

HowExpert Presents

How To Raise Respectful Children

Your Step By Step Guide To
Raising Respectful Children

**HowExpert with
Jane Rodda**

Copyright HowExpert™
www.HowExpert.com

For more tips related to this topic, visit
HowExpert.com/respectfulchildren.

Recommended Resources

- [HowExpert.com](https://www.howexpert.com) – Quick ‘How To’ Guides on All Topics from A to Z by Everyday Experts.
- [HowExpert.com/free](https://www.howexpert.com/free) – Free HowExpert Email Newsletter.
- [HowExpert.com/books](https://www.howexpert.com/books) – HowExpert Books
- [HowExpert.com/courses](https://www.howexpert.com/courses) – HowExpert Courses
- [HowExpert.com/clothing](https://www.howexpert.com/clothing) – HowExpert Clothing
- [HowExpert.com/membership](https://www.howexpert.com/membership) – HowExpert Membership Site
- [HowExpert.com/affiliates](https://www.howexpert.com/affiliates) – HowExpert Affiliate Program
- [HowExpert.com/writers](https://www.howexpert.com/writers) – Write About Your #1 Passion/Knowledge/Expertise & Become a HowExpert Author.
- [HowExpert.com/resources](https://www.howexpert.com/resources) – Additional HowExpert Recommended Resources
- [YouTube.com/HowExpert](https://www.youtube.com/HowExpert) – Subscribe to HowExpert YouTube.
- [Instagram.com/HowExpert](https://www.instagram.com/HowExpert) – Follow HowExpert on Instagram.
- [Facebook.com/HowExpert](https://www.facebook.com/HowExpert) – Follow HowExpert on Facebook.

From the Publisher

Dear HowExpert reader,

HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

At HowExpert, our mission is to discover, empower, and maximize talents of everyday people to ultimately make a positive impact in the world for all topics from A to Z...one everyday expert at a time!

All of our HowExpert guides are written by everyday people just like you and me who have a passion, knowledge, and expertise for a specific topic.

We take great pride in selecting everyday experts who have a passion, great writing skills, and knowledge about a topic that they love to be able to teach you about the topic you are also passionate about and eager to learn about.

We hope you get a lot of value from our HowExpert guides and it can make a positive impact in your life in some kind of way. All of our readers including you altogether help us continue living our mission of making a positive impact in the world for all spheres of influences from A to Z.

If you enjoyed one of our HowExpert guides, then please take a moment to send us your feedback from wherever you got this book.

Thank you and we wish you all the best in all aspects of life.

Sincerely,

BJ Min
Founder & Publisher of HowExpert

HowExpert.com

PS...If you are also interested in becoming a HowExpert author, then please visit our website at HowExpert.com/writers. Thank you & again, all the best!

COPYRIGHT, LEGAL NOTICE AND DISCLAIMER:

COPYRIGHT © BY HOWEXPERT™ (OWNED BY HOT METHODS). ALL RIGHTS RESERVED WORLDWIDE. NO PART OF THIS PUBLICATION MAY BE REPRODUCED IN ANY FORM OR BY ANY MEANS, INCLUDING SCANNING, PHOTOCOPYING, OR OTHERWISE WITHOUT PRIOR WRITTEN PERMISSION OF THE COPYRIGHT HOLDER.

DISCLAIMER AND TERMS OF USE: PLEASE NOTE THAT MUCH OF THIS PUBLICATION IS BASED ON PERSONAL EXPERIENCE AND ANECDOTAL EVIDENCE. ALTHOUGH THE AUTHOR AND PUBLISHER HAVE MADE EVERY REASONABLE ATTEMPT TO ACHIEVE COMPLETE ACCURACY OF THE CONTENT IN THIS GUIDE, THEY ASSUME NO RESPONSIBILITY FOR ERRORS OR OMISSIONS. ALSO, YOU SHOULD USE THIS INFORMATION AS YOU SEE FIT, AND AT YOUR OWN RISK. YOUR PARTICULAR SITUATION MAY NOT BE EXACTLY SUITED TO THE EXAMPLES ILLUSTRATED HERE; IN FACT, IT'S LIKELY THAT THEY WON'T BE THE SAME, AND YOU SHOULD ADJUST YOUR USE OF THE INFORMATION AND RECOMMENDATIONS ACCORDINGLY.

