

### *To Sum Up...*

- Catch your child being good
- Offer specific labelled praise
- Use smiles, thumbs up, hugs and pats on the back along with words
- Use praise immediately to retain it's reinforcing value
- Never combine praise with put downs
- Try not to give negative attention to unwanted behaviour

*Try targeting one or two behaviours that you would like to see more of, watch for them, praise them and see how you get on!*

*Remember...*

*'Children who receive a lot of praise from their parents develop increased self - esteem. If parents are negative and critical, their children will model this behaviour and negative self - talk as well'*

*Carolyn Webster Stratton (2005)*

## *The Power of ...*

***P**ositive*

***R**einforcing*

***A**ttention*

***I**mmEDIATE*

***S**pecific*

***E**xpressive*

*Managing your child's  
behaviour*

## Does your child's behaviour drive you to distraction?



If you feel like all you do is shout, nag and tell your child off, maybe it's time to try the **power of praise**.

Giving attention to behaviour usually invites more of the same.

Therefore giving negative attention to inappropriate behaviour will invite more of the behaviour you **don't** want.

**Praising** your child for the behaviour you **do** want can really help!

## Why should praise be specific?

**Specific** praising involves describing the positive actions within the praise that you give.



**Labelling** the praise in this way allows your child to know exactly what they have done to deserve your positive attention.

To increase the impact of the words you use, remember to be **expressive** by using smiles, thumbs up and pats on the back.

## Catch your child being good!

Always be on the look out for small bits of good behaviour and offer **positive attention immediately** to **reinforce** the behaviour that you want.



This **immediate** praise given as soon as the desired behaviour occurs will encourage your child to continue in the same manner.

**Never** combine praise with a **put down** e.g. 'thank you for getting up on time **but** why can't you do it every morning!'