

USING PRAISE EFFECTIVELY

STRATEGY	INSTEAD OF SAYING	SAY THIS
<p>Be specific to the child and the behavior. Praise statements should be individualized to the child and the specific behavior you are praising. Vague statements do little to tell children about what they did well or that it was deserving of praise.</p>	<p>Vague Praise "Good job!"</p>	<p>Specific Praise "Sarah, you tried kiwi for the first time. Good job!"</p>
<p>Praise the child's actions. Praise statements should focus on the child's behavior that you would like to reinforce. By praising children's behaviors, you tell children exactly what it means to try a new food.</p>	<p>General Praise "You're a good taster!"</p>	<p>Praise the Child's Behavior "You tried honeydew! You licked it and tasted it!"</p>
<p>Comment on the child's progress. Praise statements should comment on the child's progress. It is not enough to just say, "Good job eating your peas!" Give children praise that focuses on their progress with trying new foods.</p>	<p>No Progress "You're eating your peas!"</p>	<p>Comment on the Child's Progress "You're eating your peas! That's the second new food you've tried this week!"</p>
<p>Be judgement-free when praising. It's important to avoid evaluating children's behaviors when you praise them. When praise includes personal judgement like "I am so glad you tried chick peas," it suggests that the caregiver will like the child better if he/she tries the food. The caregiver's relationship with a child should not depend on what or the amount that a child eats. Using personal judgement in praise will decrease a child's intrinsic motivation to try new foods.</p>	<p>Personal Judgement "I am so glad you ate all the fruit." "Mommy will be so happy today because you tried broccoli." "You ate all your vegetables. You are such a good girl."</p>	<p>Judgement Free "You tried cauliflower for the first time! Did you like the texture? We served steamed cauliflower today not raw."</p>
<p>Praise children for trying any amount of food. Praise children for their willingness to try new foods, even if they do not eat all of the food. This means that you should praise children for trying any amount of a new food. This can include licking, smelling or chewing a food even if it is not swallowed. Praise the effort, rather than the outcome.</p>	<p>Praising for Eating or Finishing the Food "Good job! You finished all the food on your plate." "Come on be brave. Try one bite of strawberry."</p>	<p>Praising for Willingness to Try the Food "You tried your beans! You licked it and chewed it slowly." "You smelled the strawberries! Good job! Maybe you will try them next time."</p>
<p>Praise Children For Food That They Have Tried For The First Time. Do not praise children for eating food that they already like. This can cause children to dislike the already-liked food because they may perceive the reward for an already liked food as artificial or negative.</p>	<p>Praising Already-Liked Foods. "You really like pears and are eating them first. They're so good for you! Good job!"</p>	<p>Praising New Foods. "You're trying the carrots for the first time!"</p>
<p>Be Sincere. Children know when adults are not being genuine. Use sincere reinforcement by using children's names when you praise them and being enthusiastic, avoid general statements like "good job."</p>	<p>General Praise "Nice job."</p>	<p>Genuine Praise "Kya, you tried beets for the first time!"</p>