



Healthy Habit Hub #1

#BoostTheBeracha

Here's a Healthy Habit!

When you bless your children on Friday night, add something special to this moment: give your child *specific and detailed* praise for his or her *effort and hard work* that you saw throughout the past week.

The research teaches us the formula for giving powerful praise:

- ✓ **Step 1: Catch your child doing a behavior that you want to encourage. Don't overlook small successes!**
- ✓ **Step 2: Make your praise specific and descriptive. The more detailed you are, the more likely the child is to repeat the behavior!**
- ✓ **Step 3: Praise effort and hard work more than achievement.**
"I am so impressed with your work ethic! I saw how hard you studied for that test: re-reading your notes, making flashcards, and spending the week reviewing with friends. I'm really proud of you."

Just imagine the impact of 52 weeks of thoughtful, genuine moments of praise for your children...