



Celebrating Your Child's Efforts and Successes



Celebrating your child's efforts and successes helps to reinforce good behaviours. **In fact, celebrating and praising efforts are generally more effective ways to encourage lasting behavioural changes, compared to punishment.**

✔ Things You Can Do



Celebrate your child's efforts, successes and the experiences gained along the way regardless of the final outcomes.

For younger children:

- 1 Ask your child to write down positive things that they have done or achieved (e.g. being chosen to be a group leader, doing housework, helping a friend out) on a board at home to recognise achievements. Ask them to update the board regularly.



For older children:

- 1 Make a conscious effort to celebrate their milestones and achievements (e.g. graduating from secondary school, finding a part time job).
- 2 Ask how they would like to celebrate and involve them in planning the celebration.
- 3 Discuss with your child and agree on extrinsic rewards.
 - Examples of extrinsic rewards include: more independence (e.g. later curfew), gifts, engaging in meaningful activities (e.g. classes that they are interested in).
- 4 Remember to focus on intrinsic rewards as well by asking them to share their sense of meaning or accomplishment.

🗨️ Things You Can Say

- 1 **Be specific in praising your child's efforts whenever they do something good.**

You were angry just now, but you managed to calm yourself down. That was very mature of you.

- 2 **Tell your child that you are proud of them, e.g. how they had tried their best in overcoming an obstacle.**

I can see how hard you had tried and I'm really proud of you!



- Avoid comparing your child with other children as that may lower your child's morale and make them less eager to give their best effort.
- Avoid overpraising them or overpromising rewards, to prevent excessive reliance on extrinsic rewards which may not build your child's motivation for doing well.
- Avoid taking away rewards that your child has already earned.