

# Concerns About Catch 'em Doing Good

Most parents feel positively about using Catch 'em Doing Good, but sometimes they have concerns. Let's discuss some of them.

*Children shouldn't be rewarded or praised for things they are supposed to do anyway.*

Catch 'em Doing Good is a great way to keep your children doing things they should be doing. Think about how you feel when someone compliments what you did. Compliments keep you doing these things and bring you closer to that person.

*I need to have expectations for my children.*

Parents do need to set expectations for their children. We find that the best way to help children meet these expectations is to show you have noticed by praising them when they are doing what you expect.

*Rewards are bribes.*

Catch 'em Doing Good is not a bribe. It's something you do after your children have done something on their own. It comes out of you feeling positively about what they did. A bribe is a reward you promise your children when you don't think they will do something on their own.

*Rewarding children teaches them not to do things for their own enjoyment.*

Giving a reward for doing something that is hard for them or that they don't like won't change their enjoyment of other things. It simply shows that you appreciate their efforts to do things that they don't necessarily like to do.

*My children will get spoiled.*

Praising is not spoiling. It's just the opposite. You give praise when children do positive things that you want them to do, like helping around the house or sharing toys - things that show that they are not spoiled.

*It's silly to thank children for little things they do. Save praise only for big things they do.*

We find that giving praise for the little everyday things actually increases children doing those things. And, doing lots of little positive things can lead to doing bigger things.

*If children aren't doing something perfectly, you shouldn't praise them. You should correct them.*

Actually, by rewarding the good they do you are increasing the likelihood that they will continue to do it, and even do it better in the future. Correcting them may come across as "praise with a kick."



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Children need LOTS of attention from you. If they do not get it in positive ways, they may misbehave to get it. It's better to Catch 'em Doing Good than to Catch 'em Doing Bad!

## MODULE 2: Create Stronger Family Bonds

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