

## Dos and don'ts

### Do

- Remember to always use the **three** part praise message: 'name' then 'praise' then 'behaviour'. For example "*Adam, that's great, you put your shoes on*".
- Catch your child being good and give lots of attention and praise. Start off by praising you child five extra times a day when maybe you wouldn't normally.
- Be consistent – remember your positive attention is a reward to your child in itself.

### Don't

- Don't give in to temper tantrums, whining or sulking. If you do, this will reward the child for their negative behaviour which will in turn increase the chance of this behaviour being repeated.

### Don't forget...

You can always find something to praise no matter how small.

Portage information leaflets support children's behaviour as part of a devised Portage programme.

Other leaflets are available from your Portage Home Visitor:

- Attending
- Effective Instructions
- Positive Behaviour Management
- Positive Parenting
- Planned Ignoring
- Special Time



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Hampshire  
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Praise and  
Rewards

Information  
for parents



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