



EMPOWERING
CHILDREN
FOUNDATION

WORDS HAVE POWER

– A FEW WORDS
ABOUT PRAISE

Praise is a positive motivator for children, it drives their development, it builds their self-esteem.

Why do we praise children so little?

- praise spoils children, which makes them conceited and complacent,
- children no longer make an effort,
- praise does not work, the child does not change its behaviour,
- the child will become addicted to praise, will treat lack of praise as a punishment,
- the child will do things just to be praised and not because it likes something,
- we stick a label on the child, e.g. good girl, brave boy,
- praise creates rivalry among children.

These are the myths and stereotypes associated with the beliefs that the child by nature does not do anything well, that it can always do something better, that even if it has done something well, it is simply its duty and praise is simply exaggeration.

What happens with a child motivated by praise?

Its thoughts

- I can do this task well;
- I have a skill, e.g. I write scripts well;
- I can be relied on;
- I am a valuable person;
- The person who appreciated me is nice; I like him/her.

Its feelings

- Pride;
- Joy;
- Enthusiasm;
- Optimism;
- Pleasure;
- Surprise.

Characteristics of good praise:

- It should be honest and realistic;
- It should include a description of the behaviour and the parent's feelings;
- It should be expressed frequently and tailored to the needs of the child;
- Let's remember that praise should not only be used in relation to extraordinary events, but should relate to everyday circumstances;
- Praise must be specific, describing a behaviour and not a trait. So instead of telling your child that he or she is 'great,' focus on a specific thing that has won your appreciation. For example, you could say, 'Anna, I like your essay, especially the ending – very imaginative!';
- Reward effort too, not just achievement.

Its behaviour

- Wants to continue to work well and even better;
- Tries not to disappoint the person who praised it next time in this area;
- Has a desire to develop itself;
- Is courageous in facing new challenges.



Adaptation of the material based on the course scenario 'Words have power, or the art of appreciation'.

Empowering Children Foundation

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