

SPECIFIC PRAISE

Why is this important?

- To help our children understand what they are doing well
- To let them know we also notice the good things they do
- To motivate them to repeat good behaviors

How can I give effective compliments?



- Look for small achievements
- Specifically mention what they did well

When should I praise my child's behavior?

- Every day
- Immediately after you notice or find out about the good behavior



Encourage children to give themselves praise.

What can I say?

"You did a great job putting all your school supplies in your pencil case!"

"Thank you for setting the table for dinner. It looks really nice!"

"You can be proud of how hard you worked on this project!"

By age 12, children who have ADHD receive 20,000 more negative messages from adults than children without this diagnosis. Getting frequent positive feedback can help your child be more happy, motivated, and successful.



CHADD's
National Resource
Center on ADHD

El Futuro
www.elfuturo-nc.org

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