

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

REFRIGERATOR NOTES ABOUT TANGIBLE REWARDS



- Define appropriate child behavior clearly.
- Make the steps small.
- Gradually increase the challenge.
- Don't make programs too complex—choose one or two behaviors to start.
- Focus on positive behaviors.
- Choose inexpensive rewards.
- Have daily rewards.
- Involve your child in choosing rewards.
- Get the appropriate behavior first, then reward.
- Reward everyday achievements.
- Gradually replace rewards with social approval.
- Be clear and specific about rewards.
- Have a varied menu.
- Show your child you expect success.
- Don't mix rewards with punishment.
- Consistently monitor the reward program.
- Co-ordinate your program with your child's teacher.



***Examples Of Behaviors To Reward
With Stars And Stickers:***

- Getting dressed by him/herself before the timer goes off
- Eating politely with spoon
- Making it through the night without wetting the bed
- Making the bed in the morning
- Not teasing siblings for 30 minutes
- Going to bed when asked
- Complying with a parent's request
- Sharing with sibling
- Doing homework
- Reading a book quietly
- Turning off the TV
- Watching only 1 hour of TV
- Helping set the table
- Staying calm when frustrated
- Putting dirty clothes in hamper
- Use friendly words
- Using toilet
- Washing hands before dinner
- Brushing teeth
- Staying by side of grocery cart
- Using words to state needs
- Sleeping in own bed all night