

AUGUST 2015

DEAR DR. ROBYN

COURTESY



Young students: Polite words, kind ways!

Older students/teens/adults: Showing respect, kindness & consideration for others.

Dear Dr. Robyn,

In a conversation with my children's grandparents the other day, they pointed out that so many children these days don't use common courtesy. It's all "me, me, me!" I think they are right. Can you provide some tips so we can make sure our children aren't part of the problem?

-- Jade & Pete G, Omaha, NE

Dear Jade & Pete,

In order to raise courteous children, we need to make sure we teach them and show them how to be courteous! But we also need to expect them to show courteous actions without dismissing disrespectful actions. Sometimes, we do one without the other.

In order to raise courteous kids:

(1) Take the extra moment to teach your child: When your child does not remember to use manners, hold the door or help others, don't jump in and rescue. Take the moment to teach your child the right thing to do. Ask them politely, "Please hold the door for the person behind us. It shows courtesy and it's what we would like others to do for us too!" Even small children can show courtesy!

(2) Expect courteous actions: Whether it's at the dinner table,

walking into a store, taking the groceries into the home or interacting with friends and family, expect your children to show courteous, developmentally-appropriate conduct. Expect table manners, holding the door for others and a helping hand. When we expect kind conduct and relay this to our children, they are much more likely to show it.

(3) Provide courteous opportunities: When you see an opportunity to lend a helping hand or overtly use manners, take it! Say to your children; "that elderly woman is struggling with her bags and getting to out the door-- what do you think we should do?" Allow them to hear the courteous way you order from a restaurant and ask them to shadow you by ordering in the same way after you. You can even go to a public area with the intention of looking for courteous opportunities.

Finally, **get your family involved**

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

<< Paraphrased from a message; with permission

with charity: When we can show our children the many people, animals and places that are in need to help, it can ignite their empathy and desire to help. It can also help to underscore how fortunate they are and help them to see that they have the ability and resources to help others. Through charity, our children can learn to show concern and kindness for others and do something that can help others!

Here's to your success!

