

Catch 'em Doing Good

Catch 'em Doing Good, and it's as simple as its name implies. As parents we are charged with raising safe, responsible and respectful kiddos, which makes it natural to add constructive criticism to even the most basic compliment. ***Catch 'em Doing Good*** is "praise without the kick"!

Here is an example: Rather than stating, "Bobby, nice job putting your books away, next time I'd like to see you do the same with your clothes".

Try saying, "Bobby, great job putting your books away, I really appreciate it".

There are always opportunities to course correct and encourage improved behavior in children, however, (especially in a time like now!) basic praise and appreciation can make a dramatic impact on your home environment and relationship with your children.

Important note: there's no limit to the amount of ***Catch 'em Doing Good*** you dish out! Have fun, focus on what everyone is doing right and see how it feels!