

Webinar 2



Time to Talk

about how to ...

Praise

Catch a child being

GOOD!

Instead of 'catching the child being bad,' try to catch the child being good this week!

Praise appropriate behaviour that you would like to see more of straight away, and remember to tell the child exactly what you are praising them for:

Well done for sharing your blocks with your friend!



Praise

In Webinar 1 we talked about the importance of giving **positive attention** to the child. Praise is a quick and easy way to do this, in any place, and at any time!

Praise is an invaluable way of encouraging appropriate behaviour that you would like to see more of with a child.

When a child hears that they have done something well, it boosts their self-esteem and makes them feel happy or proud. The child will remember these good feelings and link them back to the appropriate behaviour that they have just shown. They will also learn that this behaviour has earned them the adult attention that they crave. Your child will therefore be more likely to repeat the behaviour that you have praised them for in the future.

Instant Praise



In our busy daily lives, it is easy to concentrate on things that children are doing less well than to find the time to focus on, and to praise, the good. Many adults may find it easier to praise children at a later point in the day, such as mealtime. **However, young children are still developing their memory skills and may find it difficult to recall appropriate behaviour at a later stage in the day.**

Instead, try to give the child **instant praise** as soon as you see the appropriate behaviour. This will help them to learn the exact behaviour that the praise has been given for, making them more likely to repeat this again in the future.

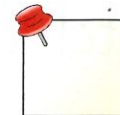
Specific Praise



Many adults praise children with non-specific phrases: *Well done! Good boy! You are a star!* **However, young children are not always able to make the connection between the praise given and the behaviour that they are being praised for.**

Instead, try to give the child **specific praise** by telling them the appropriate behaviour that you would like to see more of: *Well done for standing by my side!* This will help the child to learn the exact behaviour that has earned them the praise, making them more likely to repeat this again in the future.

To Do



Identify a behaviour you would like to see the child do more often and specific praise that you can give them when they do so.

Try to 'catch' the child showing this appropriate behaviour during the week and immediately give them specific praise. Don't worry if experiences are not positive to begin with. This is perfectly normal if we are not used to giving, or the child is not used to receiving, praise. You will soon notice how your experiences will begin to change as you start to praise the child more often.

Top Tips



for Using PRAISE

INSTANT

Praise the child as soon as they show the behaviour that you want to see more of.

This helps them to make the connection between the praise given and the behaviour it is being given for.

SPECIFIC

Tell the child specifically what you are praising them for.

This helps them to make the connection between the praise given and the exact behaviour it is being given for.

GENUINE

Give sincere praise to the child when they do something new, exceptional or something that you would like to see them do more often.

This helps to build their self-esteem and trust that your praise is genuine.

INDIVIDUAL

AVOID comparing the child to others when you give them praise: *You have tidied up so much better than Jack today!*

This helps them to understand that receiving praise is not about being in competition with others.

EFFORT

Praise the child's EFFORT, not the outcome: *Well done for concentrating so hard when you were writing your name today!*

This makes them more likely to persist with challenging tasks or behaviours in the future.





Activities



Think of a behaviour that you would like to see the child do more often. Write it down.

Then think of *specific* praise that you could give them straight away when you see them carry out this behaviour. Write this down too.

BEHAVIOUR 	Specific Praise 
<p><i>For example, following instructions, sharing or being gentle.</i></p>	