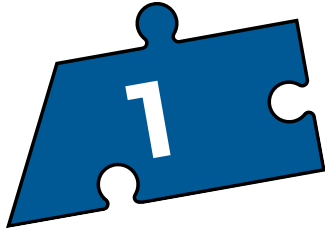


# **Program Two: Using Praise and Incentives to Encourage Cooperative Behavior**



## **Part 1: The Art of Effective Praise and Encouragement**

### **Refrigerator Notes and Handouts**



Praising

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## Part 1: The Art of Effective Praise and Encouragement

### HOME ACTIVITIES FOR THE WEEK



#### To Do:

**CONTINUE CHILD-DIRECTED PLAY** every day for at least 10 minutes.

**PRACTICE** increasing your labeled praise during these play times.

**CHOOSE ONE BEHAVIOR** you would like to see your child engage in more frequently, and systematically encourage and PRAISE it every time it occurs during the following week; for example: playing quietly, following your directions, picking up toys, and sharing with others.

**DOUBLE THE NUMBER OF PRAISES** you give and observe what effect this has on your child.

**KEEP TRACK** of the results on the “Praise” Record Sheet. Bring to next season.

**LIST** the behaviors you want to see more of on the Behavior Record handout.

**CONNECT WITH YOUR BUDDY** from the group to share your praise approach.

**REMEMBER** to praise someone who is important to you!



#### To Read:

Handouts and Chapter Five, *Positive Attention, Encouragement and Praise*, in **The Incredible Years** parent book or audiobook.



Praising



**The Incredible  
Years®**

Home Activities



## RECORD SHEET: PRAISE AND ENCOURAGEMENT

Record times and ways you praised your child and your child's response. Remember your toy character or puppet can also model praise and prompt your child's social behaviors.

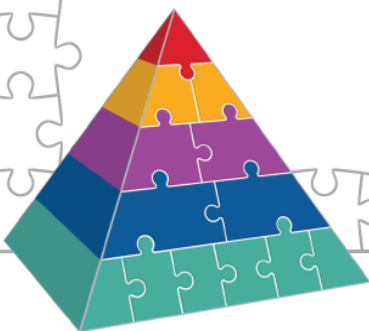
Date	Time	Number of Praises and Examples of Praise Statements	Types of Child Behaviors Praised	Child's Response & Your Feelings



## REFRIGERATOR NOTES

### EFFECTIVE PRAISE AND ENCOURAGEMENT

- Set goals for positive behaviors you want to prompt and encourage.
- Catch your child doing something positive!
- Praise small steps: don't save praise for perfect behavior.
- Don't worry about spoiling your children with praise.
- Increase praise for children with more challenging behaviors.
- Model self-praise.
- Give labeled, specific & genuine praise that describes what you like.
- Make praise contingent on positive behavior.
- Praise with smiles, eye contact, and enthusiasm.
- Praise immediately.
- Express your own positive feelings about what your child did.
- Give pats and hugs and kisses along with praise.
- Use praise consistently.
- Praise in front of other people.
- Prompt your child to praise others.
- Express your belief in your children.



## REFRIGERATOR NOTES

### EXAMPLES OF WAYS TO GIVE PRAISE AND ENCOURAGEMENT

"You do a good job of . . ."

"You have improved in . . ."

"I like it when you . . ."

"Good for you for . . ."

"Great idea for . . ."

"You've done a fantastic job of . . ."

"See how \_\_\_\_\_ has improved in . . ."

"You're doing very well."

"Look how well they did . . ."

"That's a perfect way of . . ."

"Wow, what a wonderful job you've done of . . ."

"That's correct, that's the perfect way to . . ."

"I'm so happy you . . ."

"It really pleases me when you . . ."

"You're such a big girl for . . ."

"Good boy for . . ."

"Thank you for . . ."

"What a nice job of . . ."

"Hey, you are really sharp; you . . ."

"That's great, it really looks like . . ."

"You're doing just what Mommy asked you to do."

"That was so helpful."

"My, you are minding Daddy so well."

"That's very kind of you for . . ."

"Beautiful! Great! Brilliant! Awesome! Tremendous!"

"Mommy's very proud of you for . . ."

"How thoughtful of you to . . ."

