

Expressing Appreciation to Family Members

Vague vs. Specific Messages of Appreciation

A vague message is unclear; it doesn't say specifically what you appreciate. Try whenever possible to use specific messages, naming a particular behavior or quality.

Vague

You're nice.

Good job.

You're helpful.

Specific

I like your sense of humor.

Thanks for being so careful.

The kitchen looks great! Thanks.

Remember to Express Appreciation for ...

We can express appreciation for many different qualities in children. These include:

- Their appearance
- Specific behavior
- Special efforts they make
- New skills they've learned

Think of examples and give your child a clear message of appreciation as often as you can.