

References/Recommended Reading

Note: Materials with an asterick (*) were used as references for this presentation.

*Bailey, B. (1994). There's gotta be a better way: discipline that works. Orlando, FL: Learning in Action.

Branden, N.(1994). The six pillars of self esteem. New York: Bantam Books.

*Briggs, D.C. (1970). Your child's self-esteem: step-by-step guidelines for raising responsible, productive, happy children. New York: Doubleday.

Diffily, D. & Morrison, K. (eds). (1996). Family-Friendly Communication for Early Childhood Programs. Washington, D.C: NAEYC.

*Dinkmeyer, D., McKay,G.D. & Dinkmeyer, J.S. (1989). Parenting young children: helpful strategies based on *Systematic Training for Effective Parenting (STEP)* for parents of children under six. Circle Pines,MN: American Guidance Service.

* Driscoll, A. & Hitz, R. (1994). Give encouragement, not praise. Texas child care, Spring, 3-11.

*Faber, A. & Mazlish, E. (1980). How to talk so kids will listen and listen so kids will talk New York: Avon Books.

*Freed, A.M. (1975). T.A. for tots and other prizes. Sacramento,CA: Jalmar Press, Inc.

*Glenn, H.S. (1989). Developing capable people. Provo,UT: Sunrise Books,Tapes & Videos.

Gordon, T. (1976). P.E.T. in action. New York:Wyden Books.

Gordon, T. (1974). Teacher effectiveness training. New York: Wyden Books.

Littauer, F. (1989). Silver boxes: the gift of encouragement. Dallas: Word Publishing.

I-Message Format:

When (describe situation) I feel (describe feeling) because (explain the consequence of the behavior for you).

Reflective Listening Format:

You feel (state feeling) because (state reason behind feeling).

Possible Words for Reflecting Feelings

Upset Feelings		Happy Feelings	
angry	sad	appreciate	great
confused	scared	better	happy
disappointed	sorry	enjoy	like
frightened	unfair	excited	love
hate	unhappy	glad	pleased
hurt	want to get even	good	proud
left out	want to give up		
mad	worried		

[Above taken from Dinkmeyer, McKay, Dinkmeyer's Parenting Young Children: Helpful Strategies based on Systematic Training for Effective Parenting (STEP) for Parents of Children Under Six]

Guidelines for Giving Encouragement

1. Be specific.
2. Give encouragement in private.
3. Focus on effort, not the product.
4. Be sincere and direct.
5. Avoid labeling children.
6. Focus on the child's feelings.
7. Avoid competition and comparison to other children.

[Taken from Driscoll and Hitz's "Give Encouragement, Not Praise" from Texas Child Care, Spring 1994]