



Radio Stations : **All Community Radio Stations**  
Subject : **Early Childhood Development**  
Audience : **Parents, caregivers and educators**  
Program Topic : **Praising and Rewarding your Child (LOVE)**

#### **Guidelines to the presenter**

1. Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
2. You should be seen as a peer rather than an authority.
3. Offer guidance or opinion rather than telling people what to do.
4. Encourage people to seek further information
5. Always keep the objectives and outcomes in mind and drive these.

#### **Topic:**

- Praising and rewarding your child

#### **Objectives**

- Provide a description of specific, labeled praise.
- Enable an understanding of the benefits of using specific, labeled praise.
- Enable an understanding of how to use specific, labeled praise.
- Enable an understanding of the benefits of rewarding good child behaviour.
- Enable and understanding of how to reward good child behaviour.

#### **Introduction**

On this show, we celebrate the fact that you are the most important person in your child' life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent.

It is natural for most parents to praise and reward our children. It is something we would do without anyone having to tell us. However, we may not always know when or how to do it and what is the overall impact on the child. Specific, labelled praise and simple rewards help reinforce good behaviour. Praising children also has many other benefits, such as making parents feel good about themselves, encouraging children to praise others, and also strengthening the positive relationship between parent and child. Join us now as we discuss praising and rewarding your child.

Questions	Facts/Information
<p><b>6. <i>Why is it important to praise your children?</i></b></p>	<p>Everything we do is more likely to happen again if it is rewarded in some way. Behaviour that is ignored, or not rewarded, is less likely to happen again. It is important to reward children when they behave in a way that we would like to see them repeat.</p> <p>Imagine new neighbours have moved into your street. The first time you see them in the street you smile at them and say "Hello". They take no notice of you whatsoever and walk on by. The second time you see them in the street the same thing happens. The chances are that the next time you see your new neighbours you will not bother to greet them.</p> <p>Now imagine if things had been different! What if the first time you saw your new neighbours in the street, and smiled and said "Hello" to them, they smiled back and greeted you, and maybe stopped to chat with you.</p> <p>The second time you saw them you would smile and say, "Hello", and as they returned the greeting you would have been rewarded for being pleasant and you would be encouraged to do this next time you saw them.</p>

<p><b>7. <i>Should I praise my child in a specific way?</i></b></p>	<p>When a person returns your greeting, it is a small but important reward to you for your greeting. It lets you know that the person is pleased that you have shown interest in them.</p> <p>When we reward good behaviour with praise, children will be encouraged to behave that way more often in the future. Children are encouraged to behave well when we give positive attention to the behaviour we like to see them doing.</p> <p>Praising children also has many other benefits, such as making parents feel good about themselves, encouraging children to praise others, and also strengthening the positive relationship between parent and child.</p> <p>Yes, the way in which we give praise is important. Praise should be specific and labelled. In other words it should be directly connected to a specific behavior of a child. We must be warm and friendly with our children and tell them exactly what they have done that has pleased us. For example, it is much better to say “You are such a big girl for getting dressed all by yourself!” as opposed to “You are a big girl”. If the praise is specific and labelled, it is clear to the child what they are doing right. Using specific, labeled praise is a way to help children improve their behaviour.</p> <p>Here are some tips on how to use praise effectively:</p> <ul style="list-style-type: none"><li>• Give praise straight away. Do not wait until later on to praise them when your child behaves in a way that you like.</li></ul>
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- Give praise for a specific thing that your child has done, or for a specific way your child has behaved. Tell them what it was.
- Give your child your undivided attention when you are praising them.
- Name your child when you speak to them. Look them in the eye. This way your child will know that you are talking to them and giving them the praise.
- Smile at your child so that they know that they are pleasing you.
- Give your child a hug. It will make him or her feel good about him or herself.
- Praise your child in front of other adults. They will know that you are proud of them and not ashamed to tell the world.
- Never praise and then criticise in the same breath. Praise should be nothing but good.

Let us look at an example (Please change name to a culturally specific one if necessary):

*Lonwabo, who is 4 years old, is playing with his blocks while father is listening to the soccer on the radio. His father says, "Lonwabo, thank you for playing quietly on the floor. I really appreciate that." After the game, Lonwabo's father says, "You played nice and quietly by yourself while I listened to the soccer. Thank you, Lonwabo."*

Lonwabo's father does a good job at praising Lonwabo. His praise is specific and labeled – he makes it clear to Lonwabo which behavior is being praised. He also uses Lonwabo's

name when praising, which is always a good thing. After the game, he praises Lonwabo again. Through this, Lonwabo is encouraged to behave well.

