

# 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

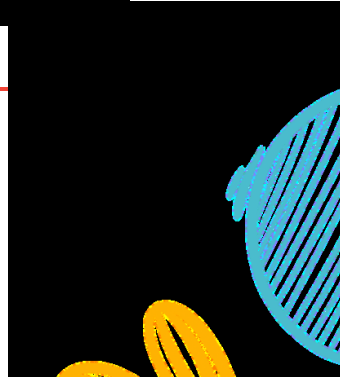
"Great job folding your shirts! You're going to be able to find your favorites so quickly in the morning!"

### 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.



# Terms of use

The word of mouth is our biggest reward, so please feel free to send this printable to friends, teachers, parents, colleagues, and anyone else who might benefit from this.

Feel free to print copies and distribute them during events, in your classroom, at school auctions, or at other meetings.

Selling Big Life Journal resources is not permitted. Please do not embed or link to this resource on your or someone else's site (you can share on social media). Please do not recreate or copy our work. Thank you!

If you're interested in using these resources in your professional practice (as a therapist, coach, etc.) please reach out to [support@biglifejournal.com](mailto:support@biglifejournal.com) to obtain a professional license.

Please email [hello@biglifejournal.com](mailto:hello@biglifejournal.com) to request a specific use for our printables.

With gratitude,  
Big Life Journal team