



Are You Raising a Praise Junkie?

*Encouragement vs. Praise:
Don't get them hooked on
other people's opinions*

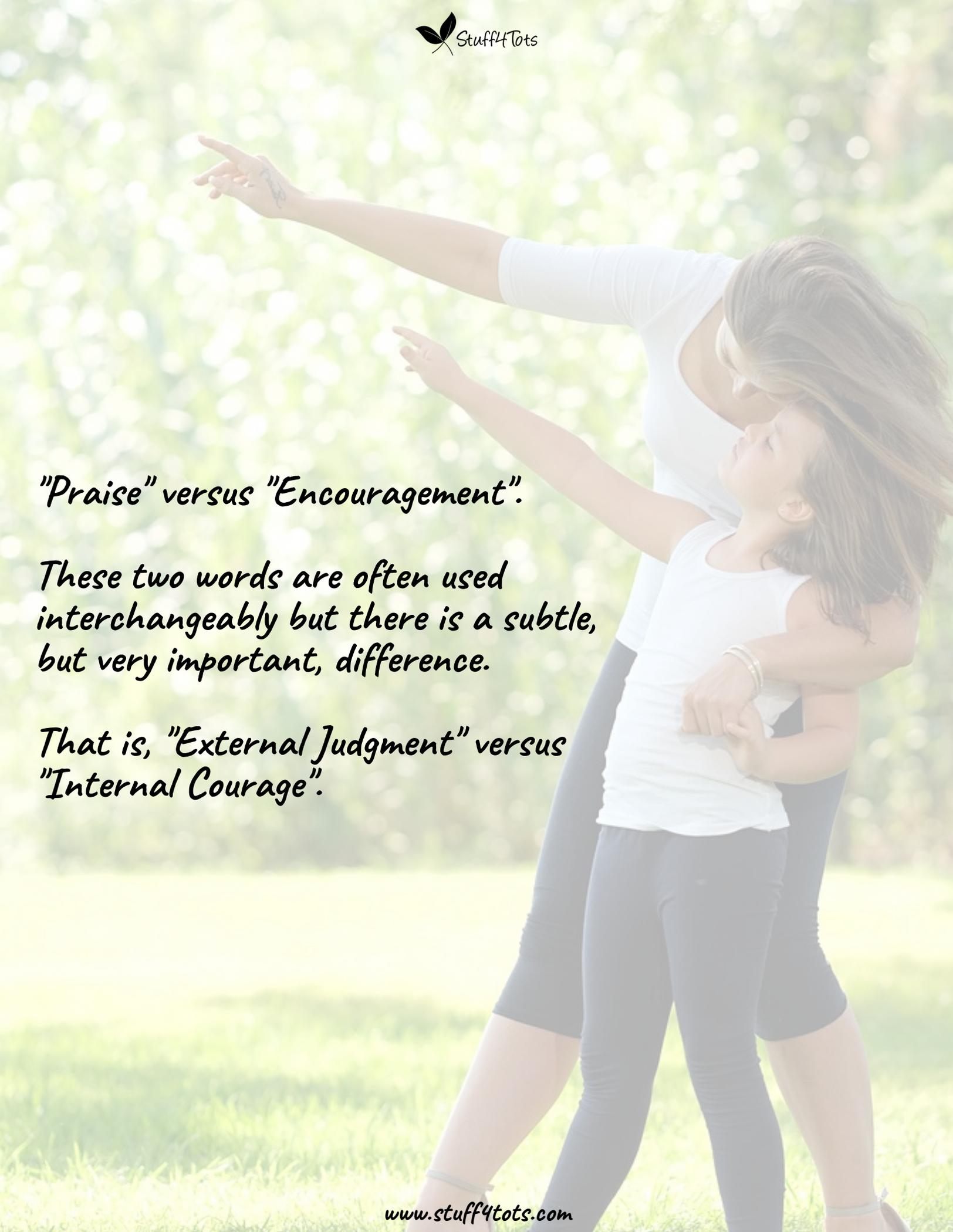


Stuff4Tots

By moms and dads, for moms and dads!

We are a 'mom and pop' family business and our aim is to provide high quality products for babies and toddlers, great customer service, and useful information to families just like us.

We sincerely hope you enjoy our little e-book!



"Praise" versus "Encouragement".

These two words are often used interchangeably but there is a subtle, but very important, difference.

That is, "External Judgment" versus "Internal Courage".

