## Why use praise?

Praise is when you tell your child what you like about their behaviour. Using praise shows your child how to think and talk positively about themselves.


Praise helps your child's self-esteem, confidence and self-motivation.

Praise can help change a child's behaviours.

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## TOP TIPS

- Praise helps your child learn how to recognise when they do well.
- Specific praise is when you tell your child exactly what it is that you like, for example, "I like the way you made that house using the bricks".
- Specific praise is more effective than general praise like "you're a good boy" as it lets him know what he has done well.
- You can't give too much praise but praise can lose its impact if it isn't specific or is used when your child hasn't done anything particular.
- You can praise effort as well as achievement, for example, "it's great how you used words to ask for that toy".
- Praising effort can encourage your child to try hard in the future - it's very motivating.
- When praise is encouraging and focused on effort, children are more likely to see trying hard as a good thing and continue.


## More information

## Ideas for using praise

- See if you can give your child some words of encouragement every day. The small things you say can build up over time to have a big effect.
- Rather than waiting until your child has done something perfectly to give a compliment, try to praise any effort or improvement.
- Surprise your child with a reward for good behaviour. For example, "thanks for picking up the toys - let's go to the park to celebrate".
- Recognise and praise how hard your child is trying, for example, "you worked really hard on that essay" or "thank you for remembering to hang your coat on the peg".
- Try to make your praise dependent on your child's behaviour, rather than your feelings. You might find that the more you look for good behaviour to praise, the more positive you'll feel (and the more good behaviour you'll see).
- Try to praise more than you criticise; use six positive comments for one negative.
- Children are more likely to repeat behaviour that earns praise.
- Children who are less confident may need more praise than others.


