



Praise vs. Encouragement.

Instead of saying... Awesome!	Say... Something specific, such as: “You washed your hands without being told to.”
Way to go!	Something that emphasizes what you value, such as: “You did it yourself!” Or, “You listened very
Your picture is nice.	Something about the details, such as, “You used
I like your picture.	Something that puts the focus on the child, not you, such as, “You picked an interesting topic for this
Ummm (Hard to praise because it’s not a great	Focus on the effort invested, such as, “You worked really hard to clean up your mess.”
Good job!	It’s been overused...just don’t say it.

Praise	Encouragement
stimulates rivalry and competition	stimulates cooperation and contribution for the good of all
focuses on quality of performance	focuses on amount of effort and joy
evaluative and judgmental; person feels	little or no evaluation of person or act; person
fosters selfishness at the expense of others	fosters self-interest, which does not hurt others
emphasis on global evaluation of the person-	emphasis on specific contributions -”You have
creates quitters	creates triers
fosters fear of failure	fosters acceptance of being imperfect
fosters dependence	fosters self-sufficiency and independence

