

Giving Descriptive Praise

Encourages the behaviour we want to see more of and builds good self esteem.

Describe exactly what you like

e.g. "Thanks for staying quiet while I was on the phone"
"I love the way you have tidied your bedroom all by yourself!"



Describe enthusiastically what the child is doing

e.g. "You're colouring in that picture so carefully."
"You're putting your school things in your bag really tidily."



Avoid 'tags-ons' to the praise which can undo the positive effect of the praise

e.g. "It's nice to see that you have put away your clothes... for a change."



Make sure that your body language reinforces the praise

✓ Good body language

× Bad body language



Gain eye contact



Called out from far away



Smile



Through gritted teeth



Open arms



Folded arms