

Connected Families: Effective Reward and Praise

Types of Rewards

Your child likely hears a lot of directions throughout the day - things they can and cannot do! It's easy to forget to praise young children for their efforts and accomplishments. But, a little bit goes a long way. Using three types of rewards you can provide your child the praise and encouragement they need to keep up those positive behaviors!

Verbal Reward



Genuine and enthusiastic praise when you see you're doing well.
"Great job cleaning up your blocks right when I asked!"

Activity Reward



Activities you do together to reinforce your child's behavior, like playing a game or having a dance party!

Physical Reward



Hugs, kisses, and pats on the back show your child that you appreciate what they do. Remember affection is great throughout the day, too!

Give **four** verbal, activity, or physical rewards for every **one** correction.



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Keys to Making Rewards Effective



1

Give Rewards and praise immediately after you see a positive behavior.

2

Be consistent and specific with your praise and rewards over time.

3

Reward small improvements, like following directions the first time, because they are tough for your child!

4

Use rewards as a strategy to teach a new skill, like sharing or making their bed.

5

Use rewards to motivate your child to improve behaviors.

6

Pair non-social rewards, like a new toy, with specific praise to encourage your child to repeat the positive behavior.