



# the parent practice

*change your parenting story*

## **Descriptive Praise Encouraging Confidence, Cooperation and Motivation**

### **Goals**

Participants will learn to:

- Appreciate the purpose of the Positive Parenting Course in addressing the challenges of parenting in the 21<sup>st</sup> century
- Identify goals for raising their children
- Define and understand the importance of self esteem
- Identify common parenting myths about cooperation
- Appreciate the need to encourage motivation in children
- Understand the difference between descriptive and evaluative praise

### **Objectives**

By the end of this session participants will be able to:

- Identify the challenges of parenting in the 21<sup>st</sup> century
- Identify characteristics they want to encourage in their children
- Understand the motivation/behaviour cycle
- Understand what motivates and what doesn't motivate children
- Identify ways of building positive connections with children
- Describe what is evaluative praise and identify why it is less effective to motivate and build self esteem
- Identify and to use the different elements of descriptive praise to encourage good behaviour and to build self esteem and a positive bond between parent and child