

Praising Children: Some Helpful Hints for Parents

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Praising is divine; because of the way it makes us feel. Have you ever thought of what it feels like when we are being praised for any of our deed, achievement, efforts or at least for trying our best though we had failed miserably? It is simply astonishing that how quickly it gives us a sense of joy, pleasure, satisfaction or whatever good we feel when we are being praised for something or for our efforts. It takes us to a certain "high" and makes us feel "charged up". It simply drags us up when we are down and relieves us from painful emotions. Yes these are praise; basic simple everyday words like "you are superb", "you did great", "and that's really nice of you" and many more. Praising can make one feel important and powerful. This is especially true when it comes to children.

Children are weaker human beings. They need a lot of support for which they look upon their elders.

Tell your child very clearly why you are praising. If you don't explain why you are praising when they are being good, you run the risk of taking praises for granted. At the same time explain why you are not praising when they are not being good.

They need care and nurturing and the same time they need our understanding for whatever they do and feel. This is vital when it comes to healthy development. That is exactly where praises can be extremely helpful.

Well now come to the main objectives of this writing. Here I have tried to focus the importance of praising children for their healthy emotional and psychological development. A list has been provided below which will give you an understanding of the importance of praising children and how we can do it successfully. Parents will find them especially helpful.

Praising children: how you do it and why

- ◆ There is no fixed time or situation when you can praise your child. Children should be praised for whenever he or she is being good. Just don't wait for perfect behaviour. There may be none. But if you start praising for being good, soon they might want to impress you with some more positive (good) behaviour.
- ◆ You might have some inhibition about praising children for you think praising is going to spoil a child. Think again. Not praising at all or enough can lead to more problem behaviour on the part of the children which can have long lasting negative effects in life. Moreover if we don't appreciate our children how will they learn to appreciate us or others?
- ◆ It is important to know that difficult children

need more frequent praise. This certainly goes against the popular belief that difficult or problematic children need more punishment. In other words they need to be "fixed". Contrary to the popular belief, praising difficult children can have surprising effect on their problem behaviour. But in this case you need to be little careful about using the praise in appropriate situations and in the right time. Praising positive behaviours can lead to more positive behaviours and thus results in less problematic behaviour.

- ◆ Tell your child very clearly why you are praising. If you don't explain why you are praising when they are being good, you run the risk of taking

praises for granted. At the same time explain why you are not praising when they are not being good. It will help them to differentiate between right and wrong behaviour.

- ◆ Vary the words you use. Praise might lose its effect if you continue to use same words or phrases over and over. Try different words, phrases or sentences and experiment with them.
- ◆ Do not just "overdo" it. Praise should only follow good behaviour. This is for being cautious. Do not praise unnecessarily. Keep praises in stores and wait till they do something good.
- ◆ Be enthusiastic and maintain good eye contact when you praise. Again do not make praises taken for granted. When you praise them, be warm, smile a lot and look directly at them. Make them feel that you are noticing them and will continue to do so whenever they are being good.
- ◆ Do not store the praises for delivering later at convenient times or wait even after they accomplish something of importance. Give praises immediately after good behaviour. This should give them a clear message and will help them relate more clearly praise and good behaviour.
- ◆ Do not just use words while praising. Praising should be followed with some warm behaviours or gestures on the part of you. Give cuddles or hugs, parts on the back, show thumbs up, claps etc. Show that you are impressed by giving them verbal cues.
- ◆ Try praising children in front of adults and other children. This is really helpful. Children loves to feel that they are important and this is one way of make them feel this way. This will give them a lot of self-esteem and confidence. After all don't you want them to be positive and successful?
- ◆ Try avoiding criticisms. Criticism and praise cannot go together. Do not use negative words that undermine the potentials of a child. This is

not much helpful. Labeling someone as bad, awful, greedy, impudent or mean does not necessarily change them or at least teach them to be good. In fact saying someone "bad" is more likely to increase "bad behaviours" while praising increases the chances of "good behaviours". Criticisms also bring on a lot of negative emotional feelings which, if last for long, can impair healthy psychological development.

Children have immense potential which remains latent. It is our responsibilities to look for these potentials inside them and also to bring them in light. Praising is a great way for uncovering the true talents of the children around us. Moreover it brings joy, happiness and contentment in your child which really counts. We can give it to them in plenty. Words don't cost you money. And remember it's never too late.

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About writer

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সমস্ত ক্যান্সার রোগীদের মধ্যে প্রায় অর্ধেক রোগী একটি মানসিক বৈকল্যে ভোগে। এছাড়াও অভিযোজনমূলক বৈকল্য এবং বিষণ্ণতাও প্রায় ক্ষেত্রেই দেখা গেছে।