

Parenting tips

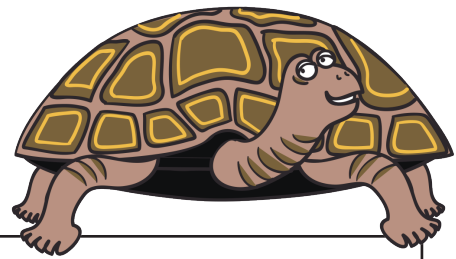
Respect

Did you know?

- Being a good role model in having empathy, respect and self-control is essential to raise respectful children.
- We (grownups and kids) can't think straight when we are angry. We just reflexively want to fight back to protect ourselves and there is where we might hurt people's feelings.
- Discipline means to teach or to train, not to punish. Positive discipline is a lot more effective and longer lasting than punitive strategies.
- A mature, respectful grownup accepts responsibility and apologizes when he or she makes mistakes.

RESPECT is...

Respect is when you speak to others with kind words and act with good manners. You follow the rules and do not talk back to your parents, teachers or any adult. You appreciate that everyone is different in the way they look, act, or think. You must also respect yourself. If you do so, others will respect you. We must also respect the earth. Taking care of the earth and its inhabitants means treating it with respect.



Parents can help children develop respect by...

- Staying calm. Do not overreact to seemingly disrespectful behavior. Children may be distracted or don't know the behavior is disrespectful.
- Respecting your children as individuals with their own preferences. Allow them the freedom to make some decisions.
- Not demanding your children to be respectful just because you are the parent. True respect can only be earned, but not demanded.
- Identifying the cause for disrespect. When genuinely being disrespected, we should pay attention to the circumstance instead of going off on the child. Ask them first why they acted that way.

Discussion starters to use in talking with your child about respect...

"When you think about respect, what kind of words or actions come to your mind?"

"How could you show the earth that you care about it?" "What are some ways you can show self-respect?"

"What would you want someone to respect or admire about you?"