

Some phrases to avoid since they impose outside “authority”, external control or simply your opinion. It is best to allow the child to value his/her own effort, work or outcome. Below.

Some phrases to consider that help children develop their own worth and not the worth you impose, which might seem impossible to measure up to. Below.

**Here are a few concrete examples of praise versus encouragement:**

<b>Generic or Person-Centered Praise</b>	<b>Encouragement or Genuine Praise</b>
You are always so beautiful.	I like the combination of patterns you chose to wear today.
Good job!	You really stuck with that - your hard work paid off.
What a smart kid you are!	I can tell you're working hard on reading because you finished a longer book.
What a pretty picture.	The colors you chose for that sunset are unique.
You sure are strong.	That was the first time you've jumped rope without stumbling.
You are so organized.	I appreciate the way you organized the shelf, it makes it easier to find everything.
I am so proud of you.	You look proud of yourself! You really proved you can do it.

Sure - encouragement may not roll off the tongue as easily, but it is worth the effort.

- See more at: <http://www.brighthorizons.com/family-resources/e-family-news/2012-positive-parenting-encouragement-versus-praise/#sthash.EzPp4T3r.dpuf>