

Praise vs. Encouragement: One Simple Change That Builds Lifelong Confidence!

Praise: Focuses on final product and relies on external validation.

Encouragement: Focuses on effort and increases internal motivation and self-worth.

Instead of this:

Try this:

"Great job!"	"You worked really hard on that."
"Wow you are so smart!"	"You kept trying even though it was difficult."
"I am proud of you for doing that."	"You look proud of yourself."
"You did a great job cleaning up your toys."	"You put all of the blocks away."

Why this matters:

While praise comes from a place of love and is well-intentioned, children can begin to rely on adult approval to feel successful.

Encouragement shifts the focus toward effort, persistence, and their own sense of self-accomplishment.

Over time, encouragement helps children be more willing to try new things, recover from mistakes, and trust their own ability.

How can play therapy help:

In Child-Centered Play Therapy, children learn confidence through experience rather than instruction. As they lead the play, solve problems, and express emotions in a safe relationship they naturally build resilience, emotional regulation, and self-esteem.

Curious if play therapy is right for your child?

Schedule your free 15 minute consultation!



Little Lanterns Therapy LLC.

33100 Grand River Ave. Farmington, MI 48336

(586) 209- 4624