

## REFRIGERATOR NOTES ABOUT PRAISING YOUR CHILD

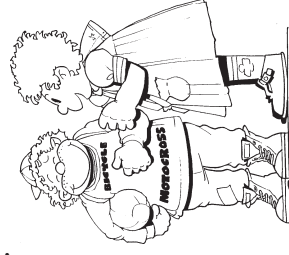
- Catch your child being good—don't save praise for perfect behavior.
- Don't worry about spoiling your children with praise.
- Increase praise for difficult children.
- Model self-praise.
- Give labeled and specific praise.
- Make praise contingent on behavior.
- Praise with smiles, eye contact, and enthusiasm.
- Give positive praise.
- Praise immediately.
- Give pats and hugs and kisses along with praise.
- Use praise consistently.
- Praise in front of other people.
- Praise and encourage the "process" of children's learning, not just the finished product.
- Promote your child's recognition of change and progress.
- Label child's feelings about personal accomplishments.



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## **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 did a brilliant job of..."*  
*"Impressive effort on..."*  
*"Thank you for..."*  
*"What a nice job of..."*  
*"Hey, you are really sharp; you..."*  
*"That's great, it really looks like..."*  
*"You did exactly what I asked you to do..."*  
*"My, you listened so well."*  
*"My! That was so thoughtful."*  
*"I'm proud of you for..."*  
*"I'm 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  
High Five  
Thumbs up

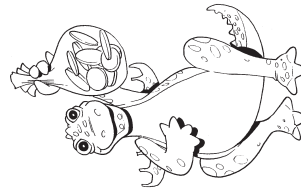


## ***EXAMPLES OF BEHAVIORS TO PRAISE AND ENCOURAGE***

- Sharing
- Talking politely or respectfully
- Complying with requests
- Good eating manners at dinner
- Going to bed at agreed upon time
- Doing homework before watching TV
- Solving a problem
- Turning down the television or music
- Doing chores
- Coming home from school on time
- Getting up promptly in the morning
- Putting bike away or wearing helmet
- Making the bed
- Picking up clothes or putting laundry in basket
- Limiting time on computer games
- Staying calm when frustrated
- Helping a younger sibling
- Helping with dishes after supper
- Being thoughtful
- Being patient
- Being kind to another child or adult
- Let parent know where they are when out of home
- Check in with parents when agreed upon plans change

## **REFRIGERATOR NOTES ABOUT TANGIBLE REWARDS**

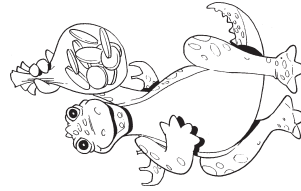
- Define appropriate child behavior clearly.
- Make the steps small.
- Gradually increase the challenge.
- Don't make programs too complex—choose one or two behaviors to start.
- Focus on positive behaviors.
- Choose inexpensive rewards.
- Give rewards every few days.
- Involve your child in choosing 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.



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