

Encouragement vs. Praise

Examples of Encouragement

Encouragement focuses on supporting the child's effort, process, and feelings, helping build their confidence and resilience.

- "You're really trying hard to solve that puzzle."
- "It's okay to feel upset. You're showing a lot of courage by talking about it."
- "I see you're working so carefully on your drawing—that's great perseverance."
 - "You did your best, and that's what matters."
- "It's okay to take your time. I'm here to support you."



Key Difference:

- **Encouragement** validates effort, feelings, and process, fostering intrinsic motivation and resilience.
- **Praise** highlights the achievement or outcome, which can sometimes lead to dependence on external validation.

Examples of Praise

Praise typically involves acknowledging the child's achievement or positive outcome, often highlighting the result.

- "Great job finishing that painting!"
- "You're so smart for figuring that out."
- "Wow, you're so good at sharing your toys."
 - "You did really well on your test."
- "You're a superstar for cleaning up so quickly."

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