THE AUTHOR AND PUBLISHER DO NOT WARRANT THE PERFORMANCE, EFFECTIVENESS OR APPLICABILITY OF ANY SITES LISTED OR LINKED TO IN THIS BOOK. ALL LINKS ARE FOR INFORMATION PURPOSES ONLY AND ARE NOT WARRANTED FOR CONTENT, ACCURACY OR ANY OTHER IMPLIED OR EXPLICIT PURPOSE.

ANY TRADEMARKS, SERVICE MARKS, PRODUCT NAMES OR NAMED FEATURES ARE ASSUMED TO BE THE PROPERTY OF THEIR RESPECTIVE OWNERS, AND ARE USED ONLY FOR REFERENCE. THERE IS NO IMPLIED ENDORSEMENT IF WE USE ONE OF THESE TERMS.

NO PART OF THIS BOOK MAY BE REPRODUCED, STORED IN A RETRIEVAL SYSTEM, OR TRANSMITTED BY ANY OTHER MEANS: ELECTRONIC, MECHANICAL, PHOTOCOPYING, RECORDING, OR OTHERWISE, WITHOUT THE PRIOR WRITTEN PERMISSION OF THE AUTHOR.

ANY VIOLATION BY STEALING THIS BOOK OR DOWNLOADING OR SHARING IT ILLEGALLY WILL BE PROSECUTED BY LAWYERS TO THE FULLEST EXTENT. THIS PUBLICATION IS PROTECTED UNDER THE US COPYRIGHT ACT OF 1976 AND ALL OTHER APPLICABLE INTERNATIONAL, FEDERAL, STATE AND LOCAL LAWS AND ALL RIGHTS ARE RESERVED, INCLUDING RESALE RIGHTS: YOU ARE NOT ALLOWED TO GIVE OR SELL THIS GUIDE TO ANYONE ELSE.

THIS PUBLICATION IS DESIGNED TO PROVIDE ACCURATE AND AUTHORITATIVE INFORMATION WITH REGARD TO THE SUBJECT MATTER COVERED. IT IS SOLD WITH THE UNDERSTANDING THAT THE AUTHORS AND PUBLISHERS ARE NOT ENGAGED IN RENDERING LEGAL, FINANCIAL, OR OTHER PROFESSIONAL ADVICE. LAWS AND PRACTICES OFTEN VARY FROM STATE TO STATE AND IF LEGAL OR OTHER EXPERT ASSISTANCE IS REQUIRED, THE SERVICES OF A PROFESSIONAL SHOULD BE SOUGHT. THE AUTHORS AND PUBLISHER SPECIFICALLY DISCLAIM ANY LIABILITY THAT IS INCURRED FROM THE USE OR APPLICATION OF THE CONTENTS OF THIS BOOK.

**COPYRIGHT BY HOWEXPERT™ (OWNED BY HOT METHODS)
ALL RIGHTS RESERVED WORLDWIDE.**

Table of Contents

Recommended Resources	2
From the Publisher	3
Introduction	11
<i>A Brief History of Child Rearing</i>	<i>11</i>
<i>The Concept of Respect in the 21st Century</i>	<i>12</i>
<i>The Importance of Raising a Respectful Child.....</i>	<i>13</i>
<i>Brief Overview of the Book Layout</i>	<i>14</i>
Why It Matters	14
A Case Study.....	15
Step-by-Step Guide	15
<i>What Not to Do.....</i>	<i>15</i>
<i>Concepts to Remember.....</i>	<i>15</i>
Chapter 1: Setting Boundaries	17
<i>Why Boundaries Matter</i>	<i>17</i>
A Case Study in Boundaries	18
Step-By-Step Guide to Setting Boundaries	20

