

Conscious Discipline
Weekly Worksheet
From Chapter 2 "Encouragement"

This week we'll focus on ways to effectively praise children. It seems logical that praising children would foster enhanced self esteem. However, decades of research have shown that this is not always true. Research indicates the following kinds of praise can inhibit a child's self esteem.

- Too much general, all-encompassing praise unduly burdens the child and can make the child feel pressured to live up to unrealistic standards. "She is always so sweet."
- If you use praise that relies on value judgments too often, you teach children that good equals pleasing other and bad equals displeasing others.
- If you use praise that focuses on how you think or feel about the child's behavior, you teach your child to seek approval.
- If you praise children only for successful, completed tasks, you teach them that effort does not matter, only accomplishments matter.