



Conference on parenting at SDFAS

## ENCOURAGEMENT VS PRAISE

**FEBRUARY 1st from 9:30am to 10:30am**

**30 minutes Q&A after the conference**

**In the Auditorium**

**with Hilde Gross**

**Family Coach & Core Dynamics Master Coach (CDMC)**

Although there are times when praise can be encouraging, teachers and parents will be most effective if they avoid praising children too often. "Encouragement" helps our children to believe in themselves. This is known as "internal gratification". "Praise" such as good, great, better, best and excellent condition children to look for "external gratification". Praise keeps the child dependent on the authority figure to feel good about themselves. On the other hand encouragement allows your child to focus on how she feels from the inside out. For example: phrases like, *"It looks like you enjoyed drawing that picture"*, rather than, *"You are a good boy"* gives the child responsibility for his happiness rather than looking for someone or something to bring him happiness. Children realize that it is their challenge to do things to make themselves happy. **Praise focuses on the person where encouragement focuses on the effort!** Through encouragement we are teaching children to look inside themselves for their motivation, for the answers to their questions, and for knowing their purpose and direction.

### **Registration to the conference is mandatory:**

Sign up at the front desk or email Stéphanie at

[admin@sdfrenchschool.org](mailto:admin@sdfrenchschool.org)

*Deadline to register: Friday January 20, 2017*