

Module One: Descriptive Praise – This Week’s Mission

<p>Write down 5 qualities you appreciate about <i>name of your child</i></p> <p>😊</p> <p>😊</p> <p>😊</p> <p>😊</p> <p>😊</p>	<p>Write down 5 qualities you appreciate about <i>name of your child</i></p> <p>😊</p> <p>😊</p> <p>😊</p> <p>😊</p> <p>😊</p>
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Select an area where your children are showing improvement. Describe it in detail – focus on the progress, not the result.

For example: Ethan is improving in organisation. This week, he remembered to ask me to sign his homework diary three times. He keeps it by the front door. He’s beginning to plan ahead and think of solutions.

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Choose an area of difficulty in your family (homework, sitting still, tidying up etc). Identify 5 things you CAN praise them for already in this area, rather than focus on what they’re finding hard.

For example: “You asked me in a polite voice – you’re not whingeing.”

1.
2.
3.
4.
5.

Can you acknowledge YOURSELF for something you have achieved this week?

Many parents find this uncomfortable and surprisingly difficult. Be as descriptive as you can – what did you do, how, when, what was the effect on you, or on others?

This week, I

.....

Can you do the same for your partner? Getting into the habit of praising your partner develops trust and a strong parenting team.

This week, (name of partner)

.....

Getting into the habit

Try at least one of these this week:

- ☺ **Set up a Pasta Jar or Golden Book** (see later)
- ☺ **Play 'Spot The Good' game** – get a strip of coloured dot stickers and choose a few qualities that you want to develop. Encourage your children to spot that quality in their siblings, friends, or parents, and put a sticker on them! It's a lovely counterpart to telling tales and keeps the focus on the positive.
- ☺ **Write a gratitude letter** - for a special occasion, write a letter telling your child what you most appreciate and love in them.
- ☺ **Try The 'Guess Who' game** – ask family members to guess who you are referring to as you detail a couple of 'good' behaviours or qualities of a particular individual. "Guess who got out of bed this morning and remembered to fold their pyjamas, and came down to breakfast and said a cheery hello?"
- ☺ **Leave a DP note** – print some blank notes, fill them in and leave them for your children to find, or hand them out at the end of the day. Send a text or message for children who have a mobile.

Dear

Thank you for

I really appreciate it because it means

Love from,

TOP TIPS FROM PARENTS

I had to leave reminders for myself – everywhere! On the table, by the phone, on the fridge, on the mirror and the car dashboard. I used brightly coloured post-it notes, they were great.

I spent the first weekend practicing on other children before trying DP on my own! Somehow it felt easier to start this way and when I saw how much they loved it, I couldn't wait to try it at home.

I decided to start with a particular time of day, and chose getting ready for school. I had to think ahead about what they were already doing right, but it was so successful I wanted to do more so I set an alarm on my phone for 6pm to remind me to get 10 DPs in before bedtime!

The Pasta Jar



Make Descriptive Praise tangible and visible with a Pasta Jar. The Pasta Jar is so effective because it's easy to use which means we can be generous and consistent.

Top Tips for the Pasta Jar

- ☺ Small jar, big pasta – it's highly motivating to see the jar filling up and feel you're making progress!
- ☺ One jar for the whole family – it's a team effort, not a competition!
- ☺ Be generous – include things they are already doing, and catch any behaviour (however small!) that you value
- ☺ Be specific – include all the details of 'good manners' such as sitting on the chair, using cutlery, saying please, remembering to wash hands, etc.
- ☺ Once it's in, it stays in!

When they ask for a piece of pasta for themselves, this is good news! We want our children to be aware of their good behaviour – and sometimes we need their help to spot it! Descriptively praise them for telling you what they have done. And when they ask for a piece for their sibling, that's the positive alternative to telling tales – you can give one piece for noticing the behaviour, another for coming to tell you about it, and of course a piece for the behaviour itself!

The Golden Book



Commemorate Descriptive Praise in a Golden Book – write down any and all positives, and create a treasured memory of moments. Encourage your child to decorate and personalise the book and sit together to read it every evening (or morning!).

Top Tips for the Golden Book

- ☺ Set a target of 3 or more DPs each day – **don't forget the little and funny things, it's not all about the big things, and you can focus on how they show particular qualities such as being kind or careful, or thinking ahead or being brave or flexible.**
- ☺ If you're out and about or away from home, **send a postcard or write a note that your child can stick into the book later.**
- ☺ Encourage your child to contribute – **whether that's things they have done that they are proud of, or that made them happy or they feel they are doing better.**

Notes

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.