



Parent-Child Interaction Training (PCIT)



Parent-Child Interaction Training is a nationally recognized, evidenced based training program designed to build parenting skills and reduce child behavioral problems. Through one-on-one live coaching this revolutionary training program helps parents develop necessary skills for managing difficult behavior for children between the ages of 2 and 9.

PCIT Benefits Parents and Children by:

- *Giving parents a proven, effective and consistent behavior-management strategy*
- *Reducing household stress level*
- *Reducing behavioral problems in school*
- *Reducing child aggressiveness*
- *Reducing temper tantrums*
- *Reducing child defiance*
- *Increasing a child's ability to follow directions*
- *Increased attention span*
- *Increasing self-esteem and social skills in children*
- *Increasing effective parent-child communication skills*

Why is PCIT Effective:

PCIT works to enhance parent-child communication skills and relationships. Utilizing a two-way mirror and radio communications, PCIT coaches communicate with parents from outside the training room. This format allows PCIT coaches to help direct parents while parents are interacting directly with their children. Through repetition and clear communication children begin to respond with more compliance to their parent's direction. PCIT is a research-based program that has been examined in numerous studies and been shown repeatedly to be an effective strategy for managing many difficult behaviors in children.

To Enroll in PCIT:

Contact:

Auburn Youth Resources (253) 939-2202

Enumclaw Youth & Family Services (360) 825-4586

Cost:

Medicaid, private pay, and insurance accepted. Sliding fee scale available.

AYR & EYFS—Building a Stronger Community—One Family at a Time

Auburn Youth Resources • 816 F Street SE, Auburn, WA • (253) 939-2202 • www.ayr4kids.org
Enumclaw Youth & Family Services • 1356 Cole Street, Enumclaw, WA • (360) 825-4586