

Praise Your Child

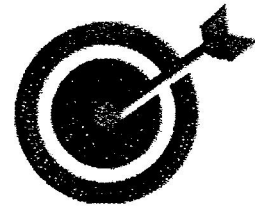
DO IT RIGHT. DO IT WELL.



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



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



Be **specific**. Avoid generic statements.



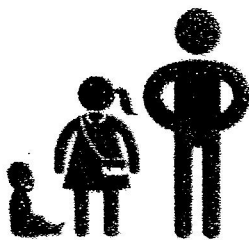
Use **simple** statements.



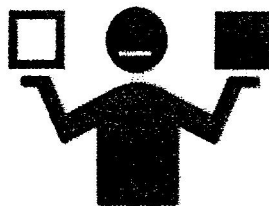
Do not **overpraise**.



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.