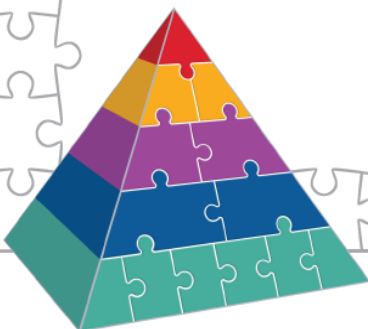
### Some Physical Rewards

A pat on the arm or shoulder

A hug

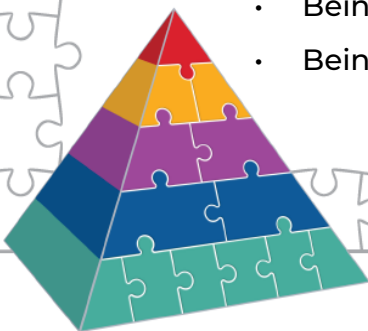
Head rubbing

Giving a kiss



**REFRIGERATOR NOTES**  
**EXAMPLES OF BEHAVIORS TO PRAISE  
AND ENCOURAGE**

- Sharing
- Taking turns
- Waiting
- Talking with friendly voice
- Listening and complying with parent requests
- Eating using utensils or using napkin
- Going to bed after the first parent request
- Playing quietly
- Solving a problem
- Turning down the television
- Doing chores
- Coming home from school on time
- Getting backpack ready for school in the morning
- Making it through the night without wetting the bed
- Making the bed
- Picking up clothes
- Putting toys away
- Walking slowly
- Doing homework
- Getting dressed
- Being thoughtful or helpful
- Being patient
- Being kind to another child or adult





## REFRIGERATOR NOTES

### EXAMPLES OF POSITIVE COMMENTS FOR TEACHERS

Expressing gratitude for your teacher's efforts can significantly enhance your child's success. Below are some ways you can compliment or thank your teacher for:

- **Patience and understanding** in managing your child's unique needs.
- **Adaptability and flexibility** in tailoring teaching methods to suit individual learning styles.
- **Enthusiasm and passion** for the subjects being taught.
- The **time and effort** spent on preparing classroom activities.
- **Persistence and positivity** in handling challenging behaviors.
- Helping your child transition **calmly into or out of the classroom**, especially when you're running late.
- Sending notes home that highlight **what your child accomplished** each day.
- **Inspiring curiosity** and a love for learning in your child.
- **Facilitating friendships** and helping your child connect with peers.
- Offering helpful **suggestions** for supporting your child's learning at home.
- Creating a **friendly, warm, and supportive** learning environment.
- Proudly displaying your child's **artwork or achievements** on the classroom wall.
- **Boosting your child's self-esteem** and helping them feel good about themselves.
- Teaching your child important **social skills**.
- **Coordinating an incentive program** that supports both home and school behaviors.
- Calling to share updates about your child's **progress**.
- Inviting you to participate in **class activities** or field trips.
- Keeping you well-informed about the **curriculum** and learning goals.

Example teacher compliments:

