

RESPECT Tips and Tools

10
MINUTE
PARENT

Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How RESPECT leads to Happiness and Success

December is a great time to talk about RESPECT since there is a focus on holiday activities which often brings to light the differences between cultures and religions in our society. Respect means showing consideration for those differences, even if we don't understand them or we don't agree. Respect is also about treating others the way THEY (not you) want to be treated. Respect can be shown in the form of politeness and manners, as well as patience, kindness, and thoughtfulness. Waiting for someone to finish talking, taking your muddy shoes off before walking across the clean kitchen floor, avoiding a touchy subject when someone has had a bad day, are all forms of respect. Children who have a firm grasp of the importance of respect understand that it helps them earn privileges and opens doors. It makes life easier and more enjoyable. In many ways showing respect is like a GREEN LIGHT. By being polite, respectful, and thoughtful about what's important to someone else, you make them feel that you value them. They are much more likely to listen to you, trust you, help you, like you, say yes to what you want, make a decision in your favor, introduce you to others, and think of you for an opportunity. When you are disrespectful, you will more likely receive a RED LIGHT that stops you from getting what you want. Whether you are interacting with parents, teachers, coaches, bosses, or even a stranger at the grocery store, disrespect makes another person NOT want to help you.

Mindsets for Happiness and Success



RESPECT

Respect for ourselves guides our morals.
Respect for others guides our manners.

How to talk to kids about RESPECT

The best way to talk to kids about RESPECT is to use the RED LIGHT GREEN LIGHT concept mentioned in the previous section. Tools in the 3-IN-1 RESPECT Kit revolve around this concept and help children understand the value of respect, as well as reward them for respectful behavior. It would be difficult to say no to a child who, instead of screaming “MOM!” from the other side of the house, comes to you and says, “I know you are busy making dinner, but if you could please help me _____, I’ll clear the table afterwards” Or how about the teenager who wants a later curfew? Instead of stomping away and slamming the door when he hears a “no,” he makes a list of the reasons why he deserves this privilege and offers solutions to your concerns. You would reconsider, wouldn’t you? Children quickly see how being respectful can help them achieve goals, build better relationships, and feel more in control of their lives.

The FAMILY FUN Box

We all need to feel like we belong somewhere and that we are important to others. The FAMILY FUN box helps parents create that sense of belonging. It gives every member a voice and makes them feel respected. Have everyone write down their ideas for FAMILY FUN on the idea cards and put them into the box. You can write it for the little ones or they can draw their own pictures.

On Friday night, someone picks out one idea and announces which activity the family will enjoy together over that weekend. Everyone must participate, even if it’s a tea party with bears or building Legos. Now you have a simple, but powerful, way to connect and make everyone believe he or she is an important, respected, and valued member of the family.

Use this opportunity to talk about the simple concept of respect. Explain how we are each individuals with different interests, different opinions, different likes/dislikes, and especially, different ways of looking at life. Even having fun isn’t something everyone in a family can agree upon. Respect is about acknowledging and embracing those differences.

[Download LET’S TALK - Respect](#)



[Download The FAMILY FUN Box](#)

The HappyHome ELVES and the Key to RESPECT

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for RESPECT

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of December, all about RESPECT.



RED Light GREEN Light

Children don't easily understand why respect is important or how it will benefit them, so it's hard to motivate them to be respectful. RED Light GREEN Light makes it very clear. Kids understand the concept of red and green traffic lights that tell them to STOP! or GO! Respect is like a green light. It helps you do what you want to do. When you show respect for others, you are saying that you care about what's important to them. They are much more likely to listen to you, trust you, help you, like you, say yes to what you want, make a decision in your favor, introduce you to others, and think of you for an opportunity.

9 WAYS to show RESPECT...

...which tells people you value them and care about what's important to them.

<p>TIME</p> <p>Examples of showing respect for someone's TIME are: letting someone know you're going to be late, arriving on time, saying thank you for time someone has spent helping you, waiting your turn.</p>	<p>PROPERTY</p> <p>Examples of showing respect for someone's PROPERTY are: returning a borrowed item in the same condition you received it, asking before taking something that belongs to someone else.</p>	<p>EFFORT</p> <p>Examples of showing respect for someone's EFFORT are: NOT tracking mud on a freshly cleaned kitchen floor or thanking your grandmother for the knitted scarf - even though you don't like it.</p>
<p>AUTHORITY</p> <p>Examples of showing respect for AUTHORITY are: following a teacher's directions, your parent's rules, and the law. Rolling eyes, sarcastic comments, and ignoring someone are forms of disrespect.</p>	<p>FEELINGS</p> <p>Examples of showing respect for someone's FEELINGS are: listening and acknowledging what they say as real, versus ignoring or discounting those feelings. Saying sorry when you hurt someone.</p>	<p>OPINIONS</p> <p>Examples of showing respect for someone's OPINIONS are: Listening, without interrupting or criticizing, and trying to understand another's perspective. We don't have to agree to understand why.</p>
<p>SPACE</p> <p>Examples of showing respect for</p>	<p>BELIEFS</p> <p>Examples of showing respect</p>	<p>WISHES</p> <p>Examples of showing respect for</p>

9 WAYS to show RESPECT

When we talk about respect, we tend to think of being polite, saying please and thank you. But there are so many different ways we can show respect to other people in our lives. The 9 WAYS TO SHOW RESPECT chart gives examples of how we communicate respect for someone's time, property, effort, authority, feelings, opinions, space, beliefs and wishes. When you share examples of what respect looks like and what disrespect looks like (sarcastic comments, rolling eyes, not responding, or saying "whatever") children become much more aware of how their behavior affects others.

Rewarding RESPECT

Helping your children get in the habit of behaving more respectfully is easier when you use fun rewards and a tracking system. Prepare a REWARDING RESPECT card for everyone who will be participating. Choose an appropriate reward together and fill in the back of the cards. Use the 9 WAYS TO SHOW RESPECT chart to talk about respectful behaviors and explain that they can earn up to 3 points for each type of respect. 25 points earns a reward. Parents, you will be surprised when your children let you know they feel "disrespected" when you are busy, distracted, or talking on the phone. Respect goes two ways.

RESPECT is...
treating others
the way **THEY**
want to be
treated.

Why is it important?

et to like a GREEN LIGHT in your life. It helps you do what you want to do. ... your respect for others, especially teachers, coaches, bosses and strangers ... are communicating to them that you value them, and you care about what's important for you and...

Points for RESPECT		OPINIONS	
TIME	<input type="checkbox"/>	BELIEFS	<input type="checkbox"/>
PROPERTY	<input type="checkbox"/>	SPACE	<input type="checkbox"/>
EFFORT	<input type="checkbox"/>	WISHES	<input type="checkbox"/>
AUTHORITY	<input type="checkbox"/>	OTHER	<input type="checkbox"/>
FEELINGS	<input type="checkbox"/>	TOTAL Points	<input type="checkbox"/>

See what you get for only \$6