

# SESSION 3

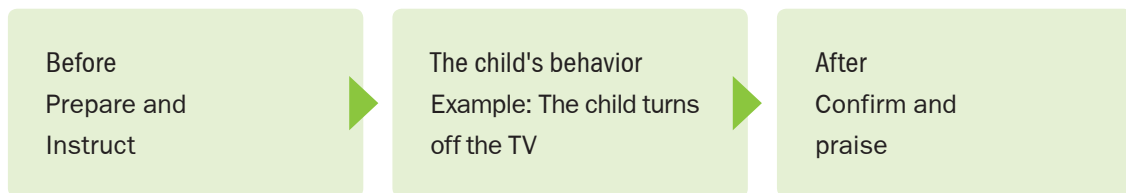
CONFIRM AND PRAISE



## PREPARE, INSTRUCT, AND PRAISE - PIP

Parents can so easily end up stuck in vicious circles of admonitions and reprimands. When there is a lot of conflict at home, we can sometimes forget to notice and praise the good things the child does. Giving positive attention is one of the best ways to guide and reinforce your child.

Positive attention is part of the last element of the interaction analysis. What the parent confirms and pays attention to will increase. Remember *the Attention Principle!*



Prepare, Instruct, and Praise - the elements of PIP. Each element is important for the interaction to work and to reduce conflicts with the child.



Remember: The parent/child relationship usually improves if the child is given positive attention for what works well.

## CONFIRM AND PRAISE

- Show your appreciation immediately. The faster you give praise, the clearer it will be to the child.
- Give descriptive praise. Descriptive praise gives the child guidance for how he/she can behave and strengthens the child's faith in his/her own ability. It is better to say *"It's so great that you turned off the TV, now we can eat dinner together"* than *"You're such a good girl/boy."* If your child is praised often for personal characteristics, he or she might interpret failures to mean that he/she is not good enough.
- Be clear. Do not mix your praise with criticism.
- Vary the praise. Try to find out how your child wants to be praised. Vary your phrasing and use body language like a hug or a pat on the back.
- Praise personal initiative. It is important to show appreciation when your child does something without being asked. This will help your child grow up and take responsibility.
- Show appreciation every time. For PIP to work, it is important that you show appreciation every time. Be lavish with your praise!



Remember: If you are not used to it, giving praise and showing appreciation might feel artificial at first. But the more you practice, the more natural it will feel.

## COOPERATE WITH OTHERS CONCERNING THE CHILD

Session 6 is a private session where you have the option of inviting your child's teacher or other significant adults to cooperate in the Komet program. This is an opportunity to reinforce the work you are doing and to gain better understanding for your child in various settings. It is also helpful to your child if you and other significant adults cooperate and act in about the same way.

You might want to tell the people you invite:

- That you are participating in Komet, a program for parents who want to reduce arguments and conflicts and create better interaction with their children, in part by praising the child more.
- That you want to invite them to the session to tell them more about Komet and what it involves and discuss cooperation concerning your child.



## HOMEWORK - SESSION 3

One-on-one time. Suggestions for activities and times.

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PIP. In what two situations would you like to work with Preparation, Instruction, and Praise?

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## BEFORE SESSION 4

One-on-one time. What have you done together?

Number of times: .....

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PIP. In what situations?

Number of times: .....

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