



Don't Forget to Say Well Done

Here are some ways to maximise your effectiveness in praising your child.

Be specific - Describe the particular behaviour you like, instead of saying good girl/boy, explain why you feel they are a good girl/boy. Example: 'You're sitting so quietly in your chair, well done'.

Praise appropriately - Praise at the time they are displaying the good behaviour. Do not praise good behaviour if they are also misbehaving, so for example: The children are sharing the sweets, but they got them themselves by climbing on the work top to get them out of the top cupboard.

Show enthusiasm - Praise can be ineffective if offered in dull tones, with no smiles or eye contact. You can increase the impact your praise has by being enthusiastic, smile at your child, say it with energy, care and sincerity.

A few phrases to help you get started....

- I like it when you...
- You're putting away the blocks like Mummy asked you to do. You are such a great helper
- Good idea for...
- You've done a good job of...
- Mummy's very proud of you for...
- Wow, what a wonderful job you've done of...

First Contact

and

Support Hub

01429 284284

fcsh@hartlepool.gov.uk

<http://hartlepool.fsd.org.uk>

To find your nearest children's
centre call: **01429 284284**





Give Your Child Positive Attention, Encouragement and Praise

- Don't forget to use praise and other social rewards such as positive attention, smiles and hugs
- These types of praise don't have to be saved for exceptionally good behaviour or outstanding performance
- Praise your child for playing quietly
- Praise given to appropriate behaviour can lead to the decrease of misbehaviour
- A simple statement like, 'I like the way you are playing quietly, well done' or a well timed hug is all that is required
- Increase praise for difficult children
- Praise immediately
- Praise in front of others

First Contact

and

Support Hub

01429 284284

fcsh@hartlepool.gov.uk
<http://hartlepool.fsd.org.uk>

To find your nearest children's
centre call: **01429 284284**

