

Ten Ways to Praise Your Children

1. Give them a hug or kiss.
 2. Smile and give them a “thumbs up” sign.
 3. Pat them on the back.
 4. Wink at them.
 5. Say “Good job! Super! Fantastic! Wow! Nice job!”
 6. Say “I really like the way you... (did the dishes without being told, or studied hard to get an ‘a’ on your math test).”
 7. Say “Thanks for... (cleaning your room, playing with their brother, etc.)”
 8. Say “I’m very proud of you for... (being responsible in keeping up with your chores, being kind to your sister, etc.)”
 9. Say “It makes me happy to see you... (trying so hard, working on your homework without help, etc.).
 10. Say “What a nice thing to do for me by... (helping me with dinner, making me a birthday card, etc.).
- Always give your praise right after the behavior, and be specific so your children know exactly what they did to deserve it. It’s important to avoid backhanded compliments such as “It’s about time you cleaned your room” or “I’m glad you finally decided to try your hardest in school”.