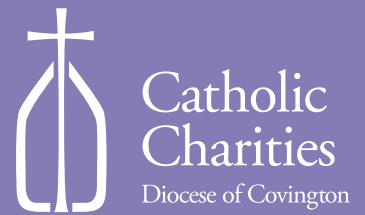


# Family Values

Great Ideas For Modern Parents | Back to School 2015



## Using Praise Effectively

When children are very young, they thrive on praise, and accept it at face value. As children get older and become more sophisticated, parents need to be more strategic and thoughtful in how they use praise for it to be effective. Some studies suggest that rather than praising a children by saying things like "You are so smart," or "You are fantastic," or "You are the best," parents could focus on praising effort rather than attributes. Commenting on progress and perseverance helps children develop the sense that effort is an important part of success. Children then realize it is important to continue to try, even when success does not come quickly. In life, goals often take time, and parents who teach their children persistence by using encouragement are helping them to learn this.

There have been several studies about ways to use praise with children that will encourage cooperation at home and improve motivation at school. Here are some guidelines.

- Use descriptive praise. This means avoiding general comments such as "Good job." Instead, be specific about the behavior, such as "You studied hard for you math test."
- It's good to avoid praising children for attributes such as intelligence or athletic ability, which convey the message that being smart or athletic is a gift. The child may then feel that effort such as studying hard or practicing a skill is unnecessary, and that every success is supposed to be

effortless. This can backfire when there are setbacks in class or in sports, because children may think "I guess I am not so smart (or talented) after all," and stop trying.

- Instead of praising talent or ability, praise effort. This helps children learn that persistence and determination contribute to success.
- Beware of over-praising. Praise is more effective when it is realistic. When parents go overboard with praise, for example, "You play guitar better than anyone I have ever heard!" children may not feel encouraged and they may feel pressure to live up to the parent's very high standards. Sometimes when children are over-praised they want to quit the activity rather than risk disappointing their parents.
- Don't praise a child for doing something that she likes to do anyway. The child's natural motivation is very powerful and works best when parents leave it alone. When parents praise children every time they do something that they enjoy, it can reduce their motivation.
- While it's important to give children positive feedback, don't overdo it. One of two things can happen when children are praised for every little thing. One is that the praise becomes meaningless and the child stops listening. The other is that the child loses motivation to do even simple things without constant parental feedback.

*Extend a hand. Change a life.*



*Charity*

Community  
healing

*HOPE*

Education

compassion

# Group Education and Support

To register for any program contact Client Care at 859.581.8974 Monday–Friday 9am–5pm.

## Family Wellness Classes

A lively, interactive curriculum that teaches parents the skills they need to raise their children successfully and builds on existing strengths. Each session teaches skills that can be used right away. This program is offered through Stronger Together, a partnership of the Northern Kentucky Community Action Commission and the Women's Crisis Center. No charge.

Parenting classes are ongoing starting every four weeks. Contact Client Care for the next available class.

## NeighborWorks

*Realizing the American Dream*

Homebuyer Education Class

*One Day Class from 9am to 5pm Can Help!*

Saturday, November 7

Saturday, December 12

Learn how to buy a home! Certified housing counselors will walk you through the process, answer questions, and give you the information you need to realize the dream of homeownership. Registration required, but class is free! Class meets from 9am to 5pm. Lunch is provided.

## Human Trafficking—Victim Advocacy

Free Training Sessions are available for ANYONE who is interested in learning more about local human trafficking, equipping professionals, community members, and students to identify and respond to human trafficking in their neighborhoods.

Concerned about potential victims? Want to schedule a training? Contact Lisa Ramstetter at Catholic Charities, 859.581.8974 or [Lramstetter@archlou.org](mailto:Lramstetter@archlou.org).

## FREE NEW GROUP

### Parents of Addicted Loved Ones (PAL)

PAL meets every Wednesday from 6:30-8:00pm at Catholic Charities, 3629 Church Street, Latonia, KY 41015. It provides continuing education and support, at no charge, for parents with a son, daughter or spouse suffering from addiction to alcohol or drugs. Contact Laura Jackson at 859.581.8974 or visit [www.covingtoncharities.org](http://www.covingtoncharities.org) for more information.

## Individual, Marriage and Family Counseling

Counseling addresses emotional and relationship issues which impair personal and social functioning, and includes work with individuals, couples and families.

## Parenting Talks and Workshops

A parenting educator is available to speak to your school or community group on a variety of topics. Call Mary Fleischman at 859.581.8974.

## Foreclosure/Mortgage Delinquency Counseling

Catholic Charities offers foreclosure counseling and mortgage delinquency counseling at no charge. Call for an appointment.

## Support Group

Is someone you love separated from you and your family because he or she is incarcerated? You are welcome to attend our support group to listen and share stories, and to express needs. Resource people will be available to consult as the need arises. The group meets on the third Tuesday of the month at 7:00 p.m. at Catholic Charities. The group is free; no registration needed. For more information about our jail ministry program contact Mary Fleischman at [mfleischman@covingtoncharities.org](mailto:mfleischman@covingtoncharities.org) or 859.581.8974.



**Catholic  
Charities**  
Diocese of Covington

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