

The **ULTIMATE GUIDE** to

PRAISING your kids

by Big Life Journal



PRAISE SHOULD BE

Sparing ✨ Specific ✨ Sincere

don't ✖



PERSON PRAISE

Avoid ability-oriented praise, like:
"You're very good at solving puzzles"



PRAISE AS REWARD

Avoid "rewarding" with praise. When kids anticipate rewards, they lose interest.



SOCIAL COMPARISON

Avoid comparing to others.



TOO LOW OR HIGH EXPECTATIONS

Avoid setting low expectations, like "Great job! You wrote a story!" or too high, like "This is the best story I've ever read!"



EVALUATION

Avoid focusing on judgement with "I like" statements, such as, "I like how clean your room looks."

Vs.

do ✔



PROCESS PRAISE

Focus on process, strategies, effort, like:
"You're using great puzzle-solving strategies"



INFORMATIONAL FEEDBACK

Provide specific feedback on performance.



PERSONAL MASTERY

Focus on child's *individual* performance.



REASONABLE EXPECTATIONS

Praise should reflect standards that could be *realistically* met.



ENCOURAGEMENT

Give encouragement, like "Your room looks clean!". This helps develop *internal* evaluation.

PRAISE MORE THAN ACHIEVEMENTS:



generosity, forgiveness, compassion, courage, being a loving friend or sibling, taking a stand, appreciation of art, etc.

ALTERNATIVES TO PRAISE

Say thank-you ✨ Acknowledge goals ✨ Say nothing ✨ Ask questions