

# HOW TO PRAISE EFFECTIVELY

"Great job" & "You're so clever" might sound good to YOU. But in reality, this often automatic praise can lower your child's self-esteem and motivation. There is power in your words. Research shows that the wrong kind of praise can often do more harm than good.



## WRONG

### WHEN YOU PRAISE FOR ABILITY

"You're so smart!"  
"You're a natural born artist!"

#### YOUR CHILD MAY

Choose tasks they know they can do  
Start avoiding mistakes at all costs

### WHEN YOUR PRAISE IS TOO GENERAL

"Great job!"  
"It looks nice!"

#### YOUR CHILD MAY

Tune this praise out  
Lose an opportunity to learn from the experience

### WHEN YOUR PRAISE CENTERS AROUND

#### YOUR GOALS

"Great job folding your shirts! Your drawer looks so nice a neat!"

#### YOUR CHILD MAY

Fail to see why they made an impact  
Not feel motivated to repeat the positive behavior

## INSTEAD

### WHEN YOU PRAISE FOR ACTIONS

"You worked so hard on this project!"  
"You stuck with that for a long time."

#### YOUR CHILD MAY

Become more accepting of mistakes  
Choose tasks that offer challenges  
Become more resilient

### WHEN YOUR PRAISE IS SPECIFIC

"You did a great job adding lots of details to this poster."

#### YOUR CHILD MAY

Know what caught your attention  
Learn lessons to apply next time

### WHEN YOUR PRAISE CENTERS AROUND

#### YOUR CHILD'S GOALS

"Great job folding your shirts! You're going to be able to find your favorites so quickly in the morning!"

#### YOUR CHILD MAY

See the benefit and impact  
Feel motivated to repeat the positive behavior

Sometimes praise is not even necessary. Instead, ask your child reflective questions to help them develop self-awareness and inner motivation.

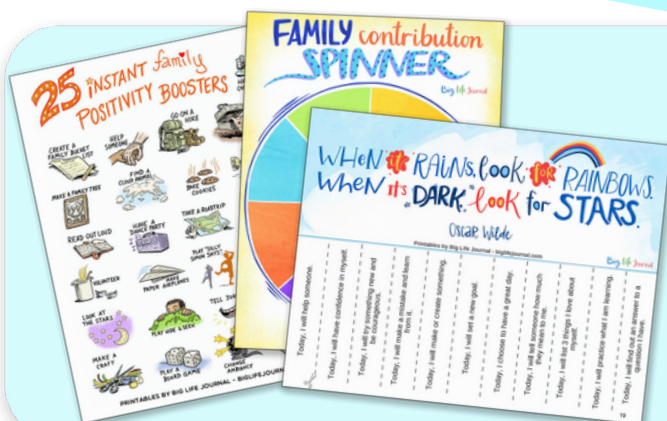
# Positivity & Connection Kit

Ages 5-11

Our Positivity and Connection Kit is a collection of printable worksheets, games, activities, and coloring sheets for kids to promote a positive attitude and strengthen their connection with others.

"I use these worksheets with my kids, as well as in my practice as a clinical therapist. I find so many kids with a fixed mindset, and appreciate **helping them shift to this more positive way of thinking.**"

- Sara"



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