



# Praising Your Child

Tips on increasing self-esteem through praise.

Praise is just as important as providing food and shelter for a child. Praise is an important aspect of raising a confident child. When you praise a child, not only do you raise their self-esteem and self-concept but you increase their overall self-worth.



Steps for praising:

- Focus your attention on the child and the situation
- Move close to the child, if possible
- Make eye contact
- Look pleasant
- When possible use gentle, positive touch, i.e. arm around the shoulder, pat on the back, high five, squeeze their hand



Describe what you see:

- “That was a great catch. I bet you felt pretty good!”
- “Thanks for cleaning up the kitchen. That was a big help.”
- “You are so patient. That means a lot to your little brother.”

Praise ANY TIME you can!

For more information visit [thecapcenter.org](http://thecapcenter.org) or call 916-244-1906

