Descriptive Praise

This is a transcript of the Raising Children Network video available at https://raisingchildren.net.au/teens/videos/praise-in-action. This video demonstration shows examples of descriptive praise where the parents tell their child exactly what the behaviour is that they like.

Example 1

Dad [in the kitchen]: Hey Nick, Sophie. Time for dinner. Come to the table please.

[Nick and Sophie get up from watching TV in the next room and come to the table]

Dad: Thanks for coming when I called, guys. How was softball Sophie?

Example 2

Mum: You did really well Nick. I really liked the way you shook hands with the other team, even though you’d lost.

Nick: Yeah, well...

Example 3

Mum: Good time at the party last night?

Nick: [eating, nods]

Mum: Hey, thanks for calling when you were running late. I appreciated that.

Example 4

Dad [walking into the room; Jess is sitting at the table]: Hey Jess. Thanks for your help with your sister today. You’ve been a big help with her all week and your mum and I really appreciate it.

Jess [looks up and smiles]: No worries.