

## Encouragement Vs. Praise

### Praise

- Praise focuses on the outcome of a behavior
- Praise teaches people to look to others for approval
- Praise focuses on the person who did the behavior

Examples of praise:

- You get an A
- I like that you did that
- You're so smart
- You're so good
- I am so proud of you

Problems with praise:

- Praise can lead to children and others being afraid to make mistakes
- Praise can lead to perfectionism
- Praise can lead to approval-seeking and dependence – where children only do things to get the approval for others and not because they believe it is the best choice
- Praise can decrease risk-taking and trying something new
- People can learn that praise = I am good and people like me; and if they are not getting praise for something that they are bad and un-liked

### Encouragement

- Encouragement focuses on the effort put into behavior
- Encouragement teaches people to self-evaluate their own behaviors
- Encouragement teaches motivation
- Encouragement increases risk-taking and trying new things

Examples of Encouragement:

- You worked so hard to get that grade
- You figured out how to do that
- That was really hard and you did not give up
- I notice that you are trying your best
- You are really proud of yourself

### **Why is encouragement better than praise?**

Encouragement will help your child learn confidence, self-awareness around their behaviors and choices, and learn internal motivation. Encouragement teaches children about hard work, not giving up, and independence. Encouragement also teaches children to try hard when other people are not watching. Praise can be good and helpful in small amounts, and can cause problems when used too much. Praise can actually be discouraging. For example, when not being praised, children might think that something is wrong with them and then start constantly look for praise. Encouragement encourages children to do their best and teaches them that they are important no matter what!