

Praise and Kids... based on the Nurturing Parenting Curriculum.

“Praise is like the fuel that powers the self esteem of children.” If kids believe in themselves and their own self-worth, they will treat others the same. And research has shown that kids who feel good about themselves do better in school, are more popular, don’t feel they “can’t” do things and generally enjoy life.

So why don’t we praise kids more? Well....there is that myth that kids will become conceited or think that they are better. Or how about “breaking them so that they will be strong and be able to deal with the real world.”

The truth is that if we give specific praise either for just being the person that they are or for doing something helpful or well, we are giving specific feedback that builds their inner strength. When we say “specific”, we mean something like:

“You studied hard for that math test and it paid off. You got a B! Congratulations.”

“You stuck with tying those shoes and you did it! High Five!

We don’t mean something like:

“You did a good job.” That is way too general and doesn’t really communicate anything.

“You look good.” This is also general and hard to understand on the receiving end.

And definitely not:

“You are a good girl for cleaning your room.” Means being good is attached to doing a chore vs. being inherently good.

“Daddy really loves you for being so cooperative today.” Means getting love from Daddy is dependent on doing something that please him.

Ultimately Kids need to know their “being” is good because they just “are”. And they will begin to feel self confident and worthy if they know specifically, that their efforts in the world pay off.