

# The **ULTIMATE GUIDE** to **PRAISING** children

by Big Life Journal

## EFFECTIVE PRAISE IS

Sparing ✨ Specific ✨ Sincere

**don't** ✖

### PERSON PRAISE

Avoid ability-oriented praise, like:  
"You're very good at solving puzzles"

### PRAISE AS REWARD

Avoid "rewarding" with praise. When  
kids anticipate rewards, they lose  
interest.

### SOCIAL COMPARISON

Avoid comparing to others.

### TOO LOW OR HIGH EXPECTATIONS

Avoid setting low expectations, like "Great job!  
You wrote a story!" or too high, like  
"This is the best story I've ever read!"

### EVALUATION

Avoid focusing on judgement with "I like"  
statements, such as, "I like how clean  
your room looks."

**do** ✔

### PROCESS PRAISE

Focus on process, strategies, effort, like:  
"You're using great puzzle-solving strategies"

### INFORMATIONAL FEEDBACK

Provide specific feedback  
on performance.

### PERSONAL MASTERY

Focus on child's *individual* performance.

### REASONABLE EXPECTATIONS

Praise should reflect standards  
that could be *realistically* met.

### ENCOURAGEMENT

Give encouragement, like "Your room looks  
clean!". This helps develop *internal*  
evaluation.

**Vs.**

## PRAISE MORE THAN ACHIEVEMENTS

generosity, forgiveness, compassion, courage, being a loving friend or  
sibling, taking a stand, appreciation of art, etc.

## ALTERNATIVES TO PRAISE

Say thank-you ✨ Acknowledge goals ✨ Say nothing ✨ Ask questions