

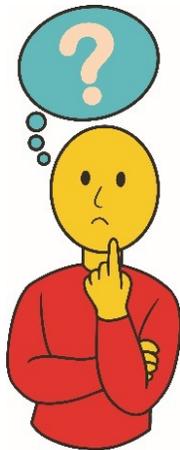


Is PCIT-Toddlers right for your family?

- *Do you have a toddler or young child, between the ages of 12 to 36 months old?*
- *Do you want to develop a sensitive and supportive parenting relationship with your toddler?*
- *Do you wonder how to help your toddler regulate their emotions and behaviors?*

If yes, then PCIT-T might be right for you and your family!

Contact us for more information and to schedule an appointment. We look forward to working with you and your toddler!



PRIDE Skills

Praise
Reflect
Imitate
Describe
Enjoy

CARES Skills

Come In
Assist Child
Reassure Child
Emotion Validation
Soothe Child

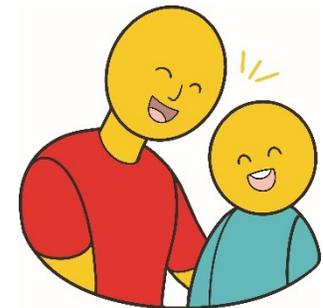
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PCIT-Toddlers.org



Parent-Child Interaction Therapy with Toddlers (PCIT-T)



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Parent-Child Interaction Therapy with Toddlers (PCIT-T)

PCIT-T is an evidence-based program for addressing and **preventing behavior problems** affecting a young toddler's development. PCIT-T focuses on areas of social and emotional development, including emotion regulation, behavior management, teaching listening skills and promoting language.

What is PCIT-T?

Parent-child sessions, meeting weekly or bi-weekly, with distinct treatment phases.

Child-Directed Interaction-Toddlers (CDI-T)

Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe, Enjoyment and the CARES skills: Come In, Assist, Reassure, Emotion Validation, and Soothe. These skills promote positive child behaviors and emotion regulation in toddlers.

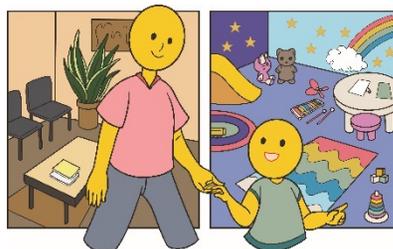
Parent-Directed Interaction-Toddlers (PDI-T)

Caregivers learn how to teach listening skills to their toddlers through Tell-Show-Try Again-Guide and encourage language development. The PCIT-T therapist helps caregivers manage their child's big emotions in many settings.



How does PCIT-T work?

PCIT-T is an exceptionally effective scientifically-based treatment, based on standard PCIT that has over 30 years of research to support its efficacy. Live coaching is a hallmark of PCIT-T. Caregivers are coached in the use of therapeutic parenting practices proven to decrease problematic behaviors, improve attachment, increase children's language, and encourage toddlers to follow directions.



Advantages of Live Coaching

- ❖ Skills are acquired rapidly by caregivers, as they practice in the moment with live coaching from their therapist.
- ❖ Therapists provide sensitive and supportive coaching as caregivers gain confidence and master their skills.
- ❖ Therapists provide immediate feedback about strategies to manage their toddler's big emotions and help their toddler learn how to self-regulate.



Who is PCIT-T for?

Toddlers and young children, who display any of the following concerns:

- Fussiness (screaming, whining, crying)
- Tantrums
- Aggression (hitting, biting, pinching)
- Anger, frustration, head-banging
- Attachment difficulties (rejection of parent, difficult to comfort)
- Separation anxiety from parent
- Withdrawal from a parent
- Parental stress (anxiety, dissatisfaction, difficulty coping, lack of confidence)
- Developmental concerns (such as autistic behaviors, language problems)
- History of child abuse or neglect

Who are appropriate caregivers for PCIT-T?

Biological parents
 Adoptive parents
 Foster parents
 Kinship caregivers
 Legal guardians
 Grandparents

