

REFRIGERATOR NOTES EFFECTIVE PRAISE AND ENCOURAGEMENT



- Catch your child being good: look for something positive!
- Praise small steps: don't save praise for perfect behavior.
- Don't worry about spoiling your children with praise.
- Increase praise for children with more challenging behaviors.
- Model self-praise.
- Give labeled and specific praise.
- Make praise contingent on positive behavior.
- Set goals for positive behaviors you want to prompt and encourage.
- Praise with smiles, eye contact, and enthusiasm.
- Praise immediately.
- Give pats and hugs and kisses along with praise.
- Use praise consistently.
- Praise in front of other people.
- Prompt your child to praise others.
- Express your belief in your children.
- Patience
- Teamwork

Praise Handout
EXAMPLES OF WAYS TO GIVE
PRAISE AND ENCOURAGEMENT

"You do a good job of . . ."
"You have improved in . . ."
"I like it when you . . ."
"Good for you for . . ."
"Good idea for . . ."
"You've done a good job of . . ."
"See how _____ has improved in . . ."
"You're doing very well."
"Look how well he/she did . . ."
"That's a perfect way of . . ."
"Wow, what a wonderful job you've done of . . ."
"That's correct, that's the perfect way to . . ."
"I'm so happy you . . ."
"It really pleases me when you . . ."
"You're such a big girl for . . ."
"Good boy for . . ."
"Thank you for . . ."
"What a nice job of . . ."
"Hey, you are really sharp; you . . ."
"That's great, it really looks like . . ."
"You're doing just what Mommy wants you to do."
"My, you are minding Daddy so well."
"My! That . . . was so nice."
"That's very nice (or good) for . . ."
"Mommy's very proud of you for . . ."
"Beautiful! Fine! Great! Gorgeous! Tremendous!"
"How thoughtful of you to . . ."

Some Physical Rewards

A pat on the arm or shoulder
A hug
Head rubbing
Squeezing the arm or waist
Giving a kiss