

Giving Effective Praise:

- Praise immediately
- Use 'Praise for Being' and 'Praise for Doing' *
- Give your undivided attention
- Move close to the child – bend, or get down to their level, seek eye contact
- Look pleased, smile use a warm, genuine tone of voice and gestures e.g. thumb up
- Be specific – describe what you like or admire – 'label' your praise, eg 'Well done for putting your shoes on'
- Give praise for trying
- Seek the child's opinion
- Give pride to the child: "You deserve to feel proud of yourself"
- Praise as much as you can but be genuine. Recognise small steps. Praise increases self esteem.
- Use praise consistently
- Praise in front of other people
- Model self praise

Some children miss out on praise and all the good feelings; confidence, pride, desire to try – that praise gives us. All children need praise.

*** Praise for Being**

Tells someone we value them just for being who they are, for their appearance, for their innate qualities.

*** Praise for Doing**

Tells someone that we have noticed and appreciate their efforts.

