

Praise

- Most adults looking after children give them a lot of attention when things go wrong.
- They praise special things like good work, helping at home.
- They forget to praise the ordinary things.
- We all do better when we are praised.
- The trick is to "catch the **good**" and praise it.

For example:

"Well done Sam, you are waiting quietly now. I like that much better."

- Praise is more valuable when we say how we feel.

For example:

"I like you the way you ... "

"I am pleased with you because ..."

"I feel really happy when you ... "

- This sort of praise is called a "Positive I message".

Positive Labels

- New-born babies do not know who they are . . . they do not have an identity.
- They begin to learn about themselves from the messages they get from parents and first carers.
- The knowledge becomes their self image.
- Our self image helps to determine how well we behave and how well we learn.
- Positive labels help us believe in ourselves as good.

For example:

"You tidied the room - **you are a good helper.**"

"You shared your sweets, **you are really kind.**"

"You worked really hard - **you are a good reader.**"

- This child will begin to believe themselves to be helpful, kind and a good reader.

Label the Act

- If positive labels help us to learn and behave well, then negative labels will do the opposite. They might also spoil the relationship.
- When parents get cross or frustrated by the behaviour of a child they have a right to express their feelings - they want the behaviour to change.
- Remember it is the behaviour you want to change **NOT THE CHILD.**
- Try a three part message:
 1. a description of the behaviour.
 2. a statement of your feelings.
 3. a description of what you want.

For example:

"If you scribble on the wall I feel really cross and upset. I want our house to look nice."

"If you run off when we're in the supermarket I feel worried. I want you to walk with me and hold the trolley."

"When you fight I feel sad. I want you to play nicely."

DON'T STOP THERE ...

After giving a three part message

look out for the behaviour you want

and **immediately** praise it

If you need any further information, please contact:

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Don't say "Don't"

- "Don't think about a large chocolate bar, sat on the table, innocently waiting for you to eat it."
- It is not possible to obey this message! The brain automatically creates an image of that chocolate bar!
- When we say to children:
"Don't walk around with a drink"
"Don't climb that tree"
they make an image or a memory of the behaviour we do not want.
- This actually increases the chance of that behaviour happening.
- To decrease the chance give a clear description of the behaviour you want.
For example:
"I want you to sit down with your drink."
"I want you to play next to me where I can see you."



TOP TIPS FOR PARENTS

Praise

Positive labels

Label the Act

Don't say "Don't"