





## PRAISE AND ENCOURAGE COOPERATIVE BEHAVIOUR

What?	Why	
Praise	<ul style="list-style-type: none"> <li>• The more time children spend doing good things, the less time they can spend doing bad ones.</li> <li>• The best way to reduce your child's unacceptable behaviour is to increase his or her good behaviour. The way to do that is by letting your child know what behaviour pleases you.</li> <li>• Praise gives your child important feedback about how to behave and what values are important in your family.</li> <li>• Praise motivates your child to want to please you by recognising her/his efforts.</li> </ul>	
What?	How?	
Praising	<ul style="list-style-type: none"> <li>• Praise <b>specifically</b>. When your child does what you ask, praise <b>what the child did</b>. Try to use lots of this <b>labelled praise</b>. This is when you tell your child exactly what he or she did that pleased you. For example: <ul style="list-style-type: none"> <li>• "That's great. You did what I asked and you did it straight away."</li> <li>• "You made a really good job of ..."</li> <li>• "You tried really hard at ..."</li> <li>• "That's good you are playing so quietly."</li> </ul> </li> <li>• It helps your child to learn the right thing to do and take on new challenges.</li> <li>• Praise <b>enthusiastically</b> and <b>sincerely</b>. <b>Non-verbal praise</b> (cuddles, kisses, smiles, winks, high fives, etc.) shows with your body language that you are really pleased by what your child doing and that you really meant what you said about it. Giving your child a cuddle while you praise what they have done makes a really powerful statement.</li> <li>• Labelled praise and non-verbal praise are the most <b>effective kinds of praise</b>. General, unlabelled praise ("good girl/boy") is <b>ineffective praise</b>. It can quickly turn into empty words.</li> <li>• If you get stuck for words, you can always say: "That's good. You did what I asked you to."</li> </ul>	  

## Some behaviours to praise

Sometimes parents find it hard to find anything to praise in what their children are doing. A child may not always get it right even when he or she tries. At these times, parents need to see the good things the child has done, or even the fact that the child was trying to do the right thing. Try to find the good bits – the half full part of the glass – and build up your child's good behaviour and skills bit by bit.

Here are some suggestions for using **labelled praise** to change your child's behaviour and help your child learn new skills.

- **Doing what you asked.** This is the most important single piece of labelled praise and always useful when your child cooperates.
- **Praising the half full part of the glass.** For example for developing sitting skills: sitting quietly, sitting up straight, sitting still, sitting at the table
- **Shaping play skills:** playing quietly, playing carefully, playing gently, playing imaginatively

### Encouraging Creativity and Initiative

- Trying something new
- Trying hard at a new task
- Doing something by her/himself
- Having good ideas
- Having good imagination

### Encouraging Social Skills

- Sharing toys
- Being kind to sister/brother
- Letting you play with her/him
- Waiting her/his turn
- Waiting for you (before starting to do it)
- Talking quietly
- Talking politely
- Good manners (saying "please" and "thank you")
- Helping Mum/Dad/brother/sister
- Letting you help her/him

### Encouraging Other Skills

- Cleaning up/putting toys away
- Good building/catching/throwing/playing etc.
- Artistic (good drawing)
- Musical (good singing/playing/clapping etc.)
- Knowing something (poem, song, ABC's, colours, numbers etc.)