<i>What Not to Do</i>	21
Do Not Laugh at Inappropriate Behavior.....	21
Do Not Undermine Your Spouse	22
Do Not Be Afraid to Be the Bad Guy.....	22
<i>Concepts to Remember</i>	22
Chapter 2: Respect for Elders	23
<i>Why Respecting Elders Matters</i>	23
A Case Study in Respecting Elders	23
Step-By-Step Guide to Teaching Respect for Elders	24
<i>What Not to Do</i>	25
Do Not Make Fun of Older People.....	25
Do Not Complain About Your Parents in Front of Your Child.	25
<i>Concepts to Remember</i>	26
Chapter 3: Respect for Peers	27
<i>Why Respecting Peers Matters</i>	27
A Case Study on Respecting Peers.....	28

Step-By-Step Guide to Teaching Respect for Peers	29
<i>What Not to Do</i>	30
Do Not Gossip.	30
Do Not Make Fun of People.	30
<i>Concepts to Remember</i>	31
Chapter 4: Respect for Nature	32
<i>Why Respecting Nature Matters</i>	32
A Case Study in Respecting Nature	32
Step-By-Step Guide to Teaching Respect for Nature.....	33
<i>What Not to Do</i>	34
Do Not Make Fun of Environmentalists.....	34
Do Not Senselessly Kill Wildlife or Plant Life. ..	34
<i>Concepts to Remember</i>	35
Chapter 5: Respect for Siblings	36
<i>Why Respecting Siblings Matters</i>	36
A Case Study in Respecting Siblings.....	37

Step-By-Step Guide to Teaching Respect for Siblings	38
<i>What Not to Do</i>	39
Do Not Allow Your Children to Yell At Each Other.....	39
Do Not Pit One Child Against the Other.....	39
Do Not Allow Your Children to Gang Up On Each Other.....	39
Do Not Allow Physical Violence.....	40
<i>Concepts to Remember</i>	40
Chapter 6: Respect for Parents.....	41
<i>Why Respecting Parents Matters</i>	41
A Case Study in Respecting Parents	41
Step-By-Step Guide to Teaching Respect for Parents	42
<i>What Not to Do</i>	43
Do Not Allow Your Children to Slam Doors	43
Do Not Allow Your Children to Address You Disrespectfully.	43
<i>Concepts to Remember</i>	43

Chapter 7: Respect for Themselves 45

Why Respecting Themselves Matters..... 45

A Case Study in Respecting Themselves..... 45

Step-By-Step Guide to Teaching Respect for
Themselves 46

What Not to Do..... 47

Do Not Insult Your Children..... 47

Do Not Obsess Over Your Personal Appearance.
..... 47

Do Not Criticize Other People. 48

Concepts to Remember..... 48

Chapter 8: What If It's Not My Child? 49

Why Caregivers Matter 49

A Case Study in Teaching Respect to Other
Children..... 49

Step-By-Step Guide to Teaching Respect to Other
Children..... 51

What Not to Do..... 51

Do Not Be Afraid to Set Boundaries. 51

Do Not Undermine the Parents. 51

<i>Concepts to Remember</i>	52
Conclusion	53
<i>Top Nine Things to Do</i>	53
<i>Top Nine Things Not to Do</i>	53
About the Expert	54
Recommended Resources	55

Introduction

The other day I was sitting in the park watching children play with each other. I was shocked at the alarming amount of disrespect that I saw occurring between the children. I was further alarmed when I saw the disrespect from the children towards their parents. Later that evening as I was flipping through the television channels, I came to the conclusion that there is a serious problem in society today. Bad behavior is exalted, and rudeness is laughed at, while good behavior is often mocked and made to seem weak.

This trend needs to be changed, and the truth of the matter is that this change needs to begin in the home. Children need to be taught good behavior, and parents need to commit themselves to instructing their children. By doing this, parents will not only help their children succeed in life, but also may help change the tide of the culture.

A Brief History of Child Rearing

In the early ages, there was not as much of a focus on the emotional impact of parenting techniques on children as there is now. There was a simple understanding that children who were disciplined grew into responsible and productive adults, while children who were not disciplined, or left to their own devices, grew into fools.

In the late eighteenth century, psychologists began studying the mind of children, and society became more aware of the emotional and spiritual needs of children. While parents were still focused on raising well-behaved children, with respect a top priority, more of an emphasis on was placed on compassion as well.

