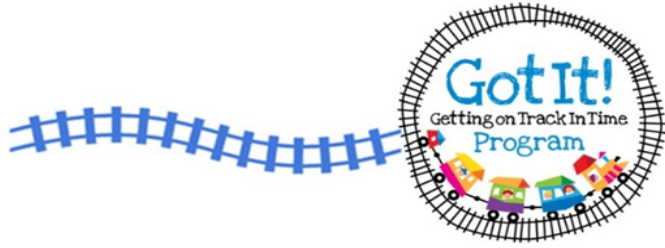


Got It!



Descriptive Praise

Praise is important for children. It is a motivator, helps them learn which behaviours to repeat, and builds self-esteem.

For praise to be effective we need to make sure it is:

- Sincere** Pause your activity for a moment and give them your whole attention to show them they made you proud.
- Descriptive** Tell them specifically what they did that you liked. This helps them know what they are being praised for and also that you really mean it. Giving praise for effort and strategies used encourages children to keep trying and improving.
- Frequent** Brains need 3 compliments to outweigh 1 negative comment so we need quite a lot of praise to feel good about ourselves.

