

# Praise Your Child

DO IT RIGHT. DO IT WELL.



Praise the **process**, not the person.



Focus on the **efforts**, not the outcomes.



**Be specific.** Avoid generic statements.



Use **simple** statements.



**Do not overpraise.**



Be **genuine** and **sincere**.



Give **age appropriate** praise.



**Avoid comparisons.**



Catch your child **doing good**.

## How do you PRAISE your child?



### Reference:

Dwyer, C & Dweck, C.. (2016). *Using Praise to Enhance Student Resilience and Learning Outcomes*.

Mueller, C. M. & Dweck, C. (1998). Praise for Intelligence can Undermine Children's Motivation and Performance. *Journal of Personality and Social Psychology*, 75(1), 33-52.



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