In the late twentieth century, the mindset of parents largely began to change. Although they wanted to make sure their children were not out of control, there was a major emphasis to “not crush the spirit” of children and to “allow for creative expression.” Although these are healthy concepts, when taken to the extreme they can actually do more harm than good. Children are left without boundaries or guides, and do not learn appropriate behaviors. In the push for creative and expressive children, the idea of respect has largely been lost.

The Concept of Respect in the 21st Century

Unfortunately, the concept of respect in the 21st century is oftentimes seen as out of date, old-fashioned, and in some circles, backwards. Society has placed a large emphasis on pleasure, and seeking to serve yourself before anyone else. Children are being taught to look out for themselves, get what they want and live for the right now. Television shows feature children speaking disrespectfully to adults. In television and movies geared for children, adults are

often portrayed as fools who need to learn a lesson from youth.

Although it is good to encourage children to speak up and assert themselves, they need to also be taught to do so in a respectful manner. If children are going to be allowed to express themselves as adults, they need to also be taught to behave as adults.

The Importance of Raising a Respectful Child

Although my ideas are often seen as old-fashioned and have been frequently mocked, even by people within my extended family, I firmly believe that raising a respectful child is of utmost importance. Children who are raised to respect authority will do better in school, gain confidence and will excel in the workplace.

Having worked as a classroom teacher, I have seen the impact that respectfulness can have on a child's educational performance. Students who were well-behaved in the classroom excelled, while students who behaved poorly struggled. This had nothing to do with intelligence or aptitude, and there was a very simple explanation: As a teacher, I could spend more time addressing academic issues when I was not having to correct behavioral issues.

Children who are taught to be respectful largely have more confidence than those who are allowed to disrespect others. I work hard to teach my children to

be respectful, and in turn I have children who are generally nice and pleasant to be around. They are accepted in a variety of social circles, can carry on conversations with children and adults; and are gladly welcomed by people. When children know that people like and accept them, it gives them confidence.

My hope for my children is that by teaching them to be respectful at an early age, they will excel when they graduate from college and enter the work force. They will respect their bosses, work hard and will in turn be rewarded for their hard work.

Brief Overview of the Book Layout

This book has been divided into chapters that each focus on a different area of respect children need to be taught. Each chapter has been divided into different sections. The sections are as follows:

Why It Matters

This section will focus on why particular issue is important, and why parents would be well-served to pay attention to the idea that children should be respectful.

A Case Study

This section contains real case studies related to this idea. Sometimes it can be helpful to hear others have been in a similar situation, and how those ideas played-out in real life.

Step-by-Step Guide

This section is a step-by-step guide to effectively teaching the concept. Short and precise, it will show you how to put the ideas presented here into effect.

What Not to Do

Included in this section a list of very common mistakes you should avoid doing. I have done every single one of these mistakes, but I have been able to learn from those mistakes. Hopefully you can learn from my mistakes too! If you do make one of these mistakes, don't panic. Just try to avoid it the next time.

Concepts to Remember

This section will list a few key concepts from the rest of the book that will be helpful to remember.

Raising respectful children is not easy. It takes a lot of hard work, dedication and patience. You will meet resistance at first, but if you stay consistent and keep your focus on the task at hand, you will be pleased with the results. Having a pleasant, respectful and courteous child is well worth the time and effort.

Chapter 1: Setting Boundaries

Why Boundaries Matter

Setting boundaries is of vital importance in the effort of raising respectful children. Children need to know who is in charge, and what the limits are. Children will test those limits to see if the boundaries are firm, but once they realize that the boundaries aren't changing, they will fall in line.

Too often, parents make the mistake of trying to be their child's best friend. Although it is important for families to have fun together, and for children to trust their parents and enjoy being around them, **parents should not aim to be their child's best friend.** Parents need to be willing to be firm and strong, and willing to make decisions their children do not like. If a parent is too afraid to tell a child "no" or discipline a child out of fear they will not be friends anymore, the child is actually done a disservice because of this lack of discipline.

