



Respect Self and Others

Children are born with self-respect, which is displayed in their need to get what they think they need. They cry to tell adults that they are hurting and need something: an adult's attention, a hug, nurturing, or nourishment. This self-respect is the basis of respect for others. As adults care for and nurture young children, they learn to care about and respect others. The only way to ensure children's respect is to treat them with respect, which means giving them the emotional support and the empathy they deserve.

Respect can also be found in the words adults use when talking with their children: Teaching them to do what they ask them to do by using please (instead of shouting demands!); calmly listening to their children explain their behavior instead of blaming or shaming them for doing something wrong, and using loving words even when you don't love what their children do! When parents use self-control, even in the face of their children's lack of self-control, they show their child how to respect others and themselves.

Ways to practice this habit together:

- **Treat your child with respect by listening to him, showing empathy and understanding his point of view, each of which encourages him to repeat these behaviors.**
- **Show your child how to think about others' feelings by pointing out how they might feel in a situation, why they might think differently from him, and how "understanding" doesn't always mean "agreeing" with his point of view.** You can agree to disagree!
- **Model respect for your child by asking his opinion about your clothes to wear to a party, for example, or asking his permission to change things in his room, or giving him privacy when he wants it.** Doing so will help develop a positive relationship between you and your child, and help him know that you respect his thoughts and input! Everyone wants to feel that he or she makes a difference... from the simplest to most complicated of life issues!

