

Praising your Child

Praise is the single most powerful reward children can get from their parents. Praise makes children feel good about themselves, want to be more agreeable and develop a positive sense of self-worth.

There are two types of praise. There is praise for DOING and praise for BEING.

- Praise for DOING lets your child know you value them for what they DO
 - If you acknowledge your child's effort they are more likely to try again
 - You did a great job cleaning your room!
 - I'm proud of you for how well you're listening today
 - Thanks for walking the dog!
- Praise for BEING lets your child know you value them for WHO they are
 - This is the highest form of praise anyone can receive, it lets a child know that they have value and worth just for being themselves. This is the basis of unconditional love.
 - I really love you
 - I am so happy you're my child
 - You are so special to me

It's really important for children to receive both kinds of praise, but that these kinds of praise are separate from each other (so not "you're so special BECAUSE you cleaned your room" – these are two separate reasons to get praise!).

It takes some practice at first, but try to praise your child for BEING and for DOING every single day! To praise your child most effectively, get down on their level, make eye contact with them and offer some gentle touch like a hug