

Respect – How to teach it and how to show it.

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By Steve McChesney

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One of the most important things you can teach your child is respect.

Keep in mind that respect is not the same as obedience. Children might obey because they are afraid. If they respect you, they will obey because they know you want what's best for them.

The best way to teach respect is to show respect. When a child experiences respect, they know what it feels like and begin to understand how important it is.

Keep in mind the saying "Do unto others as you would have them do unto you."

Respect is an attitude. Being respectful helps a child succeed in life. If children don't have respect for peers, authority, or themselves, it's almost impossible for them to succeed.

A respectful child takes care of belongings and responsibilities, and a respectful child gets along with peers.

Schools teach children about respect, but parents have the most influence on how respectful children become. Until children show respect at home, it's unlikely they will show it anywhere else.

How can you show respect to your child?

Be honest - If you do something wrong, admit it and apologize.

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Be positive - Don't embarrass, insult or make fun of your child.
Compliment them.

Be Trusting - Let your child make choices and take responsibility.

Be fair - Listen to your child's side of the story before reaching a conclusion.

Be polite - Use "please" and "thank you". Knock before entering your child's room.

Be reliable - Keep promises. Show your child that you mean what you say.

Be a good listener - Give your child your full attention.

Children learn from everything we say and do. Make sure that you are modeling respectful behavior. Some of things you can do are:

Obey laws - Follow rules.

Be caring - Show concern for people, animals and the environment.

Avoid poor role models - When you see examples of disrespect, discuss them.

When you set rules at home, explain to your child why the rule is important. For instance, if the rule is "No TV between 4:00 and 6:00" it is because this is homework time and homework is important to keep grades up in school.

Teach your child to respect themselves. Self-respect is one of the most important forms of respect. Once we respect ourselves, it is easier to respect others.

Your opinion means a lot to your child. If you believe your child can succeed, they will believe they can as well.

Build their independence. Give them responsibilities as soon as they can handle them.

Help them set and achieve goals. Their self-respect will skyrocket when they see themselves achieving those goals.

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Encourage honesty. Let your child know that they may be able to fool some people, but they can't fool themselves. There is no pride in stealing, cheating, or lying.

Most importantly, show love! Say "I love you" often and give plenty of hugs and kisses.

If your child makes a mistake, remind them that they are still loved.

Age affects children's respect. Children and adults deserve respect at every age. Here is a guideline based on age:

Babies - They are too young to show respect but when you meet their needs, they learn to trust you. This helps as they get older because respect for authority is based on trust.

Toddlers - They are old enough to learn to say "please" and "thank you".

Preschoolers - This is a good time to teach rules and consequences.

Elementary age - They show the most respect for adults who make fair rules. It helps to let them have a say in the rules that they are expected to follow.

Middle and High Schoolers - Allow them to show independence, such as clothing or hairstyles, but make sure you have guidelines. They will appreciate the respect you are showing them. We respect you and the incredible job that you have, being a parent.

Have a great day!

Steve McChesney

Steve and Lisa McChesney publish a daily self-esteem building and motivational newsletter. Visit them at <http://www.bullyfreekids.com>

Parents As Role Models

By Kadence Buchanan

While television and other media have made it a practice to anoint well-known celebrities as positive

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role models for kids, the great majority of people still believe that parents should be the foremost role models of their children. The following is a compilation of various ways that can help parents become better role models for their kids.

In terms of nurturing children, the most common comment is to show your love and concern. Tell them you love them every day and show affection daily through hugs, kisses and touches. In spite of busy schedules, make time for special family fun activities. Also make the effort to meet your child's friends to build stronger rapport with them and to gauge the influence they exert on your kids.

Understanding is another key in becoming an effective role model for your child.

As the saying goes, "Understand – don't take a stand." Communication is vital and should always be a two-way street. Listen to your kids and find out what's going on in their lives and if anything is bothering them. Let them know that they can talk to you about anything under the sun. It is important to remember that children who have good communication with their parents are more likely to ask for their advice than turn to their peers.

Parents constantly demand respect from their children, but remember that it is not something that can be taken for granted. Like most things of real value, respect has to be earned. And oftentimes, the best way to earn respect is to give respect. This also means that you have to learn to empathize, to put yourself in your kid's shoes and understand what it means to be him. And always try to avoid putting your children in situations where they feel disregarded, disrespected, humiliated or embarrassed. Such situations can sometimes leave deep emotional scars.

Remember that you have to teach your children to respect themselves as well. Teach them to stand up for themselves without putting their safety at risk. Discuss ways to solve problems without fighting. Make them aware that fighting never solves a problem. Most importantly, advise them that physical force or intimidation does not win respect, rather, it is the quality of one's character that wins respect.

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