Praise

*Dictionary definition:
"To express a favorable judgment of"*

*A parent's definition:
"Telling a child how wonderful he is - how
clever, fantastic, and amazing"*



*They are usually words that
evaluate something as being
intrinsically "good", "beautiful",
"awesome", "great", "athletic".*

*Praise is more of an external
motivator where a child feels the
need to please others to get
rewarded and praised.*

Encouragement

Dictionary definition:

"To inspire with courage, spirit, or hope"... Literally, to fill with courage

A parent's definition:

"Something that makes someone more determined, hopeful, or confident"



Encouragement prompts a child to look inside of themselves for motivation.

It increases cooperation instead of competition, teaches a child that it's okay not to be perfect, and focuses on his/her efforts and not just the outcome (reward).



Praise often comes with a judgment such as "best" at this or "highest" at that, therefore encouraging more competition.

It also can create a child who is dependent, and afraid of failure. Failure is an immediate knock to his perception of being "the best". Failure can cause a child to doubt himself and the person praising him.

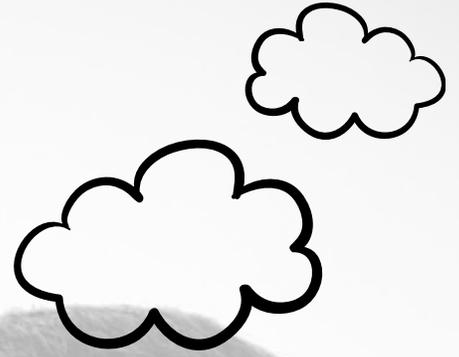
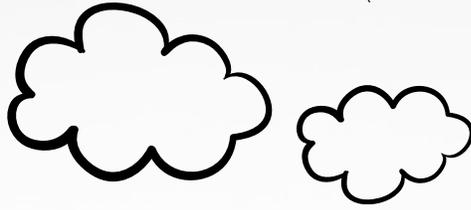
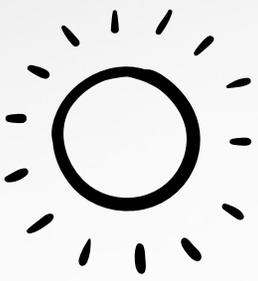
Most of all, it can create a child who feels entitled and expects things to always go his/her way.

With encouragement, control is given back to the child.

We encourage them to "take ownership" of their work by describing and commenting on what we see – rather than judging it as "good" or "bad".

Encouragement praises the effort, not the end result.





PRAISE

You are so smart!

*You are the best listener when
told to pick up your toys!*

*You had the highest score
in the test. Way to go!*

*You're the best
at cleaning your room.*

I'm so proud of your artwork.

*Here are some
examples of praise
phrases, which praise
the "doer".*

*Check out the
equivalents for
encouragement on the
next page!*



ENCOURAGEMENT

*You are working so hard
on your homework.*

*You sure make an effort to listen
when I ask you to do something.*

*You did very well on your test.
You seem to really enjoy doing well in
school!*

*Your room looks very neat since you
straightened your bookshelves.*

*I can see how much you enjoy art. You
take time to paint and use
many different colors.*

