

## REFRIGERATOR NOTES ABOUT PRAISING YOUR CHILD

- Catch your child being good—  
don't save praise for perfect behavior.
- Don't worry about spoiling your children with praise.
- Increase praise for difficult children.
- Model self-praise.
- Give labeled and specific praise.
- Make praise contingent on behavior.
- Praise with smiles, eye contact, and enthusiasm.
- Give positive praise.
- Praise immediately.
- Give pats and hugs and kisses along with praise.
- Use praise consistently.
- Praise in front of other people.
- Praise and encourage the "process" of children's  
learning, not just the finished product.
- Promote your child's recognition of  
change and progress.
- Label child's feelings about personal  
accomplishments.



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