

Building Respect

Be a role model by speaking the language of respect to your child

As a parent, you want your child to speak respectfully to others. It's important to remember that in many cases, your child will take her cues from you. It can be difficult when you are feeling rushed, stressed or irritated to think about speaking to your child with respect. But doing so will teach your child that everyone deserves respect.

Remember to:

- Apologize. Your child isn't perfect, and neither are you. You are going to make mistakes with her. When you do, be sure to tell her you are sorry.
- Use the magic words with your child. When you ask your child to "please" do something, or say "thank you" after she does it, you will soon find that she uses these same words when she speaks to others.
- Avoid labels. "Could you be any slower?" "Why are you always so messy?" Your child does not know how to answer these kinds of demeaning questions. She only knows that you are finding fault with her.

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