



CONSCIOUS PRAISE:



It's important our children feel **SEEN**. Praise evaluates **which is not the same as feeling SEEN.**

Components of conscious praise:

- We state **what we see** (the "mistakes" & "achievements")
- We notice & recognize **the process & efforts** - not only the result
- **Celebrate learning new things** versus the award & "good" grades.
- We invite our child to **look within them**
- We get **curious** & ask our child to share how they feel, this empowers them

We make it
about **THEM**,
not us.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child is learning how to bike / scooter / rollerblade / skateboard etc.:**

"I see you fell down & now you are getting back up & will try again!"

"I see your legs pushing those pedals!"

"I see your body is wiggling trying to find its balance."

"I see how much time you put in trying to bike, how does it feel to be biking now?"

"I hope you are so proud of yourself!"

Don't get caught up with the scripts, it's just to provide examples of the overall ideas.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child is in the middle of doing a puzzle or has completed a puzzle:**

"I see you are starting with the corner pieces first. Does that make it easier for you to continue afterwards?"

"I see you are separating the colours, there's lots of various colours here."

"You took a lot of time to put this puzzle together, how does it feel to be finished now?"

"Do you like this picture?"

"What section of this picture was the most challenging to do?"

Less is more.
Sometimes just
physically watching &
saying nothing is fine
too!



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child decided to share something with another child:**

"I think Emma is really happy to play with your bucket. I see a smile on her face, what do you think?"

"You decided to share your red paint with your brother & your brother decided to share his blue paint with you. Now the both of you can mix colours up and make different shades of purple! How fun!"

"How does it feel to share your crayons?"

Sharing naturally
feels good when we
WANT to do it.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child is eating something nutritious:**

"Do you like the taste of that?"

"I see you are listening to your body. How does that feel?"

Saying nothing is also a wonderful option, while a child eats & explores various foods. Let things be as is with no comments.

Oftentimes saying nothing is best when children choose to taste foods & eat.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child shares their grades:**

"You took time to study this. How did it feel to answer the questions on the test?"

"You did your best & that's the most important, what do you think?"

"This is a number & doesn't represent all that you learnt that was new & fun."

"What was the best part of this new topic you learnt?"

"How does it feel to see your test graded?"

How a child feels is more important than their grades.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child is no longer using diapers & uses the bathroom:**

"yay! you are listening to your body!"

"I see you using the toilet/potty! How does that feel?"

"You are the only one who knows how your body feels, you know when you need the toilet/potty."

Only our child knows when THEIR body is ready to use the potty/toilet.



CONSCIOUS PRAISE:

Examples with scripts:

- **Your child is helping you with something:**

"Do you like helping out with?"

"Thank you so much for helping me. It's so appreciated."

Show gratitude
rather than
evaluation.

When a child has been excessively praised they may search for it by asking us, "**are you proud of me?**"

When we want to shift into conscious praising we can ask them on that moment, "**are you proud of yourself? that matters more than if I am proud of you.**"

Slowly, bring a child back to look inwards rather than outwards.