

Refrigerator Notes & Handouts

Effective Praise and Encouragement



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Effective Ways to Praise and Encourage Your Child

“Bringing out the Best in Your Child”



HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE PLAYING** with your child every day for at least 10 minutes
- **PRACTICE** increasing your praise during play time.
- **CHOOSE ONE BEHAVIOR** you would like to see your child engage in more frequently, and systematically PRAISE it every time it occurs during the following week; for example: playing quietly, following your directions, picking up toys, and sharing with others.
- **DOUBLE THE NUMBER OF PRAISES** you give and observe what effect this has on your child.
- **KEEP TRACK** of the results on the “Record Sheet: Praises” handout.
- **LIST** the behaviors you want to see more of on the Behavior Record handout.
- **CALL YOUR BUDDY** from the group.
- **REMEMBER** to praise someone who is important to you!

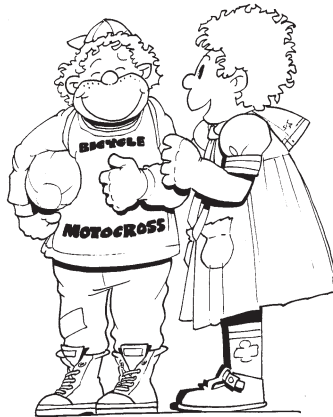


To Read:

- Handouts and Chapter 5, *Positive Attention, Praise and Encouragement*, in **The Incredible Years** book.

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 . . ."

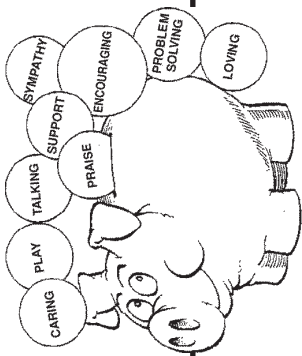
Some Physical Rewards

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



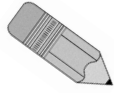
EXAMPLES OF BEHAVIORS TO PRAISE AND ENCOURAGE

- Sharing
- Talking nicely
- Complying with requests
- Good eating behavior at dinner
- Going to bed after the first request
- Playing quietly
- Solving a problem
- Turning down the television
- Doing chores
- Coming home from school on time
- Getting up promptly in the morning
- Making it through the night without wetting the bed
- Making the bed
- Picking up clothes
- Putting toys away
- Walking slowly
- Doing homework
- Getting dressed
- Being thoughtful
- Being patient
- Being kind to another child or adult



