Delaware’s B.E.S.T. for Young Children and Their Families

Delaware’s B.E.S.T. (Bringing Evidence-based System of Care and Treatment) for Young Children and Their Families, is a Division of Prevention and Behavioral Health Services (DPBHS) grant initiative to meet the mental health needs of very young children in the state. Training for therapists in PCIT, clinical consultation, and funding for this brochure are provided through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed do not necessarily reflect those of SAMSHA or HHS.

For translations of this publication, call 302-781-3210.
Help for young children and their families

“I learned practical strategies that really work.”

What is PCIT?

Parent-Child Interaction Therapy

PCIT is an evidenced-based treatment for children ages 2 – 5 years with challenging and disruptive behaviors. Working with a PCIT trained therapist over 12 – 16 sessions, parents and caregivers gain skills to build positive relationships and change negative parent-child behavior patterns.

What can I expect . . .

- Improve the quality of the parent-child relationship
- Increase in positive social child behaviors
- Decrease in child behavior problems
- Decrease in parenting stress
- Increase in parenting skills, including positive discipline

PCIT works best for children who have serious emotional and behavioral problems including:

- Refusing to follow rules
- Biting
- Hitting
- Throwing objects

Let us help you enjoy life more by having less parental stress. See how effective these new parenting strategies are with your child.

For more information on how you can get started with PCIT, call one of the organizations listed in this brochure or contact Delaware’s B.E.S.T. at 302-781-3212 or 302-781-3219.