



## **Five Cents' Worth of Positive Feedback**

Remind yourself to give kids more of the approval they crave by putting five pennies in your pocket or on the window sill each day.

### **Use Pennies to Remember to Praise**

The more attention kids get for the good things they do, the more they want to repeat the behavior. Psychological research demonstrates that positive feedback has a huge impact on motivating behavioral change. Yet we can easily find ourselves focusing instead on what kids do wrong. Commit yourself to giving your kid 5 pieces of positive feedback every day for a week, and see the difference it makes.

Here's a useful way to remind yourself.

Start each day with 5 pennies in your righthand pocket or on one side of the window sill. Each time you praise your kid, move a penny to the lefthand pocket or the other side of the sill. By the end of the days, all of the pennies should move to the other side.

Remember that effective feedback describes the behavior, describes the situation and states the effect.