*"Your commitment to the children's learning is incredible."*

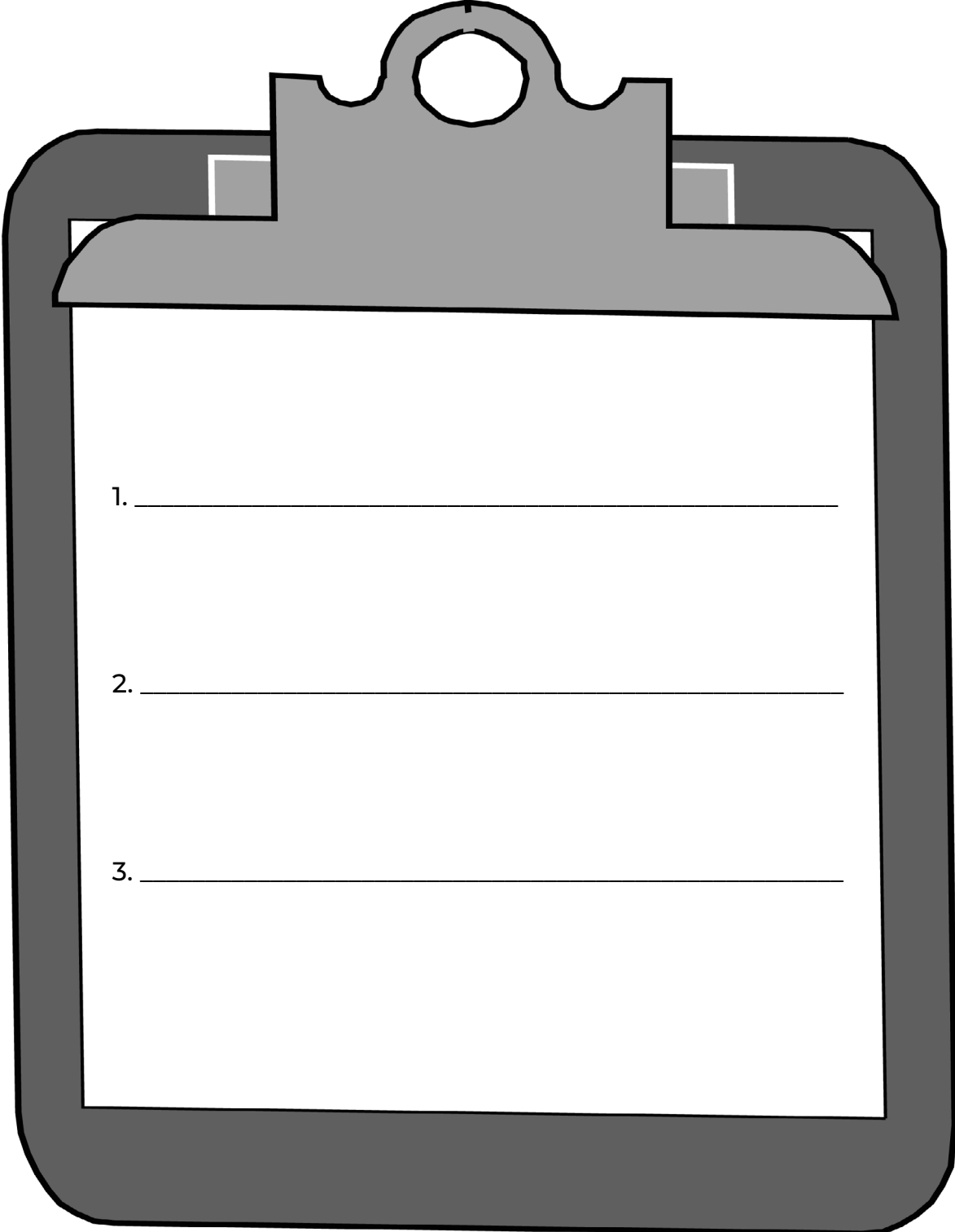
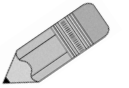
*"Your creativity truly inspires my child."*





