

Acknowledging your children meeting expectations at home

Acknowledging your children for meeting expectations at home is a great way to give them feedback so they know they are on the right track, and that their efforts are noticed and valued. Once you've created [at home expectations](#), consider incorporating some of the included examples to acknowledge your child(ren).

Behavior-Specific Praise

Behavior-specific praise is a simple and effective practice to use, helping your child identify the exact behavior you want to see. With your attention focused on the positive, behavior-specific praise increases the likelihood that the behavior will occur in the future. Behavior-specific praise is helpful to use with a skill you want to improve.

Steps for behavior-specific praise:

1. Specifically describe the behavior

"Thank you for being responsible by putting away your clothes."

2. Provide a reason for the acknowledgement

When you clean up after yourself, it sets a great example for your siblings and is so helpful to us."

3. Provide it immediately following the desired behavior

Acknowledgement examples
Access to attention
Praise child during/after independent work time for following expectations
Praise child with a personalized note
One-on-one time with parent
Special Privileges
Stay up 30 minutes later (on night parent chooses)
Get out of chores for the day
Eat dessert before dinner
Extra story at bedtime
Family Activities
Help cook dinner
Pick an outdoor activity
Trip to the park
Take a walk or bike ride
Choose what's for dinner
Pick a movie
Public Acknowledgement
Send an email to your child's teacher about their positive behavior at home
Make a post on social media praising your child for their efforts
Call/FaceTime other family members to share

****Research indicates that you can improve behavior by 80% just by pointing out what someone is doing correctly****