

## PRIDE Skills

Behaviors are influenced by what comes before (antecedents) and what comes after (consequences) the action. Remember to focus on both antecedents and consequences when implementing these skills!

<b>P.R.I.D.E</b>	<b>Reason</b>	<b>Examples</b>
<p><b><u>P</u>raise appropriate behaviors</b></p> <p style="text-align: center;"><i>Praise behaviors you want to see more of</i></p>	<ul style="list-style-type: none"> <li>• Good to use labeled, specific praises</li> <li>• Increases desired behavior and lets the child know what behaviors you want to see more of</li> <li>• Antecedents: praise child for what s/he is already doing well</li> <li>• Consequences: praise child for following through with a behavior in a positive manner</li> </ul>	<p>I like the way you are sitting so quietly!</p> <p>Great job keeping your hands to yourself.</p> <p>Thank you for sharing those toys with me.</p> <p>I love how you're sitting so quietly while you play!</p>
<p><b><u>R</u>eflect appropriate talk</b></p> <p style="text-align: center;"><i>Repeat talk that you want to hear more of</i></p>	<ul style="list-style-type: none"> <li>• Allows child to direct the conversation</li> <li>• Shows the child you're listening and playing along</li> <li>• Increases verbal communication</li> </ul>	<p>Child: I made a drawing You: You made a drawing!</p> <p>Child: I like to play with these blocks! You: These are fun blocks to play with</p>
<p><b><u>I</u>mitate appropriate play</b></p> <p style="text-align: center;"><i>Imitate play that you want to see more of</i></p>	<ul style="list-style-type: none"> <li>• Allows child to lead the play</li> <li>• Shows child you are playing along</li> </ul>	<p>Child: I'm building a castle! You: I'm building a castle, too.</p> <p>Child: I'm drawing a house You: I'm going to draw a house in my picture, too.</p>
<p><b><u>D</u>escribe appropriate behavior</b></p> <p style="text-align: center;"><i>Verbally describe what child is doing</i></p>	<ul style="list-style-type: none"> <li>• Allows child to lead the play</li> <li>• Shows child you are interested and want to play along</li> <li>• Holds child's attention</li> <li>• Good to describe what child is doing with his/her hands</li> </ul>	<p>You: You're building a house You: You drew a rainbow You: Your truck driver looks happy</p>
<p><b><u>E</u>nthusiasm</b></p> <p style="text-align: center;"><i>Show that you're excited to play</i></p>	<ul style="list-style-type: none"> <li>• Gives child positive attention</li> <li>• Shows that you want to play along</li> <li>• Supports positive statements</li> <li>• Models appropriate positive emotions</li> </ul>	<p>You: This is such a fun game! You: That's great! You: Good job!</p>

### Antecedents:

- Giving instructions  
(Good instructions: concise, specific, short)
- Child is sleepy/hungry/bad mood
- Child is in great mood

### Consequences:

- Child follows through with instructions
- Child gets angry at command
- Child continues to use a good behavior

<b>TIPS</b>	<b>Reason</b>	<b>Examples of what to do</b>
<b><u>A</u>ctively ignore inappropriate behavior</b>	<ul style="list-style-type: none"> <li>• Decreases bad behaviors</li> <li>• Helps child notice the differences in your responses to good and bad behaviors</li> </ul>	<p><b><i>Describe appropriate behavior:</i></b>  Child: I hate picking up toys!!  You: I love how you're picking up all of your toys and putting them away (ignore fuss/complaining)</p>
<b><u>A</u>void giving commands</b>	<ul style="list-style-type: none"> <li>• Increases compliance</li> <li>• Doesn't allow child to lead</li> <li>• Can cause unpleasantness</li> </ul>	<p><b><i>Imitate appropriate behavior</i></b>  Child: sits and draws picture  You: also sit and draw picture</p> <p><i>Child is hitting/climbing on you...</i>  When child stops, you say:  I love how you put your hands by your side!  (NOT: I love how you stopped hitting me!)</p> <p><b><i>Praise things you want to see MORE of</i></b></p>
<b><u>A</u>void asking questions</b>	<ul style="list-style-type: none"> <li>• Many are commands or require an answer</li> <li>• May seem like you aren't listening/don't understand the child/disagree with something the child said</li> </ul>	<p><b><i>Reflect appropriate talk</i></b></p> <p>Child: I have three cars!  You: three cars.</p>
<b><u>A</u>void criticizing</b>	<ul style="list-style-type: none"> <li>• Doesn't help decrease bad behaviors</li> <li>• Can increase the bad behavior</li> <li>• May create an unpleasant interaction</li> </ul>	<p><b><i>Instead of telling them what NOT to do, tell them what TO DO</i></b></p> <p><b><i>Praise appropriate behavior and be enthusiastic</i></b>  You: I like how you are using your indoor voice!</p>