

ENCOURAGE Your Child

"Good character is more to be praised than outstanding talent. Most talents are a gift. Character is not given to use. We have to build it piece by piece - by choice, courage, and determination."

- Arthur F. Lenehan

Unhelpful Praise

Suspicious of motives.

Feels unworthy.

Anxiously thinking about everything wrong with you.

"You're so smart!"

"I'm not that smart."

"What if I get a bad grade? Will she still love me?"

Pressure to live up to expectations.

Begins to feel valued for accomplishments rather than own qualities or actions - praise is qualified.

Helpful Praise

1. State what you see.
2. Point out responsible/respectful behavior exemplified.
3. Child praises him/herself.

Use Helpful Praise in These Situations:

- Your child received her first B on a math test after receiving a series of C's and D's. She had put in extra time studying that week.
- Your child takes his dishes to the sink without being reminded.

Build courage and empower your child! Book suggestion:

HOW TO RAISE AN ADULT

Break Free of the Overparenting Trap and Prepare Your Kid for Success

By Julie Lythcott-Haims

354 pp. Henry Holt & Company. \$27.