

Lesson # 11: Praising Desired Behavior

Divorced Fathers Network
Advocates Of Shared Parenting
'Because Children Love Both Their Parents'

Praising work well when:

1. I tell my children ahead of time that I am going to praise them when they do something that makes me feel good. And I encourage them to do the same with me.
2. I catch my children doing something right.
3. I tell my children specifically what they did.
4. Then I tell them how good I feel about what they did and why it makes me feel so good.
5. I stop talking for a few seconds. The silence lets them feel the good feeling themselves.
6. Then I tell them that I love them.
7. I end the praising with a hug - or at least a light touch to let them know I care.
8. The Praising is short and sweet. When it's over, it's over.
9. I realize that it takes me only a minute to praise my children. But feeling good about themselves may last them for a lifetime.
10. I know that what I am doing is good for my children and for me. I feel really good about myself.

Quoted from the One Minute Father, by Spencer Johnson, MD.

"When I first developed this method, I thought of it as a discipline method. When you begin, it will be just that. And it will be very effective. After you have used it for a while with your children, you will see that, although it acts as discipline, it is really communication at its best. And that is when you will see another use for this method. It will become more than just a way for you to communicate with your children. Use the Reprimand for a while yourself and see how quickly it clears the air and improves things at home. Then when you have enough experience and confidence with using it, you might suggest that your children use the technique with you."

Contact DFN by phone: 831-335-5855 www.DivorcedFathers.org Email: steve@divorcedfathers.org