



# SPECIFIC PRAISE

This is a very simple strategy where you praise the behaviours you want to see more of.



Most of us praise our children often which is great and makes them feel good about themselves. However, in order to use praise as a behaviour strategy and in a way which makes it more meaningful and motivating to the child, we may need to think about HOW we praise.

Praise needs to be **Specific, Descriptive, Realistic** and most importantly **praise effort over achievement.**



Instead off	Comment	Label it
good boy, good girl or well done	I really like how you: Took turns in the game Looked after your pet Shared your new game with your brother Tidied your room Got ready for school so quickly	That was really: Friendly Responsible Kind and thoughtful Helpful Independent
You are so clever	You worked that one out so easily	Good thinking
You will be the best	I'm proud you always try your best	Good teamwork



Your child will know exactly why they are being praised and will hopefully want to repeat the behaviour which you noticed.

