

Encouraging children's self-esteem by giving praise



Giving Praise supports and builds a child's self-esteem and is a powerful way of showing your child you acknowledge them. Positive attention helps your child maintain a good level of self-worth.

Here are a few tips to keep in mind when giving praise.

- 1, Praise exactly what you see! 'I like the way you tidied up your room, you have put everything in its place, and you have done all your laundry' good job.
- 2, Try to avoid giving praise for the sake of praising as the affect of praise will hold no value to the child receiving the praise. Received as patronising or not feel genuine.
- 3, Look pleased and share their pleasure.
- 4, Use physical affection like a touch on the shoulder a hug or a high five!
- 5, Discuss with the child how they achieved the task. Mark the things they say by saying things like 'how did you know how to do that' 'that was insightful of you' 'how do you feel about your achievement?'
- 6, Move in close to your child and if possible, give 'eye contact'.
- 7, When you collect your child from school or your child is older and returns home from school on their own, they may want to show you something they have done, such as a drawing or a piece of work. Before looking at what they want to show you. Press pauses! acknowledge them first, big hug, kiss, 'How was your day?' and then turn you attention to what they wanted to show you. By doing this it gives the message to children that the joy you have in them is not measured by their achievements but being their unique self.
- 9, If children are disappointed about grades or not achieving something that they aspired to. 'Praise them for trying their best. For example, you could say 'You tried your best I saw how hard you studied, and I am very proud that you persisted' Well done.

