

What is Catch 'em Doing Good?

Catch 'em Doing Good is when you let your child know you like what they're doing. It doesn't cost anything and it replaces constant nagging and negative cycles. It encourages good behavior and strengthens positive family cycles. As a result of Catch 'em Doing Good, children mind their parents more, they feel more connected to their parents, and feel better about themselves.

Steps for Catch 'em Doing Good

Be specific

Praise what your child said or did, not the child. You can say, "It's such a big help when you clean up your room, thank you," but not, "You're such a good girl." You want to focus on the behavior.

Be affectionate

Offer a smile, hug, kiss, or pat on the back with your praise.

Catch 'em in the act

The more immediate the better.

Catch 'em doing good every chance you get

The more, the better.

Catch 'em for little things

You can't praise them too much.

Stay positive

Don't "praise with a kick" by pointing out what they could have done better.



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