



Steps for Giving Praise Effectively

- 1 Give the child all your attention.
- 2 Move close to the child.
- 3 Look pleased and share their pleasure.
- 4 Be specific: describe what you like.
- 5 Ask the child what he/she thinks.
- 6 Seek eye contact.
- 7 Mean it – be sincere and let it show in a warm tone of voice.
- 8 Touch the child gently.
- 9 Give pride to the child (“You deserve to feel proud of yourself”).

If you are already giving praise, you may like to check how you are doing it and see if you want to change or add anything. If the idea is new, you could start with just one or two of these ideas, and use more of them as you get used to giving praise. Thinking about what you could praise, and rehearsing in your mind what you'd like to say, makes it easier at first.