

**Praise Your Child.
Do it Right. Do it Well.**

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Are there better ways to praise our children?

Research shows that praising our children effectively can help to increase their confidence, motivation and engagement in learning.

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Conversely, inappropriate praise may affect children's self-esteem, create excessive pressure or hinder their growth. How we praise our children matters.

Find out more tips on giving praise effectively.


Video : How Do You Praise?

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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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