

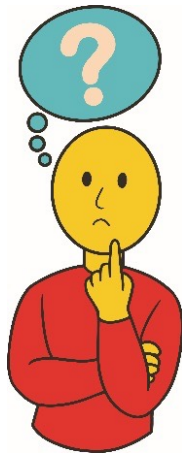


## Is PCIT-Toddlers right for your family?

- *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

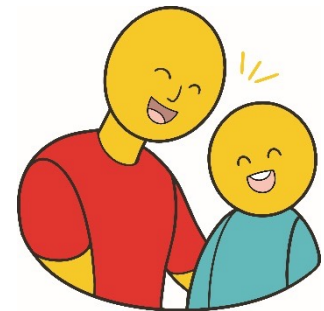
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## Parent-Child Interaction Therapy with Toddlers (PCIT-T)



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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.

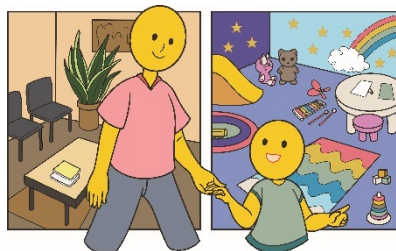
### Parent-Directed Interaction-Toddlers (PDI-T)

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

