

What is Behavior-Specific Praise?

Behavior-Specific Praise means clearly telling your child what they did well.

- ✓ Start with awareness, not perfection.
 - Most parents realize: “I thought I was praising more than I actually was.”
- ✓ Pair praise with eye contact and warm tone.
 - This makes praise more powerful than just words.
- ✓ Catch small wins.
 - Don’t wait for “big” behaviors:
 - Sitting for 2 seconds
 - Trying again
 - Asking for help
- ✓ If it feels unnatural at first, that’s normal.
 - You’re building a new habit, not just tracking data.

Instead of:

➔ “Good job!”

Say:

➔ “Great job cleaning up your toys right away!”

We track this because the more specific praise children receive, the more likely they are to repeat those behaviors.

PART 1: SIMPLE DATA SHEET (FOR FIRST TIME USERS)

Goal: To build awareness and consistency in giving behavior-specific praise.

Step 1: Choose Your Tracking Time

Start small:

30 minutes per day

20 minutes per day

10 minutes per day

Example: homework time, playtime, bedtime routine

BSP Handout and Worksheet

Step 2: Create a Simple Table

You can draw this on paper or use your phone notes:

Time Block	Behavior Observed	Did I Give Specific Praise?	What did I say?
4:00-4:30 PM	Put toys away	✓	“Great job putting your toys away!”
4:00-4:30 PM	Asked nicely	✗	

Step 3: What to Track

You only need 3 things:

1. What your child did (target behavior)
2. Whether you gave praise
3. What you said (optional but helpful)

Step 4: Keep it Manageable

- Aim for at least 3-5 praises per block
- Don't aim for perfection--this is about building a habit

Step 5: Reflect at the End

- Did I notice positive behaviors?
- Did I describe the behavior clearly?

BSP Handout and Worksheet

PART 2: INTERMEDIATE

Once you're comfortable, upgrade your sheet:

Time	Target Behavior	BSP Given	Type of Praise	Child Response
4:10 PM	Followed instruction	✓	Specific	Smiled, continued
4:15 PM	Waiting turn	✓	Specific	Stayed calm
4:20 PM	Interrupting	✗		Continued interrupting

Add these elements:

- Target behaviors (e.g., listening, waiting, asking nicely)
- Child response (helps you see impact)

BSP Handout and Worksheet

Behavioral Expectation	Student Behavior	Example of BSP	Non-Example of BSP
Students come to class on time, between 8-9AM.	Joy arrived at 8:30AM, on time.	Hi Joy! <u>Good job arriving to school on time.</u> Welcome to class!	Hi! Good job!
When students are working, they stay seated on their chair.	Joy remained seated on her chair for 10 minutes.	Joy, <u>thank you for sitting on your chair</u> while working.	Thank you.

Teacher's Praise Tracker

Instructions: Give a Behavior-Specific Praise (BSP) to Joy every 20 minutes. Mark the timeslot with a check (/) if you were able to give Joy a praise within this time interval. Feel free to give the whole class praises, too!

This tracker was completed by: _____

Date: _____

9:00AM	9:20AM	9:40AM	10:00AM	10:20AM	10:40AM

11:00AM	11:20AM	11:40AM	12:00PM	12:20PM	12:40PM