

Praise

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Praise is an extremely important tool for any parent. It's a magnificent way to encourage and support other people, of showing you are pleased, enthusiastic or grateful. It assists both adults and children alike. It is so easy to focus on your child's bad behaviour with all the telling off that it can appear to a child that everything they do is wrong!

After all, if a child gets your attention by being naughty - even if this is a telling off but no attention for all the good that they do it can so easily get to a point that a child will be naughty so that you take notice.

Using praise will work wonders with your child, they need to know when we like what they are doing, its not enough to just simply tell them what not to do. A child is no different to an adult in this sense, we all respond better to praise then negativity.

This isn't always an easy thing to do though, a lot of people find giving praise awkward, and embarrassing when receiving compliments or praise. The more you do this the easier it will come. Go ahead, find at least one situation a day to praise someone, or yourself, you'll find it starts to come more easily. This could be as simple as their colouring in was great, they said please or thank you or that they cleared away their toys. Verbal praise to a child is more important than anything you could buy!

When giving praise you should remember;

Give your child all your attention when giving praise, put down your paper, look away from the telly, stop doing the washing.

Move in close to your child, this helps your child know they have your attention and is also better for cuddles!

Look as if your pleased and share in their moment, if they think their little effort has made you as happy as them they will be more likely to try again.

Be specific, describe what it is your praising them for, they will remember what it is they've been praised for, and this will assist in more of this behaviour.

Ask the child what they think, discussing what it is they have done that's drawn your attention in a positive manner will also assist in more of this behaviour, as your encouraging their "moment" to last longer.

Seek eye contact, holding eye contact shows a genuine interest.

Mean it, be sincere and let it show.

Touch the child gently, this is a nurturing motion and also makes the child feel good.

Give pride, "You've done really well! you should be so proud of yourself!"

When we look at praise, we see there are actually two kinds, Praise for doing, and praise for being. Both should be used, praise for doing will encourage good behaviour in your child, whilst praise for being will encourage self esteem.

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