

THE POWER OF PRAISE

Children with ADHD often hear more corrections than compliments. Praise helps balance this by boosting confidence, encouraging positive behaviour, and strengthening relationships.

Catch the Moment

- Sometimes it might be as simple the absence of of an unwanted behaviour.
- Give praise straight away so your child can connect it with the behaviour

Praise Effort, Not Just Results

- “ I am really proud you kept trying with that”
- “ I am really impressed to see you trying to stay calm”
- “ You focused really well on that”

Celebrate Small Wins

- Don't wait for perfection. E.g. Praise not shouting or having a meltdown. Praise finishing even part of task.
- Celebrating the small day to day things can really help encourage good habits (try sticker charts or small rewards)

Be specific

- Say exactly what you noticed. E.g. “I like how you put your shoes away”, not just “Good job”.
- Helps children to know what to repeat by linking praise to the behaviour.

Pick Your Battles

- Focus on what matters most: correct unsafe, harmful, or seriously disruptive behaviours
- Let go of the small stuff: fidgeting, humming, messiness.
- Constant correction can be draining for parent and child.