

Praising your Child



Providing praise is an important parenting technique that can be hard to do every day.

Below is a list of common problems with giving praise and ideas to overcome them:



PROBLEM

SOLUTION



1 Don't feel like praising child

Try giving positive attention by describing what your child is doing:

- Use descriptive commenting:
 - Children appreciate hearing you notice what they do.
 - Pretend you are a sports announcer describing a play-by-play
 - "You're stacking the blocks on top of each other"
 - or "I see you playing quietly over there"



2 Praise is phony or manipulative

Praise is a powerful way to help shape your child's behavior:

- Children need to hear if they are doing things right so they know what you expect
- Describe what behaviors or actions you see your child already doing:
 - Kids learn by being told what they are doing well.
 - When they hear they are doing a good job, they are more likely to continue the behavior.



Not finding the energy to give praise may be a sign of depression. If you find you do not want to get out of bed, feel that it takes more effort than usual to do daily things around the house, cry easily, or feel hopeless, you might need to see your doctor and get help.

