

Praise Statements

1. You are the best runner ever!
2. That is a beautiful painting – I love it!
3. You got an “A” on the math test – you are so smart!
4. I can’t believe it. You went on the potty – I am so proud of you!
5. What a great job you did making your bed – now you can have a treat!
6. I like it when you clean up so nicely.
7. You are such a good boy – I love you!
8. Wow, you ate all your dinner – I am so proud of you!
9. Mom and Dad are so happy when you listen and do as we say.
10. You scored a goal – what a great hockey player you are!

Encouragement Statements

1. You ran like the wind on the field today! Were you having a good time? [fun]
2. Look at all the different colours in that painting – would you like to tell me about it? [interest]
3. You got an “A” on your math test – you must have worked really hard! [effort]
4. You went on the potty twice today – How does that feel? [internal motivation]
5. You made your bed all by yourself – give me five! You must be feeling proud of yourself. [internal motivation]
6. You put away the toys and picked up all the books – what a difference a clean room makes! [improvement]
7. I love you just the way you are! [unconditional love]
8. Wow, you ate all your dinner – you must have been very hungry! [internal motivation]
9. We’ve been cooperating this morning to make it go better. And now we’re going to get to school on time today! [improvement]
10. You scored a goal today – that really helped out your team! [effort]

Praise statements are what you say at the end of a marathon, whereas encouragement statements are what you say standing beside the track as your child is running by.