A child without boundaries is left to try and figure out how to behave, including what is acceptable and unacceptable. This is not fair to the child. Children need to know what to do, what to expect and where the boundaries are.

A Case Study in Boundaries

When Lisa was twenty-three years old, she found out she was pregnant as the result of a one-night stand. She did not love the father of her child, and knew that she did not want to marry him, so she broke off the relationship with him and made the decision to be a single mother. She had the support of her parents and other extended family, and she knew that the road ahead of her was a difficult one, but that she could do it.

Lisa gave birth to her daughter Veronica, surrounded by her close family. She loved her daughter immediately, and quickly focused on how much fun she would have with the little girl. Lisa still lived at home with her parents, and she and Veronica went home and got settled into Lisa's bedroom.

Lisa was happy to have the support of her parents, and relieved to not have to worry about trying to pay rent and other living expenses for her own apartment, but she soon started seeing some of the problems that came with living at home with a child of her own. Lisa's parents were helpful, but a lot of times Lisa felt as if her mother was trying to take over. Lisa admits that at times she did let her mom take over, and she welcomed the break. But as Veronica got older, the situation became more confusing. If Lisa tried to discipline Veronica, Lisa's mom would get upset because as a grandmother she didn't want to see her grandchild disciplined. Veronica, being a very smart child, started to catch on to the dynamic and would run to her grandmother to avoid being punished.

Lisa eventually met and married a man named Paul. Paul agreed to raise Veronica as his own child, but for the first few years there was a lot of confusion and tension in the family. Lisa did not want Paul to be an authority figure in Veronica's life, and she would prevent him from disciplining her. It got to the point where if Paul said no, Lisa would say yes.

These situations were clearly represented in Veronica's behavior. She was a very defiant child, and the word "no" meant nothing to her. She would scream to get what she wanted, had no qualms about destroying things; and would frequently run and hide from her parents in public places. She was very disrespectful with all adults, including her grandparents and teachers. Most people did not enjoy having Veronica around, and Lisa and Paul found their social lives diminishing because they were not invited places, largely due to Veronica's behavior.

Lisa and Paul realized that this situation needed to change. They worked out the issues in their marriage that was causing a lot of the tension, and they committed to setting firm and reasonable boundaries for Veronica. They set down rules and consequences, and agreed to support each other. They did not let Veronica divide them.

Although it has taken a few years, there is an amazing difference in Veronica's behavior now. She has responded very well to the boundaries, and knows what is expected of her. She is much more pleasant to be around now, and the whole family is a lot happier. Paul and Lisa even have a social life now.

Step-By-Step Guide to Setting Boundaries

1. Remember that your child needs a parent, not a friend.
2. Talk with your spouse, and make sure that you are both on the same page about raising your child. If you are not, your children will see this and exploit it. Even if you are divorced, it is important that the rules are consistent between both parents. If you are a single mother, you need to make sure that any other adults in the life of your child support the boundaries you have placed.
3. Make firm rules you want your child to follow. For example, in my house the rule is that the television is not turned on until the house is clean. My kids know this and if they want to watch television, they clean the house first.
4. Make consequences for breaking the rules, and make sure the consequences are going to be effective for your child. For example, my oldest son is obsessed with baseball. He knows that if he breaks a rule, he will lose his baseball cards for an amount of time. My daughter, however, knows that her punishment will be a time out, because time out is more effective with her.
5. Sit down with your child and clearly explain the rules and the consequences.
6. Be prepared to give a reason for the rules that you have set down. This will help your child understand why you set the rules in place, and may make them more apt to abide by those rules.

7. Be consistent. Your children WILL test you. They will check to see if you mean what you say. If you do not follow through, you are just making things more difficult for yourself.
8. Be consistent. I know I said this in step 7, but it is extremely important, so I'm repeating it here!

