

BASE Academy  
Red Lane Primary School  
Bolton  
BL2 5HP

# Praise and rewards

Support for parents

Red Lane Primary School



**RED LANE  
PRIMARY SCHOOL**



**BELIEVE • ACHIEVE • SUCCEED**

**B**elieve  
**A**chieve  
**S**ucceed  
in **E**ducation  
ACADEMY

### **Praise and reward**

This leaflet will focus on praise and reward at home. We all like to be told we are doing well and we get a real boost to hear when we have done something well. Children love to hear praise from their parents, this will help improve their self-esteem.

No matter how tough children can appear it is rare that children don't care what other people think. Children take on board the comments or parents and carers can affect the outlook of the child.

### **Here are a few things you can do**

#### **Praise**

- Praise immediately
- Eye contact- make sure you have eye contact with your child
- Positive words- 'wonderful', 'great', 'proud',
- 'I like that.', e.g. I like that you have tidied your room, I like that you have taken turns during the game

#### **Reward**

- Parental attention- the reward of parental attention and approval can mean more to a child than material goods
- Appreciation- make sure your child knows their efforts are appreciated. No matter how clumsily their efforts have been showing kindness can give them a real boost
- Enthusiastic- be enthusiastic. We often think children just 'know' we are proud of them and that they don't really need to be told. Reassure and focus on their hard- work and effort
- Notice- we are all busy people. Take time to notice and remark on the little things they do to help themselves and others

#### **Effective consequences**

- Be clear- with what you expect your child to do
- Be consistent- ensure you have the same rules each day
- Ignore negative behaviour- reinforce the positive
- Choices – e.g. it is either jigsaw or blocks

### **Things that can affect your child's behaviour**

- Life changes- e.g. the birth or imminent birth of a child, moving house
- You're having a difficult time- children are quick to notice if you are upset or worried
- How you have handled behaviour before- sometimes your child may react in a particular way because of how you've handled a problem in the past. For example, if you've given your child sweets to keep them quiet at the shops, they may expect sweets every time you go there.
- Attention- your child might see having a tantrum as a way of gaining attention.

#### **Keeping calm**

- Accept support- from friends, family, school
- Make time for yourself- this may involve going out, exercising,
- Get help- from school, your GP or Health Visitor
- Be prepared- if your child's behaviour escalates when out, try to take some distraction tools such as sticker books or colouring books
- Don't overlook success- if you have coped well with something be pleased with how you have coped