

# 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.

