

The Power of Praise

Praise means giving positive attention to your child for something you approve of or like.

Benefits of Praise

- Builds the bond between you and your child and improves your relationship
- Improves the child's self-esteem
- Increases behaviors that you want to see more of
- Increases motivation for the child to continue to do positive behaviors

Helpful Tips for Parents & Caregivers

- Give praise each day!
- Make it a part of your daily routine, such as every morning and every evening
- Provide praise immediately after you notice behavior that you like
- Use an excited and enthusiastic tone of voice
- Provide a labeled praise
 - Instead of saying "Good job", label the praise and say "Good job sharing your toys!"
 - Sometimes labeled praise is best when it is not expected. If your child is playing quietly in the living room while you are cooking dinner, take the time to say that you like it. You might say, "It's so nice when you are playing quietly all by yourself while I am making dinner!" This will send a message to your child that you are paying attention.

Helpful Tips, Continued...

- Be specific
 - This makes it very clear to your child exactly what you like that they are doing
- Pay attention to the behavior that you want to see more of and focus on the positive
 - Praise your child when they do something right. The more you praise a behavior, the more likely it is that your child will behave the same way again.
 - Praise kids with what you want them TO DO, instead of what NOT TO DO
 - For example, instead of saying “Thank you for not screaming”, say “I love that you are talking with a quiet voice.”
- Praise your child's effort instead of focusing on the outcome. This has been shown to foster growth mindset, or the belief that you can get better if you stick with it.

Examples of Ways to Praise

Thank you for...
Great job...
You are so good at...
I love it when you...
That's a great way to...
That's so nice of you to...
I'm so impressed that you...
What a good idea to...
I'm proud of you for...
I like it when you...
It's so cool when you...
It makes me feel happy when you...
That's a great way to...
You are so smart to...
Wow! What a good job with...
You are so polite to...

Examples of Behaviors to Praise

Being patient
Sharing
Waiting for your turn
Minding
Sitting still
Using manners
Using polite words
Waiting for me to finish talking
Sharing your ideas
Figuring something out
Playing gently
Helping me
Knowing how to do something
Playing quietly
Being flexible
Following directions

Check Out This Video!

The Power of Praise

<https://www.youtube.com/watch?v=FmuCtrqLPvs>

References:

CDC: Parenting Essentials for Toddlers and Preschoolers
Video provided by Central Oregon Pediatric Associates

