

## 11-13-14 Follow up: Praise & Encouragement

How did it go last week? Did you say things wrong?

Class member: I just observed what I did. I noticed that I (with a 2 yr old) say "Good girl" when she helps me clean. I changed it to "Good cleaning."

It's hard to watch yourself. "Good cleaning." It is better than "Good girl." You are a step up. What was it that you liked about the cleaning specifically? "I like the way you lined up all the toys on the shelf. I like how you picked up all the books."

If you can't figure out what to say think "Why do I think you are good girl? Or "Why was this a good job?" It may take you a minute more, but those things get inside of them. You want them to feel they have value all the time, but the behavior can change.

Class member: Those who think "Is this working? Does it make a difference?" With my oldest child I felt like I haven't known what to do. I've been coming for 6 years. This past 2 weeks has gotten so much better. She is helping with laundry on her own. I was talking to her and said, "I want you to know how much I appreciate your help around the house." She said I know it helps you. Keep going.

This was the hardest for me. I was raised on criticism and guilt. I did it wrong.

Class member: Try to say "What did you like about that?" Everything in the world today is about "best". "What is the best thing that happened in your day?" Instead try "Tell me a good thing that happened today."

Class member: I have 2 older boys that really need to start taking showers in the morning. My 2<sup>nd</sup> oldest was supposed to take a shower this morning. The oldest said he wouldn't get out of bed until the other was done. I said, "Thank you for taking a shower this morning."

That is showing appreciation.

Class member: I have been working on giving them both encouragement because they both need different things. To one I said, "Noah look how tidy you folded your shirts." To the other one I said, "Eli your clothes are in the right drawer. Great job." I had to decide what was good enough for each of them.

You have discovered a very important truth. That is true with most children. Each child has a different personality. You need to speak to their personality. It won't work with one of them. You aren't doing anything wrong. You just have to change it up. You will have some that are very independent. Some are butterflies you can't pin down, but they are so happy. How we motivate them is different. It takes a lot of energy. It takes a certain amount of energy to say it right. If you use negative energy to get mad it doesn't work. It takes the same amount of energy it's just that the positive will lift you and the negative will drain you.

Class member: It's hard to start, but as I change they are changing. I have taken the class for 4 years. It did take a lot of energy when I started, but now my energy is better because I'm not in an outrage.

You have been programmed to do it the way society does it. If you have a child that you have raised on praise and you pull back and give encouragement. They almost go ballistic because they are wanting more and more and more. They are seeking that constant praise they are addicted to. "Did you really like the way I cleaned my room?" What are they seeking? Now I need to know if I'm a wonderful person. You are going to be prone to give praise. Ask them, "How does it make you feel when you walk into that room?"

Class member: Why is it and how can we avoid that response? I know this way is more beneficial. How do I make the "encouragement" more automatic.

My body automatically goes for chocolate. I will have something in my mouth before I think, "Why am I eating this?" You are right. Those things happen. Encouragement is HARD. That is a hard thing to relearn. The way I had to do it was when I said it wrong and then I hear myself saying it. Stop and think, "How should I have said it?" Rephrase it in your head and then actually say it. Your children may think you are crazy, but it is you practicing doing it right. That's how you will learn it.

Anyone can be a winner with encouragement. There is a winner/loser if there is praise. Praise puts our children into competition.

Class member: My hardest thing is my husband. He is not quite on board with me. I will do something and try to encourage them. He will come right behind me and wanting to be a good father he will turn around and do the praise part. He is trying to good with him.

When your husband does that, put your arms around his neck and say, "Thank you for helping the children feel good." That is better than him feeling like you are criticizing everything he gives. He will learn by example not by criticism. Do not criticize him! We are not allowed to parent our spouse.

Class member: An "I" statement is usually geared toward more giving positive statements.

Class member: I love father's interviews. It helps me refocus. I love Quentin L. Cook's first conference talk "[A Willing Heart & Mind](#)" April 2008. He talked about his father had interviews with his children. (1996) He had his first interview with his 5 year old. "My father had three rules," Elder Cook says. "First, we had to have worthwhile goals. Second, we could change our goals at any time. But third, whatever goal we chose, we had to work diligently toward it."

"64 positive things to say to kids"---Most of things are really good. There are a lot of "You" statements. I prefer "I" statements. "I think you are capable of doing this well." Instead of "You are capable of doing this."

Class member: Using an "I" statement isn't that linking it back to value?

It's my 'faith' in you. "I like the way you made your bed." Or "You pulled up your blankets today." Which one do you feel best about? You could use either one of those. You don't want to say, "You are a really good boy for making your bed so nice."