**8. To make things clearer for everyone: In the above example what is the specific behavior and what is labeled?**

**9. If the child's name is not used is there a risk that the child will not get the message?**

**10. What if my child doesn't display any behaviours that I can praise?**

**[HOST TO INTRODUCE CONCEPT OF REWARDS – Rewards are another technique that can be used to encourage behaviour that you want more in your children.]**

***How should rewards be used?***

With some children, especially children who have behaviour problems, it can be difficult to notice any behaviour of which we want to see more. To begin with we might have to praise them for the smallest things, such as putting their coat on, or sitting quietly listening to the radio for two minutes.

Rewards can also be given to encourage children to behave in the way that we want them to. They can also be used to help children focus on achieving a goal. Through using rewards, children will feel good about their accomplishments. Rewards make children feel noticed, acknowledged, appreciated, and special.

Rewards must be something specific and real. These are things your child might like to have or special treats, such as being allowed to do something special at home or choosing to do an activity outside your home. *They should not be expensive and most rewards can be free like going to the park to play.*

**11. How should you use planned reward with your child?**

Let us look at an example:

*Nosipho, who is 5 years old, is playing with her toys on the floor. Her grandmother says, "It's so lovely to see you playing with your toys, Nosipho. In 5 minutes it will be time to put them away." After five minutes Nosipho's grandmother says, "Time to clean up, Nosipho. Please put away your toys in the box, then I will read you a story." Nosipho starts packing away the toys. Her grandmother praises and encourages her by telling her that she is putting away the toys so nicely. When Nosipho finished packing away*

It is important to remember to always praise your child when giving a tangible reward, and to be clear about what they have done to gain the reward.

Rewards can either be given in two ways:

1. Surprises whenever a child behaves well
2. Planned rewards that are made with the child

Both rewards and behaviours must be realistic and achievable.

When you plan a reward with your child, you can explain that this is a specific behaviour or goal to work on. This goal must be achievable and realistic. For example, telling your child not to talk for an hour is not a realistic goal. On the other hand, asking your child to play quietly while you are on the phone may be realistic. It is important that you follow through on your rewards. You cannot take away a reward that has been earned for good behaviour because of a different problem behaviour.

*her toys, her grandmother praises and rewards her. She says, "Thank you for putting away the toys when I asked you. I really appreciate it. Because you listened so well, let's read a story together."*

Nosipho's grandmother does a good job at praising Nosipho. She praises her for playing nicely with her toys. It is helpful to Nosipho that she gives her a 5 minute warning before she has to start packing up. She uses a positive instruction that clearly says what it is that Nosipho should do. She encourages Nosipho to pack up the toys by using a planned reward – if Nosipho packs up the toys, she gets to listen to a story. When Nosipho has packed away the toys, her grandmother praises her and provides the reward of a story. This makes Nosipho feel good about following her grandmother's instructions. It also encourages her to listen and behave well in other situations where she is given instructions.

### **12. What should you use as rewards?**

It is important to reward your child with the things they like. It is a good idea to make a list of some of the things that your child likes, for example food, activities and toys. You can then use the list to remind you of things you can use to reward him/her. Combine rewards with verbal and physical praise.

Do not think that your child needs expensive rewards. Sometimes you can turn things your child already has into rewards. It is not the material value of the reward that is important, but rather its rewarding value.

If you give small rewards from the start, and make your child feel pleased about gaining them by giving social rewards as

<p><b>13. What is the difference between rewarding and bribing?</b></p>	<p>well, they will not expect expensive rewards.</p> <p>There is a difference between bribing and rewarding. Bribes are given or offered when one person is trying to make another person behave in an illegal or unethical way and are often given before the required behaviour. Rewarding a child for appropriate behaviour is showing that you approve of that behaviour. By planning to reward and using rewarding systematically we are consciously using a natural response to encourage children to behave in good ways. When a parent rewards a child for good behaviour, that parent is also rewarded by the child.</p> <p>Praising and rewarding your child may feel awkward at first, but it will get easier the more that you do it.</p>
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<p><b>Conclusion</b></p> <p>Rewarding and praising should be part of raising a healthy child with healthy relationships. Praise should be directly connected to a specific behavior of a child and rewards can be given to encourage children to behave in the way that we want them to. Rewards make children feel noticed, acknowledged, appreciated, and special, getting us successfully on the way to a good early childhood for our kids.</p>
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<p><b>Learning outcomes</b></p> <p>After listening to this show the audience should:</p> <ul style="list-style-type: none"> <li>• Understand the importance of using specific, labelled praise with children.</li> <li>• Understand the importance of rewarding good child behaviour.</li> </ul>
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- Understand how to praise and reward their child effectively.
- Parents praise and reward their children's good behaviour.