## Brainstorm/Buzz: Behaviors I Want to See More Of

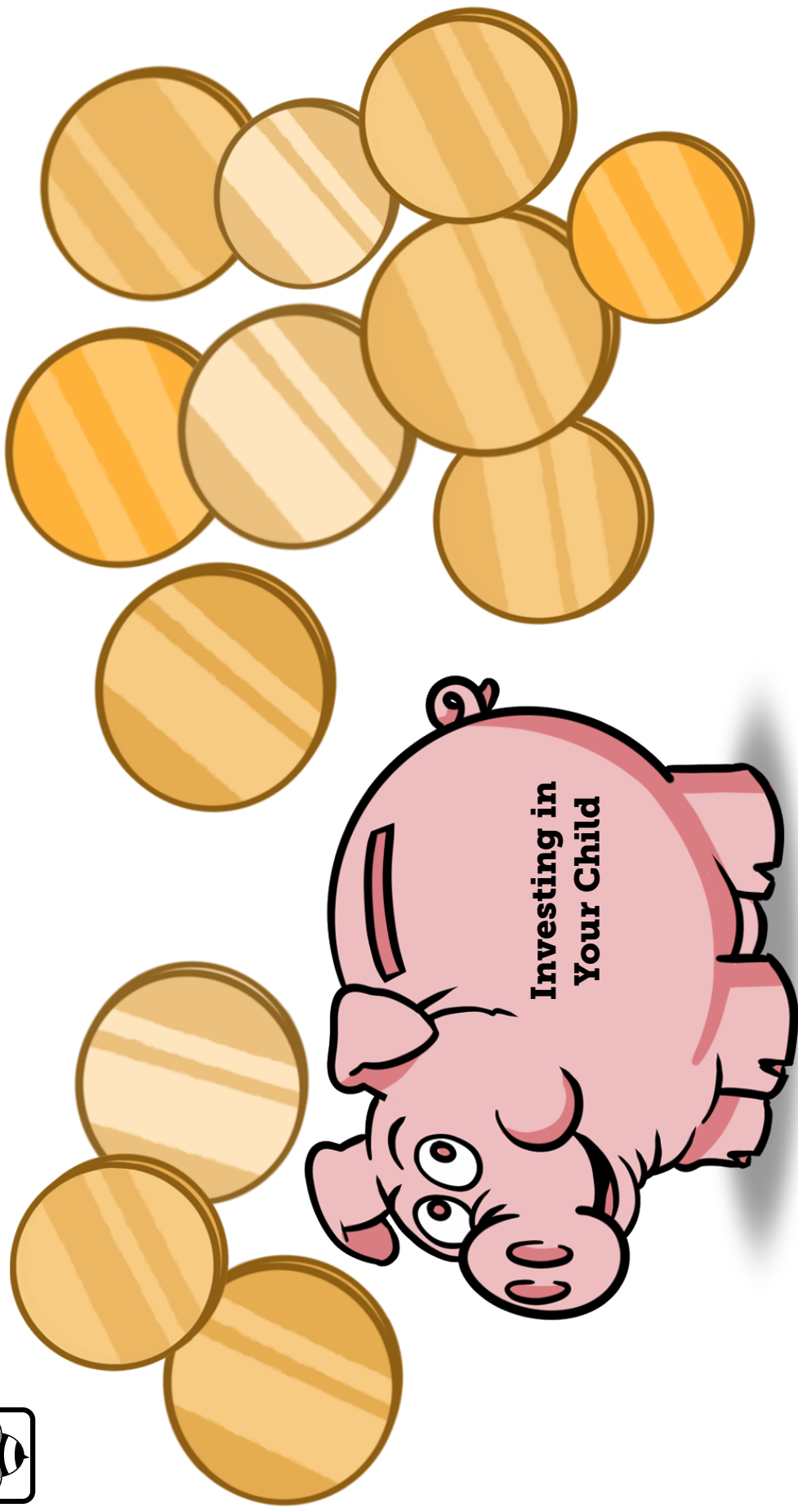
Brainstorm 2-3 behaviors you want to see more of. Write them below and time of day you will be looking for them to occur.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

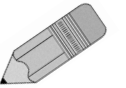


## **Brainstorm/Buzz: Write Your Own Personal Praise Statements for Your Child onto Coins**



## Brainstorm/Buzz: Positive Self Praise

Brainstorm possible self-praise you can use to encourage yourself as a parent.  
Write these statements below.



### ***Positive Self-Praise***

I can stay calm...my child is just testing

I am working hard as a parent...



### ***Goal:***

I will commit to stopping my self-criticism and looking at something I did well each day as a parent.



## Brainstorm/Buzz: Labeled Praise



Brainstorm words you use to praise your child to increase behavior you want to see more of. Write them below.

Behaviors I want to see more of

Labeled Praise Statements

I like it when you...

Good for you! for...

Wow! What a wonderful job you've done setting the table!



Remember to Build Up  
Your Child's Bank Account

### Goal:

I will commit to increasing the number of praises I give my child to \_\_\_\_\_  
per hour. The behaviors I will praise include: (e.g., sharing) \_\_\_\_\_

\_\_\_\_\_

## Brainstorm/Buzz: Praise Positive Opposite Behaviors



Behaviors I want to see less of:  
(e.g., yelling)

Positive opposite behavior  
I want to see more of:  
(e.g., polite voice)

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

6.

6.

7.

7.

8.

8.

9.

9.

10.

10.





***Remember to Build Up Your Bank Account  
With Other Family Members***