USING BEHAVIOR-SPECIFIC PRAISE AT HOME
A Step-by-Step Guide for Families

1. Reflect on your current use of general “good job” and behavior specific praise “I see that you cleaned your room today!”

2. Identify the behaviors you would like your child to do more of in the future.

3. Practice giving behavior specific praise.

4. Notice your child’s behavior throughout the day.

5. Provide behavior specific praise when you notice desired behavior.

6. Make a mental note of how often you are giving behavior specific praise throughout the day.

7. Ask your child what they think about receiving behavior specific praise from you.

For additional resources for families, please visit ci3t.org/covid