

Differences Between Praise and Encouragement

	PRAISE	ENCOURAGEMENT
Webster Definition:	1. to express a favorable judgment 2. an expression of approval	1. to inspire with courage 2. to spur on, stimulate
Examples:	"Very good!" "Good job" "I like what you did" "I'm so proud of you" "You're such a good girl/boy"	"Tell me about it" "Thank you" "You did it" "How do you feel about it?" "I love you no matter what"
Effect:	Evaluates, judges	Motivates
Focus:	Approval of finished activity (general comments)	Improvement and Effort (specific feedback)
Invites:	People to change for others	People to change for them- selves, self evaluate
Locus of Control:	External (pleasers)	Internal (self-evaluators)
Teaches:	What to think; conformity	How to think; empathy
Benefits:	Short term	Long term
Long-Range Effects	Dependence on others	Self-confidence, self-reliance Self-respect

To check yourself ask:

Am I inspiring self evaluation or dependence on others?

Am I seeing the child's point of view or my own?

Am I being respectful or patronizing?

Am I helping them discover how to act or trying to manipulate their behavior?

Would I say this to a friend?

Words for practice. Remember to leave out the judgments (good, bad, perfect, nice).

Descriptive encouragement: "I notice...."

Appreciative encouragement: "I appreciate...", "Thank you for..."

Empowering encouragement: "I trust you...", "I know you can..."

Courage (from the root word: cor—latin, heart) is the very small step you take in the direction to be more of who you truly are when it might be easier to take a step in another direction. (This is not an official definition!) So when you encourage someone, you are creating a space for him or her to take that step.

Your encouragement of their efforts to fly gives little fledglings the support they need to someday soar like eagles.

Resource: *Parenting Young Children* by D. Dinkmeyer, Sr.; G. McKay; J. Dinkmeyer