

Demonstrating Respect

For Parents

When children are made to feel special and valued, they grow to respect themselves and a positive sense of self allows them to respect others.

For Very Young Children

- ❖ Remember the importance of your words to a child. They will remember your negative comments much longer than the positive ones. Intervene and stop negative comments that are being used either by or against your child.
- ❖ Make it possible for your child to succeed at whatever is attempted; break skills into small steps to be mastered one by one where you assist with the steps not yet mastered.
- ❖ Talk with your child about respecting all family members and ways to show that respect.
- ❖ Model respect for all people including the elderly, the young, authority figures such as police officers and teachers, and those who are different from you in ethnicity or religion.

For Older Elementary School Children

- ❖ Continue to build your child's sense of self respect, dwelling on their skills and talents and being matter-of-fact about the things they may not do as well.
- ❖ Continue to limit and supervise the amount of television your child watches.
- ❖ Help your child to value real life qualities of consistency, predictability, kindness, humor, and grace under pressure, both through your example and by talking about others who demonstrate these qualities.
- ❖ Be patient and help your child with self-patience as new tasks and skills are learned. If needed, meet with your child's teacher for guidance in helping with new academic skills.
- ❖ Speak about others, including family members, in respectful terms; Mrs. Jones, Doctor Smith, Officer Green instead of Jones, Smith or the cop.

For Middle Schoolers & Teens

- ❖ Carry on a continuing dialogue about respect; why you respect others, what respect consists of, how we demonstrate respect, etc.
- ❖ Help youngsters learn appropriate ways to express their opinions to teachers and other adults with respect, even when their opinions are different.

- ❖ Demonstrate by your actions that it is possible to disagree with family and friends without being disrespectful.
- ❖ Discuss together what they see on television and how some of the dialogue that is meant to be funny can be disrespectful.
- ❖ Learn together about cultural components of respect such as appropriate forms of greeting, regard for personal space, and acceptable table manners, and provide opportunities for youngsters to use these skills respectfully in activities with those from another culture.
- ❖ Encourage youngsters to notice and practice respect that can be demonstrated by appropriate attire and correct demeanor as well as in words.
- ❖ Continue to model respect in all your own interactions.