

**Conscious Discipline
Weekly Information Sheet
From Chapter Two Encouragement**

Effective Praise Techniques

Last week's information sheet focused on how praise can be more hurtful than helpful. This week we will review some specific strategies for delivering effective praise that truly encourages your child and builds self esteem.

Learn to notice-When you judge children you tell them who they should be. Judgment is conditional. Encouragement is about accepting children for who they are.

**Praise Judges:
"Good Job Erica."
"That was excellent."
"That was a great slide."**

**Noticing (Describes) *Encouragement*
"Erica you put your toys in the bin."
"You did it. You finished all of your homework."
"You did it. You came down the slide feet first."
More on this next week...**