



Praising for Impact

There is a lot of research that supports the use of praise in raising happy and successful children. Praise can be used to increase positive behavior. It can also be a part of boosting a child's self-esteem. The fact of the matter, however, is that not all praise is created equal. If praise is going to benefit the child, it needs to be focused on effort, not end result. Praise needs to be specific, and it needs to be sincere.

Check out these do's and don'ts from Highlights Magazine as a guide:

- *The situation: Your child earns 10 out of 10 on her spelling test.*

Don't say: "You're so smart!"

Do say: "You prepared by practicing your words and it worked!"



- *The situation: Your preschooler shows you a painting she made.*

Don't say: "You're the best artist I've ever seen."

Do say: "I like how you used such vibrant colors. I can see you put a lot of effort into your painting."



- *The situation: Your son's t-ball team wins a game.*

Don't say: "You're such an amazing t-ball player."

Do say: "It looks like you really enjoy t-ball. The time you've spent practicing has helped you improve your hitting and catching."



- *The situation: Your little one has a successful playdate.*

Don't say: "You're a good girl!"

Do say: "I like how nicely you shared the blocks with your friend."

References: : Finello, Kristin. Highlights. (2016, April 4). *Praise Your Kids (But Not the Way you Think)*. <https://www.highlights.com/parents/articles/praise-your-kids-not-way-y>