

## Exercise #4.3

Think of 4 things your kids did that deserved praise. In the spaces below, use the steps of Effective Praise to practice what you would say to your children.

1. Show approval:

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Describe positive behavior:

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Give a reason:

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3. Show approval:

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Describe positive behavior:

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Give a reason:

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2. Show approval:

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Describe positive behavior:

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Give a reason:

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4. Show approval:

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Describe positive behavior:

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Give a reason:

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