Remember to Build Up Your Bank Account

Home Activities



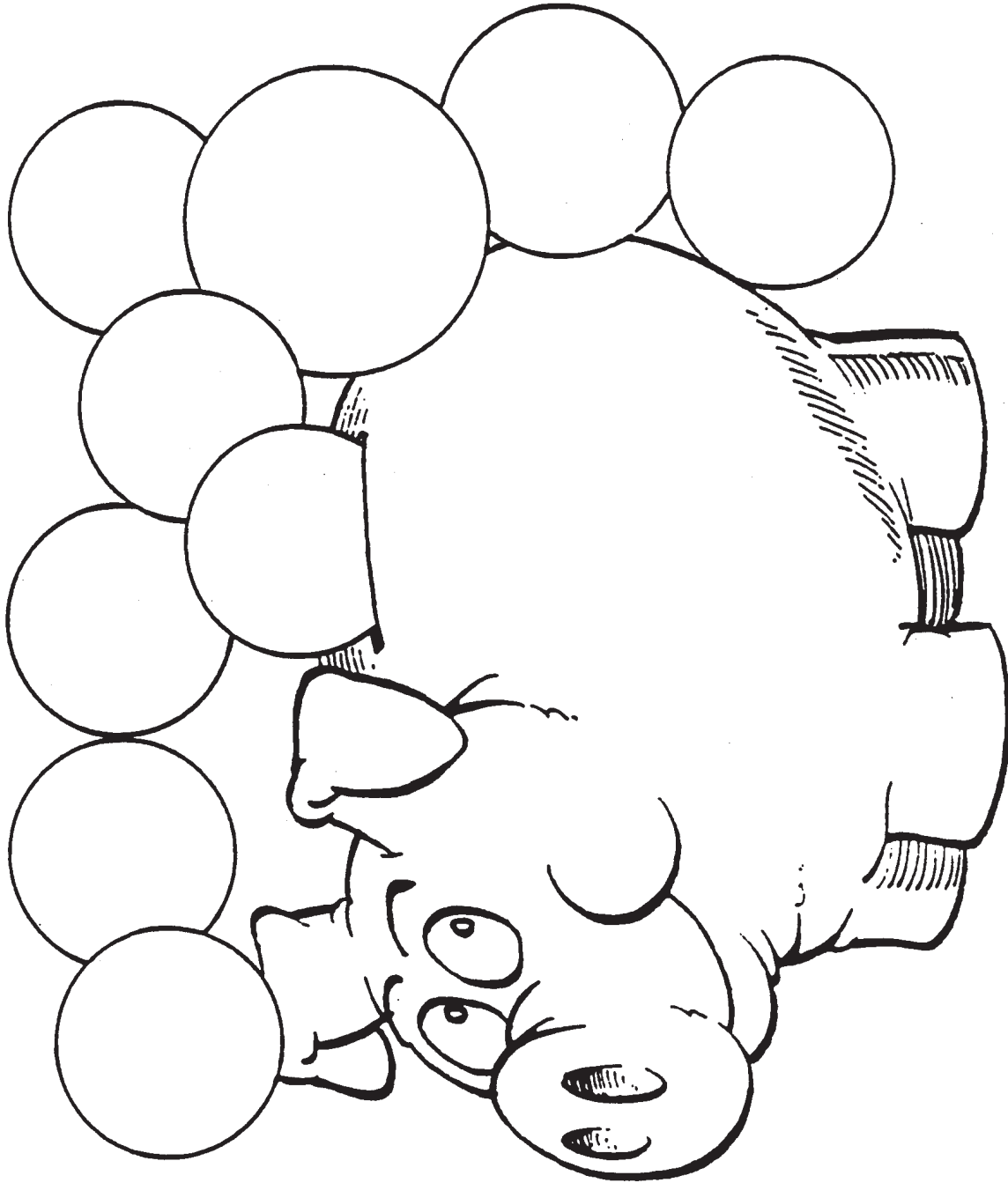
RECORD SHEET: PRAISE

Date	Time	Number of Praises and Examples of Praise Statements	Types of Child Behaviors Praised	Child's Response

