

# Patient Information

## Tops Tips for Praise

Try saying positive comments to your child every day, praise them for who they are, what they do and the efforts they are making to be healthier. General phrases like 'well done', 'thank you', 'that was great', 'good', 'you were good' can be expanded to praise them more specifically:

|                                       |   |   |   |
|---------------------------------------|---|---|---|
| <b>Motivation</b>                     | It's great when you work hard!                                    | Great effort – well done!                                 |   |
|                                       | You are saying your pleases and thank you's so nicely. Well done! | Well done for trying the carrots on your plate.           | I love it when you eat without making a fuss.       |
|                                       | <b>Relating to others</b>   |   |   |
| It was great when you helped Nan/Gran | I am proud of you for letting them choose.                        | I love it when you talk to your brother/sister like that. |   |
| Thank you for helping each other.     | I am proud of you for being so kind to .....                      | Its great to see you being nice to each other.            |   |
| <b>Relating to each other</b>         | You look so lovely when you smile.                                | I love you!   |   |
|                                       | Thank you for coming for a walk – I really enjoyed it!            | Thank you for doing that when I asked.                    | It has been so lovely spending time with you today. |

Noticing these positive behaviours will help your child become more willing to continue doing the things you want to see. It will also make them feel great and boost their self-esteem.

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