."	Smiled and clapped hands

Introduction to PDIT - Parent -Directed Interaction

PDI focuses on teaching you effective discipline techniques and ways to manage your child's challenging behaviors. The goal is to establish clear expectations and consistent consequences for behavior.

Key Components of PDI:

- **Effective Commands:** Give clear, specific, and age-appropriate commands that are easy for your child to understand and follow. For example, "Please put your toys in the box." Click [here](#) to learn more about how to give effective Commands.
- **Consistent Consequences:** Implement consistent consequences for both compliance and non-compliance. This includes:

- *Praise for Compliance:* Reinforce positive behavior by praising your child when they follow directions. For example, "Great job putting your toys away!"
- *Time-Out:* Use time-out as a consequence for non-compliance. Learn to implement time-out effectively, ensuring it is brief, consistent, and followed by a return to positive interactions. Click [here](#) to learn more about how to give effective Timeouts.

Activity: PDI Tracking Sheet

Date	Effective Command Given	Child's Response	Praise Given	Consequence Implemented
DD/MM/YY	"Please put your shoes on."	Complied	Praise: "Great job!"	
DD/MM/YY	"Time to brush your teeth."	Refused initially		Time-out for 3 minutes

Progress Monitoring

Regularly review and track your progress. Note improvements in behavior and the parent-child relationship. Also identify areas that still need improvement. This helps you and your therapist monitor progress and make necessary adjustments.

Activity: Weekly Review Sheet

Week of	Positive Change Noted	Areas that still need improvement
YY-MM-DD	Child shares toys more often	Struggles with bedtime routine



Final Tips for Success

- **Practice Regularly:** Consistency is key. Regularly practicing CDI and PDI techniques will help reinforce positive behaviors and improve your relationship with your child.
- **Stay Positive:** Focus on building a positive and supportive environment. Celebrate successes and be patient with the process.
- **Seek Support:** Work closely with your PCIT therapist to ensure you are using the techniques correctly and effectively.

To further develop and practice the skills you've learned in this guide, please use our PCIT Workbook. Access the workbook [HERE](#)