

# USING PROCESS PRAISE

Process Praise is a way of helping your child recognise the positive aspects of their attempts at doing something so that they know what to build on and carry forward to their next try.

Rather than your children thinking that their efforts are either 'right' or 'wrong', it helps to think of their learning (and their inevitable mistakes) more like a scientist ...



In each attempt, scientists build on what they have learned before from previous experiments. They persevere to find out and eliminate what doesn't work and build on what does until they achieve what they've set out to do.

If children learn to view mistakes as 'learning experiments' and are taught to build on the positive aspects of their attempts, rather than worrying about things going wrong, they will be much more willing to push through tricky learning and not be thrown when they find something difficult.

You can help your children to do this by using Process Praise - helping them to identify the positive elements of what they've done and feed it back to them so they know what to take forward next time they try. Children learn best through positive reinforcement, so if you tell them what they're doing right and that you're proud of their efforts, then this is what they'll carry forward without the baggage of worrying about going wrong next time.

The opposite of Process Praise is 'Person Praise' where you praise the fixed traits your child might possess but can't control, like their intelligence (aren't you smart) or their ability (you're great at maths). Problems arise when a level is reached where your child struggles to maintain their label. Process Praise implies that success is due to their effort and the strategy

# EXAMPLES OF PROCESS PRAISE

"I can really see the effort you're putting in, that's brilliant! Let's work together some more, to figure out what's working and what you don't understand."

"You're definitely coming on with your football skills! I can see how hard you were concentrating dribbling between the cones. All that practising is really paying off."

"Well done learning your spelling words, your test result really shows that you worked hard. You stuck at it even though some of the spelling words were tricky, that's great!"

"I'm really impressed how hard you worked building that model, you tried all sorts of strategies until you worked it out. I can see you've really thought about how your plane will fly."

