

## The difference between ENCOURAGEMENT and PRAISE

Praise is a way to empower the child; however, it makes the child dependent on how others see them and on positive feedback. Praise makes a person sensitive to criticism because, by their understanding, self-value is linked to accomplishments and the impressions they make on others.

For a child to become resilient and confident, parents need to scroll back from praise and talk more in encouraging ways.

Encouragement	Praise
<p><b>Self-evaluation</b> Tell me about it. What do you think about it? How do you feel about it?</p>	<p><b>Rating through others</b> I like it. That was great. Super!</p>
<p><b>Deed-oriented – the act of the child</b> <b>Acknowledgment – Respect</b> Thank you for helping, great job! I enjoy preparing dinner with you.</p>	<p><b>Person-oriented</b> <b>Expectation – Condition</b> What a nice kid you are. Good boy / girl. You are a big boy / girl.</p>
<p><b>Empathy</b> What do you think? What do you feel? I fully understand that you enjoy this.</p>	<p><b>Conformity</b> You did that very well. I'm very proud of you.</p>
<p><b>Self-disclosing I-messages</b> I very much appreciate your help. I enjoy going to the park together.</p>	<p><b>Judgmental I-messages</b> I like that you are a good eater. I think it's great that you have many friends.</p>
<p><b>Asking</b> Who can show me how to behave when finished eating?</p>	<p><b>Advising</b> Sit still at the table until everybody finishes eating.</p>

Evaluating whether one's comments are encouragement or praise is working well by answering the following questions:

1) Do I stimulate self-evaluation or dependency on external evaluation?

- 2) Do I talk respectfully or patronizingly?
- 3) Do I consider the opinion of my child or mainly mine?
- 4) Would I talk like this to a friend?