

"Praise" vs. "Encouragement"

Praise promotes dependence on the opinions of others because it:

Encouragement allows us to develop our own opinions and rely on our own sense of competence because it:

<p>Addresses and EVALUATES the DOER:</p> <ul style="list-style-type: none"> • "You are such a good boy." • "Good girl!" • "I" messages are really an evaluation of the listener ("I like the way Amanda has brought her dishes to the counter"), 	<p>Addresses and DESCRIBES the DEED</p> <ul style="list-style-type: none"> • "You hung up your coat. Thank you." • "You scrubbed and rubbed with soap and cleaned all the dirt off." • "You turned the piece around three times and found a way to make it fit." • "I" messages are truly about the speaker ("I appreciated the clean table.")
<p>Promotes judgment/evaluation by OTHERS:</p> <ul style="list-style-type: none"> • "I like the pretty cat you drew." • "Good job!" 	<p>Promotes SELF-evaluation:</p> <ul style="list-style-type: none"> • "Tell me about it." • "What do you think?"
<p>Promotes CONFORMITY:</p> <ul style="list-style-type: none"> • "You did it right." • "I am so proud of you." 	<p>Promotes EMPATHY:</p> <ul style="list-style-type: none"> • "I can see you enjoyed that." • "What do you think/feel?"
<p>Promotes CRITICISM and COMPARISON:</p> <ul style="list-style-type: none"> • "If only your sister could keep her room as clean as you do." • "You're the best at sharing in the whole class." 	<p>Promotes CRITICAL THINKING:</p> <ul style="list-style-type: none"> • What and How questions • "What do you think?" • "How did you feel when"
<p>TELLS, with a pre-determined EVALUATION:</p> <ul style="list-style-type: none"> • "You are so special." • "You are the best." 	<p>Asks QUESTIONS, with a genuine sense of CURIOSITY:</p> <ul style="list-style-type: none"> • "How did you find the lost shoe? "

Praise . . .

. . . promotes other-dependence,
a.k.a. susceptibility to peer pressure

Encouragement . . .

. . . promotes self-reliance and independent thought

This handout contains material adapted/condensed/directly quoted from Jody McVittie, Barbara Kinney, Jane Nelsen, Lynn Lott, and Alfie Kohn. See www.encouragingsolutions.net, www.positivediscipline.com, www.pasasadler.org for more amazing positive discipline resources!