“A child needs encouragement like a plant needs water.”

Rudolf Dreikurs

**Praise:** 1) to express a favorable judgment of; 2) to glorify, especially with attribution of perfection; 3) an expression of approval

**Encourage:** 1) to inspire with courage; 2) to spur on, stimulate

**Types of Encouragement**

A. Descriptive Encouragement

“I notice \_\_\_\_\_\_\_\_\_\_\_\_.”

B. Appreciative Encouragement

“I appreciate \_\_\_\_\_\_\_\_\_\_.”

“Thank you for \_\_\_\_\_\_\_\_.”

C. Empowering Encouragement

“I have confidence in you.”

“I trust you to \_\_\_\_.”

“I believe in you.”

“I have faith you’ll be able to learn it.”

D. Energetic Encouragement

This encouragement is conveyed through the posture of your body and the expression on your face. Using your whole body as well as your heart and eyes, you can sit with a child without saying anything and just ‘be with’ them in moments when they are feeling really discouraged. Your loving and accepting presence can be enough in these moments to help a child feel unconditionally loved. This helps a child calm down so that they can access their thinking brain again.

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