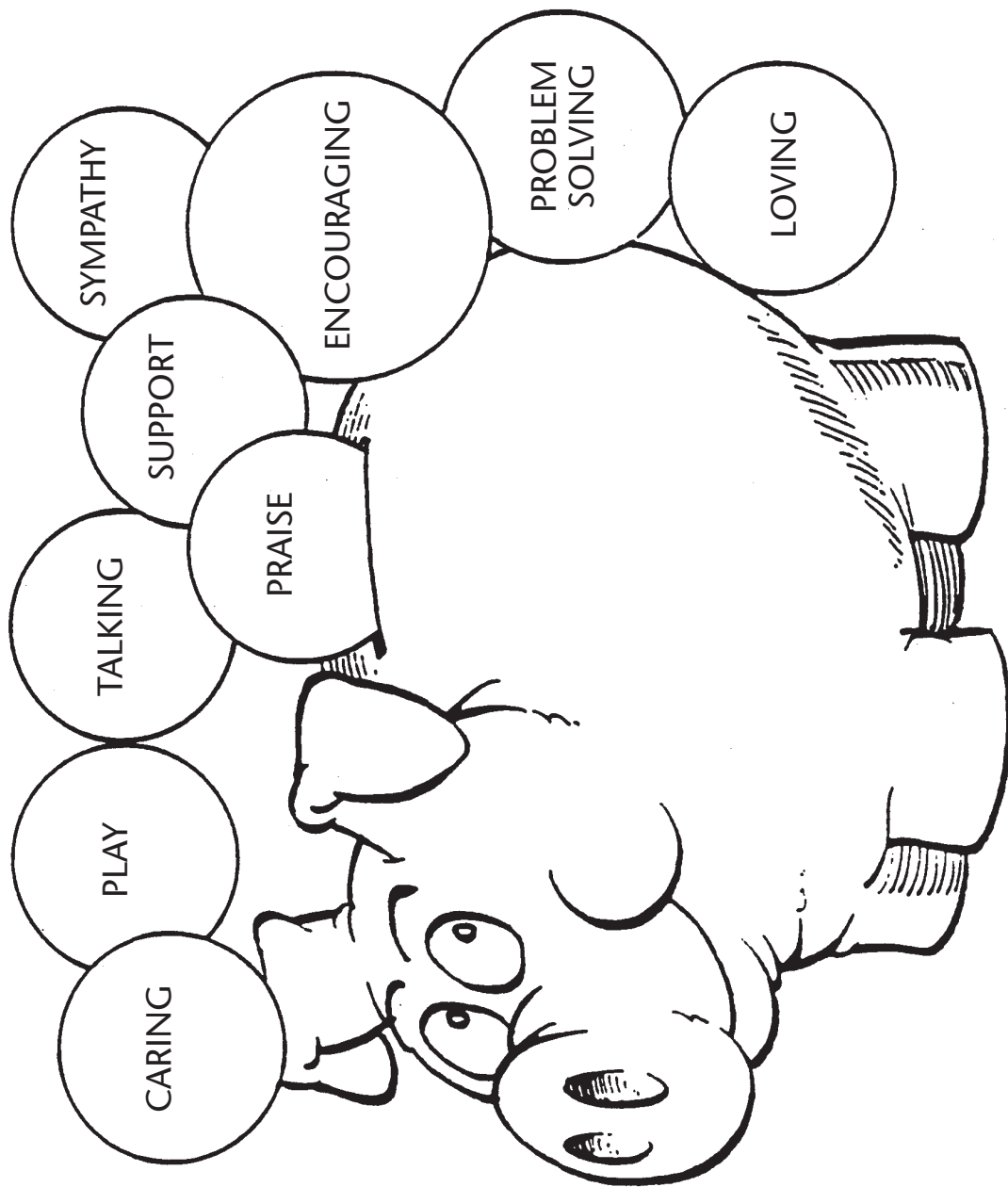
Handout
BEHAVIOR RECORD

Behaviors I want to see more of:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Write Your Own Personal Praise Statements



Remember to Build Up Your Bank Account with Your Child



***Remember to Build Up Your Bank Account
With Other Family Members***



Brainstorm/Buzz

Brainstorm possible self-praise you can use to encourage yourself as a parent. Write these statements on your note pad.



Positive Self-Praise

I can stay calm...he's just testing

I am working hard as a parent...



Goal:

I will commit to stopping my self-criticism and looking at something I did well each day as a parent.

Brainstorm/Buzz

Brainstorm words you use to praise your child to increase behavior you want to see more of. Write them below.



Behaviors I want to see more of

Labeled Praise Statements

I like it when you...

Good for you! for...

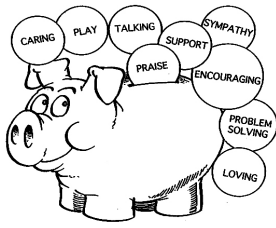
Wow! What a wonderful job you've done setting the table!



Remember to Build Up Your Bank Account

Goal:

I will commit to increasing the number of praises I give my child to _____ per hour. The behaviors I will praise include: (e.g., sharing) _____



Handout
BEHAVIOR RECORD
Praise "Positive Opposites"

Behaviors I want to see less of:
(e.g., yelling)

Positive opposite behavior
I want to see more of:
(e.g., polite voice)

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

6.

6.

7.

7.

8.

8.

9.

9.

10.

10.



EXAMPLES OF TEACHER BEHAVIORS TO PRAISE

- Being kind to my child
- Being kind to me, especially when I've had a bad day
- Helping me get my child into or out of the classroom when I'm running late
- Sending a note home saying that my child had a good day
- Helping my child learn new things
- Helping my child get along with other children
- Giving me suggestions about how to help my child learn
- Making the classroom a friendly place to come to
- Proudly putting my child's pictures up on the wall
- Helping my child feel good about himself or herself
- Teaching my child social skills
- Setting up an incentive program for my child
- Calling me at home to tell me about my child's progress
- Inviting me to participate in the class
- Keeping me informed about the curriculum

