

# FACT SHEET:



# ABIOS

Acquired Brain Injury Outreach Service

**Category:**  
Life After ABI  
Parenting

**Audience:**  
Person with an ABI

**For more information  
contact the Acquired Brain  
Injury Outreach Service  
(ABIOS)**

**PH: (07) 3176 9506**

**Email: [abios@health.qld.gov.au](mailto:abios@health.qld.gov.au)**

**Address: PO Box 6053, Buranda 4102**

©The State of Queensland  
(Queensland Health) 2021

Reviewed Jan 2021

For review Jan 2022  
ABIOS Manager



## Giving Praise

### Introduction

Praise is a way of showing children that you have noticed their good behaviour, or a task well done, and that you appreciate it. When we praise children we are reinforcing these good behaviours, and helping them learn what we expect from them. When a child receives praise they feel valued and important. It builds their self-esteem.



### When Giving Praise:

- Praise should be specific and describe the action or behaviour that you want to see more of. For example, 'I'm pleased you ate all your dinner'.
- When you see your child behaving or doing something well – praise them for it straight away. This helps to reinforce that good behaviour.
- Be enthusiastic when giving praise. Give your child a smile, or a hug. Make eye contact and really mean what you are saying. Adapt it to suit your child and you. If you aren't use to giving praise it may sound forced at first, but with practice it will soon feel and sound genuine.
- Praise and other positive interactions with your child should outnumber your negative comments. In other words, you should give 3 to 4 positive comments to 1 negative comment. You can make a deal with yourself to praise your child at least 5 times each day.
- As well as specific praise, general encouragement can be useful to build self-esteem and confidence in children. It is important to practice giving positive feedback and encouragement so that it sounds natural, and you can use it as often as possible.
- Praise can be more powerful when given in front of others (like grandparents) or when it is totally unexpected.

## Different Ways to Give Praise:



That's great  
You're working really hard today.  
You are very good at that.  
Good work.  
I'm happy to see you working like that.  
That's terrific.  
I'm proud of the way you did that.  
You're doing a great job.  
That's the best you've ever done  
I knew you could do it.  
Congratulations.  
You are learning fast.  
Good for you.  
Aren't you proud of yourself?  
You did it that time.  
WOW!  
That's perfect.  
That's the way to do it.  
Excellent work.  
I think you've got the hang of that.  
That's really thoughtful, kind, caring.  
I really enjoyed doing that with you.  
You are a terrific kid.  
WELL DONE

You're working really hard today.  
WONDERFUL!  
You did that very well.  
Much better.  
OUTSTANDING  
That's how to handle that.  
That's great.  
You're really improving.  
Good remembering.  
You did well today.  
I like the way you did that.  
Keep it up!  
I like that.  
Good thinking.  
Now you've got the hang of it.  
You are really learning a lot.  
Keep on trying.  
You're getting better every day.  
You did a great job.  
Keep up the good work.  
Nothing can stop you now.  
You are great fun to be with.  
TERRIFIC



