

A Parent's Game Plan: "Not All Praise is Created Equal"

April 27, 2013

Everyone would agree that praising a child is a good thing. But what if you learned that some forms of praise actually inhibit progress towards a goal, while other forms of praise stimulate progress? That's exactly what the research shows, according to Dr. Carol Dweck from Stanford University.



It seems that praise comes in two flavors. According to Dweck in her book "Mindset", when you praise a child for something that is fixed by saying "Josh, you are so talented" Josh is more likely to avoid facing any opponent that would make him look less talented. His number one goal will become "look talented at all costs." With this mindset Josh is inclined to look for weaker opponents and easier challenges in sports and in life.

Let's look at the other flavor of praise. When you praise a child for something that can be developed like, "Kate, you must have used a lot of self-discipline to learn that new skill" Kate knows that you value self-discipline and effort. Kate's number one goal will become "work harder to learn more." With this mindset Kate is inclined to take on stronger opponents and tougher challenges because the goal is to improve, not just look good.

Here are some examples of praise that create a growth mentality.

"You showed a lot of perseverance during the competition today."

"You were really focused during the critical moment."

"I admired your positive attitude after the mistake you made."

To help your athlete grow in unlimited ways, be purposeful with your praise. Teach the value of working hard instead of looking talented. After all, some flavors are more long-lasting than others.

Put it to Practice

Pay attention to your opportunities to praise appropriately this week. Look for evidence of these items and offer specific praise for the actual behavior. Help your child develop a growth mindset.

Praise effort

Praise perseverance

Praise self-discipline

Praise hard work

Praise figuring things out

Praise determination

Praise teamwork

Praise sacrificing for others

Praise self-control

Praise a forgiving heart

Praise empathy for others

Praise selflessness

Praise flexibility

Praise learning

Parent Education Video and Worksheet

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We are excited to bring you the Positive Parent Video for this week. In this video, Not All Praise is Created Equal, you will learn how to deliver the kind of praise that generates greater effort and harder work. Some feedback actually inhibits your child's progress.

Please click [here](#) to watch Not All Praise is Created Equal and complete your weekly Game Plan page so you can develop the skills for providing the best possible kinds of praise.

Watch your inbox for next week's video and exercise.

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