*Here are the
encouragement
equivalents, which
praise the "deed".*

*Notice how these
encouraging words can
take you and your
child a lot further!*

PRAISE VS. ENCOURAGEMENT

RESULT

EFFORT

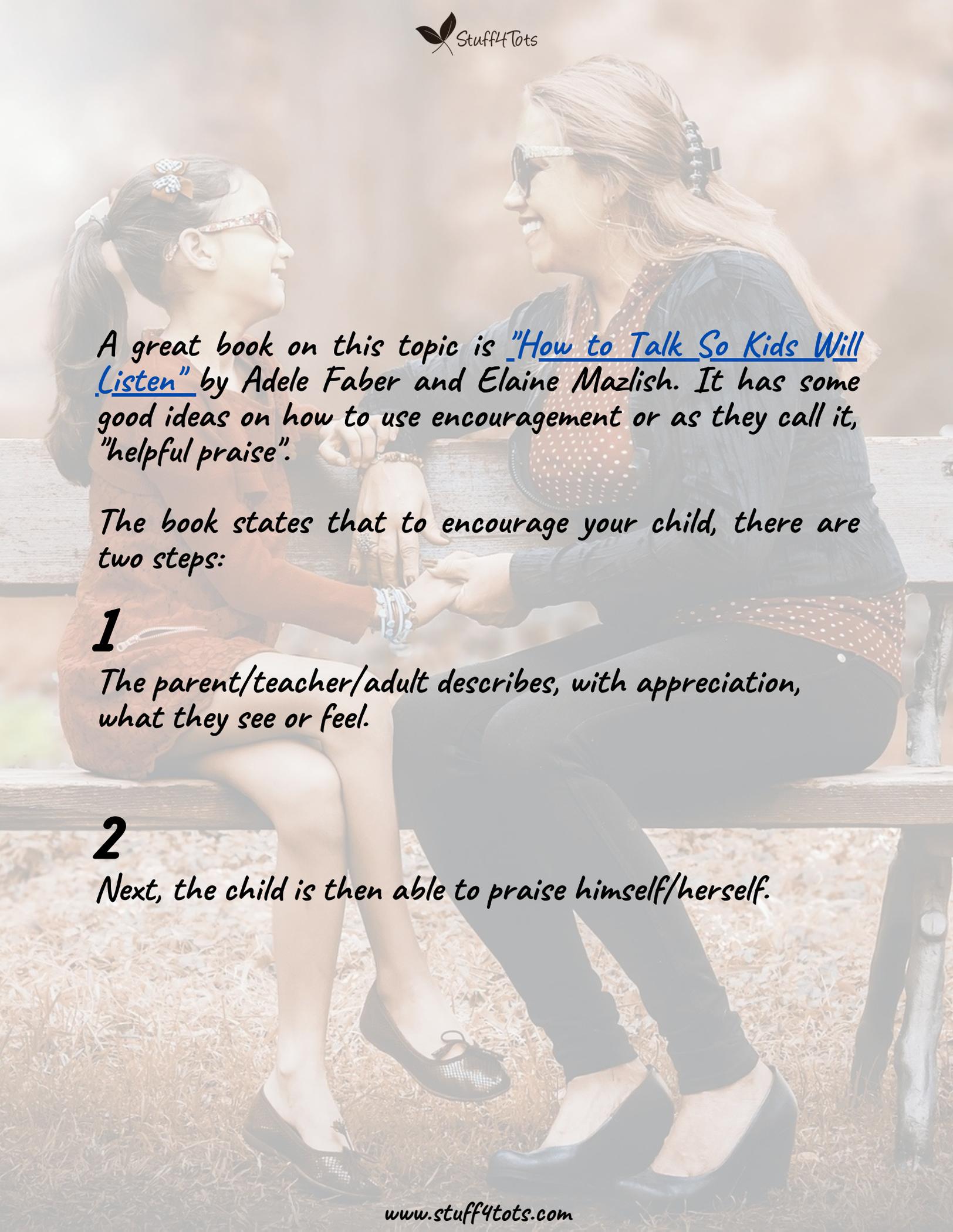
DOER

DEED

*EXTERNAL
FEEDBACK*

*SELF-
MOTIVATION*

**FOCUS
POINTS**



A great book on this topic is "How to Talk So Kids Will Listen" by Adele Faber and Elaine Mazlish. It has some good ideas on how to use encouragement or as they call it, "helpful praise".

The book states that to encourage your child, there are two steps:

1

The parent/teacher/adult describes, with appreciation, what they see or feel.

2

Next, the child is then able to praise himself/herself.

Here is an example of how this works with your little one:

Child: "Mommy, do you like my artwork?" he says while shoving his creation in front of you.

You: (Don't just say "It's great!" - describe it.) "Let's see... you drew squares and circles here, zigzags and wiggles there, plus some dots and a slash!"

