

## Family Resource

### 15 Phrases to Say to Your Child Instead of "Good Job!" Adapted From- Big Life Journal, 2024



ages: 3+



ongoing skill

#### Skills Practiced

Effective communication, relationship-building, goal-setting, and growth mindset

#### The Why

It's important to consistently praise children when they put forth strong effort so that they understand that you recognize their effort; not only the outcome. The phrase "good job" can quickly lose its value and ultimately have little effect on your child or their decisions.

#### The How

Try using the following phrases to positively acknowledge your child's actions.

- "You seem proud of yourself."
- "I can tell you put a lot of effort into this!"
- "I love how you found a new way to get this done."
- "That's a cool way of doing this!"
- "You kept trying until you achieved your goal."
- "I noticed that you didn't give up, even when it was challenging."
- "I'm so interested in your thinking process—tell me more about how you came up with this idea."
- "I love your creativity!"
- "You stayed focused, and it paid off!"
- "That is an interesting approach. Tell me more about it"
- "I can see you've been practicing."
- "Your dedication to improvement is inspiring."
- "Keep up the excellent progress!"
- "I admire your focus and patience."
- "You must feel a great sense of accomplishment for your persistence."

## Take it Further

Children often seek out their grown-ups' validation by asking, "Do you like it?". Try redirecting their question by asking them back, "What do you like about it?", "What is your favorite part?". This redirection takes the focus off of the grown-ups' validation and focuses it on the child's feelings and reactions. This simple redirect encourages your child to practice self-acceptance and builds their awareness of their own personal values.

Use these extension phrases to generate a deeper conversation:

- "Can you share more about that?"
  - "I love your creativity. How did you do that?"
  - "That's a cool way of \_\_\_\_\_. Tell me more about how you decided to do that."
  - "That is an interesting way to \_\_\_\_\_. How did you come up with that idea?"
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