• 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