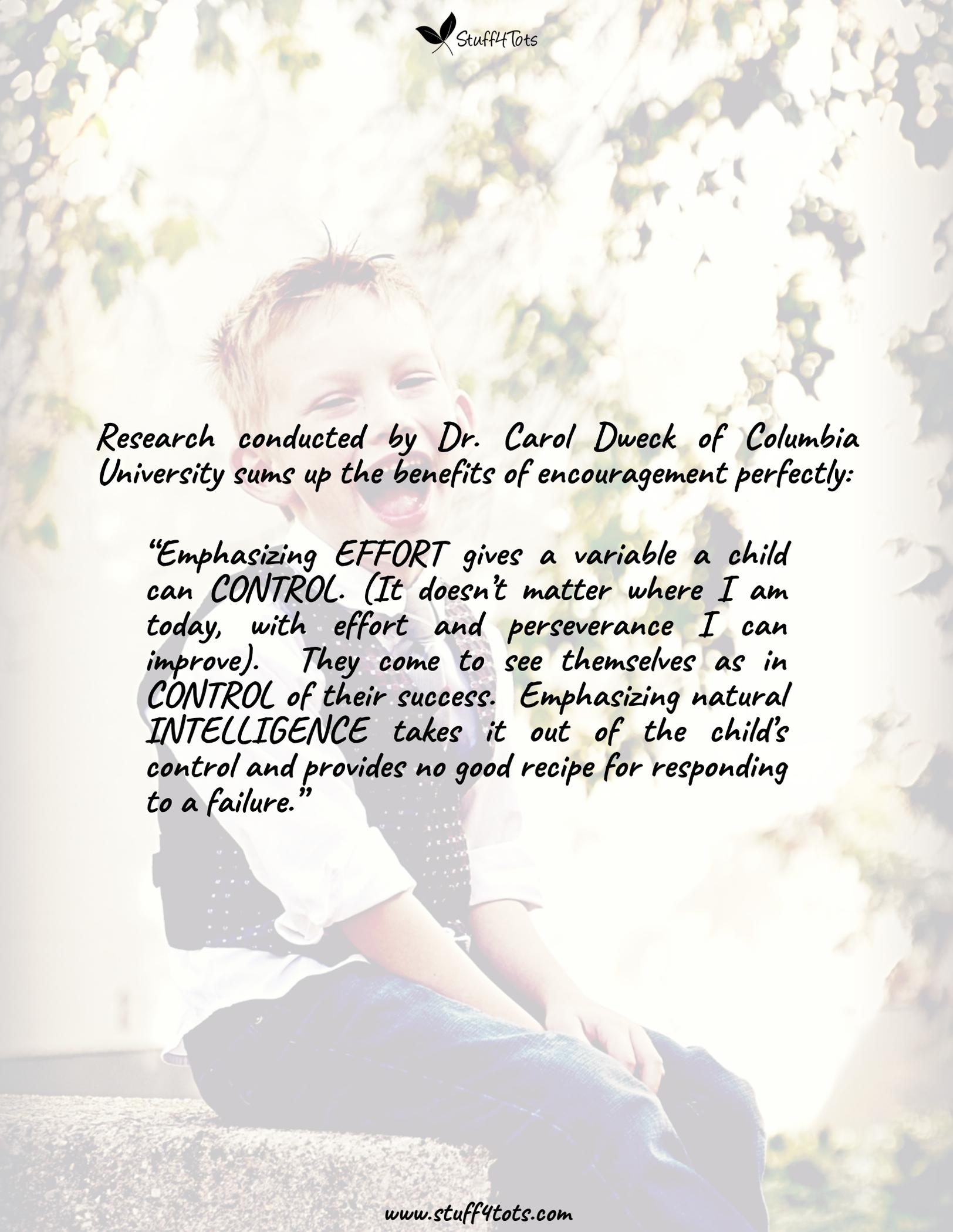
Child: "Yeah!"

You: "How did you bring this all together?"

Child: "I'm an artist, that's how!"

And the child gives you his biggest smile and runs off to play.

See how amazing that worked? The child turned it around and praised himself!



Research conducted by Dr. Carol Dweck of Columbia University sums up the benefits of encouragement perfectly:

“Emphasizing **EFFORT** gives a variable a child can **CONTROL**. (It doesn’t matter where I am today, with effort and perseverance I can improve). They come to see themselves as in **CONTROL** of their success. Emphasizing natural **INTELLIGENCE** takes it out of the child’s control and provides no good recipe for responding to a failure.”



Parents who praise their children's effort reinforce their resilience. A study shows that youngsters who can bounce back after failure are more likely to have happy, productive lives.

Moms and dads, therefore, should focus less on outcomes and more on the process.

As a parent, it is important to bear in mind that praise is an external, temporary motivator. Encouragement gives your child the "courage" from within. To self-start. To feel pride in themselves - for the long term.

Encouraging phrases to try

Wow, the floor is clean, when the toys are tidied away!

That "A" represents a lot of hard work!

It must make you feel good that you planned ahead and got everything done in time.

That's coming along nicely.

I can tell you spent a lot of time thinking this through.

Thanks for your help. That made my job easier.

Your hard work is paying off.

Now you've got the hang of it!

That's a tough one, but you'll figure it out.

How do you feel about it?

A conscious effort

It takes conscious effort to use encouragement rather than praise. At first, it may make you feel like you're out of your comfort zone. Trust that the long-term effects are lasting and powerful.

Small adjustments in the language we use with our children each day can have a lasting impact on the way they see themselves.

The best of luck!



Thank you for your time!

*We hope you enjoyed this Positive Parenting tool
and found it useful.*

*You can find more information on Positive Parenting
tools and techniques on our website at
<https://www.stuff4tots.com/positive-parenting/>.*