

Praising your child

Who?

Parents/Carers

What?

Praising respectful behaviour is to give positive verbal and physical attention or affection to your children

Labelled praise is effective praise. Saying "you are a good boy" doesn't explain why they are good or encourage a child to do the right things next time. Specific praise is more effective because your child knows what you want and expect and it encourages them to do the same again. e.g. "Thank you for putting your shoes and coat away when you got in from school" - this gives the child a goal and you an opportunity to praise them for doing so again.

When?

Choose behaviours you would like to see your child engage in more frequently and systematically PRAISE it every time it occurs e.g. following your directions, picking up toys, sharing, etc

Where?

Catch your child being good

Sometimes when they are quiet we get on with our chores. Putting our head round the door to praise them for playing nicely reinforces the behaviour and helps prevent them being naughty to get our attention.

Why?

Children want to please us and do well - they respond to praise. If we do not praise them they do not know what we expect of them. Being specific in our praise shows them the type of behaviour we would like to see more of and encourages them in this. When a child knows they have done the right thing it makes them feel good about themselves and increases their self esteem.

How?

- Don't worry about spoiling your child with praise
- Increase praise for difficult children
- Give labelled and specific praise
- Model self-praise
- Make praise dependent on behaviour
- Praise with smiles, eye-contact and enthusiasm
- Give positive praise
- Say 3 or more things to give more attention to increase the respectful behaviour such as
- "I am so proud of you for working hard to build that tower. You were persistent when it fell down and kept calm when you felt frustrated. Well done Joshua"
- Praise immediately to connect the feelings with the behaviour
- Give pats, hugs and kisses along with praise
- Praise in front of other people
- Praise children who are behaving in the way you want in front of those that are not – it encourages them to join in

Examples of specific praise are:

- "I am so proud of you for sharing"
- "It makes me happy when you talk nicely"
- "Thank you for doing what I asked"
- "You ate your dinner nicely"
- "Thank you for going to bed the first time I asked you to"
- "Thank you for playing quietly while I was on the phone"
- "Well done for solving the problem. You worked hard on that and came up with a great idea"
- "Thank you for turning your music down"
- "Thank you for doing your chores"
- "Thank you for coming home on time. I really appreciate it"
- "Well done for getting up early enough and getting yourself ready on time to go out"
- "That's brilliant that you made it through the night without wetting the bed"
- "Thank you for putting the toys away"
- "Thank you for walking slowly and staying on the path"
- "You were so thoughtful to do that for me – you make me happy"
- "I am so proud of you for being kind to your friend"
- "You are so patient with your little sister"
- "I like it when you do your homework"

Examples of phrases you can use:

You have done well...
You have improved in...
I like it when you...
Good idea for....
I am so happy you...