



## THE POSSIBLE EFFECTS OF PRAISING:



- Praise is our **evaluation** of a situation which can feel like a judgement from our part. When we say "good job" to our child when they did something, that may send the message that when they don't do xyz then it's not "good".
- Praise is **conditional love**. We shower our child with praise, love & attention when they do something that we evaluate is "good" & show added love only on these moments.
- Praise may cause a child to struggle with **perfectionism**. The outcome is the only thing valued & so a child is constantly anxious about what type of outcome they will have instead of enjoying the process.
- Praise may bring a child to become concerned with **external validation** & constantly need it to feel "good" about themselves.
- **Black & white thinking** & sums things up as either "good" or "bad".



# THE POSSIBLE EFFECTS OF PRAISING:

**You are the best!  
the fastest! the  
smartest!**

## **SUPERLATIVE PRAISES**

**Confidence & self love is not when we believe we are the best, it's when we are okay with not being the best.** Sharing these praises with our child doesn't help boost their confidence, on the contrary it may do the reverse. What happens when our child isn't the fastest, best, smartest etc.? And what message does it send about individuals that aren't the best at things, does it mean those that are the best are better than the others? This is sometimes one of the the root causes behind narcissism.