What Not to Do

Do Not Laugh at Inappropriate Behavior

If you laugh at inappropriate behavior you will only encourage your child to continue in the behavior. This is a lesson that I learned the hard way. When my middle son was three he was sitting at the table eating dinner. He wanted dessert, but he had not yet finished the food on his plate. I told him he needed to finish his broccoli before he could have dessert. He said he didn't want to, and I told him that he would not have dessert until the broccoli was off his plate. Three seconds later he said, "There! Dessert time." I turned around and he had thrown the broccoli on the floor. It caught me by surprise and so I laughed. After I laughed I tried to discipline him, but for a week afterwards, every dinner resulted in something being thrown on the floor by one of our children, and them laughing and expecting me to laugh too.

Do Not Undermine Your Spouse

Make sure that you and your spouse are on the same team.

Do Not Be Afraid to Be the Bad Guy

There are going to be times when you must tell your child “no,” and your child will not like this. He or she will get mad, and even think you are mean. However, you need to be willing to put your foot down and do what is best for your child. After all, you know why your child should not sit up all night watching television, but he or she only thinks you are out to ruin the fun. Memorize the idea that “they’ll get glad as quickly as they get mad” and let it go.

Concepts to Remember

- Be consistent.
- Make the rules clear.
- Make the consequences clear.
- Don’t try to be your child’s best friend.

Chapter 2: Respect for Elders

Why Respecting Elders Matters

Children need to be taught to respect their elders. Although this applies to parents as well, I will address parents specifically in another chapter. When I say elders, I am referring to grandparents, aunts and uncles, teachers, religious leaders and other important adults that your child may encounter.

The main reason it is important for children to respect their elders is that children have yet to realize that they don't know everything, and that the majority of older people have a lot of wisdom to hand down. Of course, there are some exceptions to this, but even if you don't want your child to learn from a particular adult, they should still treat him or her with respect.

Showing respect to elders helps your children learn to be courteous and kind, and will make them the type of child that elders want to have around.

A Case Study in Respecting Elders

Lynn and Frank committed to raising their son Tyler to be respectful from a very young age. They taught him to give up his seat for older people, to speak when spoken to, and call people Mr. and Mrs. or Miss.

As Tyler got older he was very comfortable around adults. He knew how to treat his elders with respect,

and in turn he received a lot of attention from older people, who often engaged him in conversation. He learned a lot from the different people in his life, and through his relationships was given the opportunity to experience things that his peers were not. At seventeen years old, he was asked to be the project manager for a large event. The coordinator of the event had a good relationship with Tyler, and from watching his interaction with people of all ages knew he could rely on Tyler to accomplish the task.

Tyler is now in his thirties, and he is a very talented and accomplished young man, with a beautiful family. He is teaching his own children to respect their elders, and he can see the impact the older generation had in his own life.

Step-By-Step Guide to Teaching Respect for Elders

1. Teach your child to respect older adults from the start. You cannot expect them to adhere to a standard they are not taught.
2. Have your children begin to call adults Mr., Mrs., Ms. or Miss. They should not use an adult's first name unless the adult indicates that this is his or her preference.
3. Have your children practice giving up their seat for older people. This will allow them to feel more comfortable with the idea.
4. Have your child practice opening doors for older people.

5. Take your child to visit older people in a senior living facility, and give them the opportunity to build relationships with seniors. The seniors will love having your children visit, and your children will gain a lot from the experience.
6. Study history with your child and talk to them about the situations older people had to endure. If they can understand more about what older generations went through, they will develop more respect for them.

What Not to Do

Do Not Make Fun of Older People.

If your child sees you making fun of an older person they will think that it is okay to do the same. For example, if you are driving down the road and an older driver is in front of you, do not make fun of them, even if you're frustrated. This may seem like a silly thing to you, but trust me. Your child will pick up on your attitude and emulate it.

Do Not Complain About Your Parents in Front of Your Child.

Although at times you will get frustrated and perhaps even annoyed by your own parents, do not complain about them in front of your child. Go to your parents and work it out, or if you need to talk to someone make sure to do it when your child is not around. Do

not give your children any reason to feel justified in disrespecting their grandparents.

Concepts to Remember

- Older people have much to offer your children.
- Teach your child to properly address their elders.
- Children should give up their seats for elderly people.
- Set the example for your child that older people should be respected, not mocked or complained about.

Chapter 3: Respect for Peers

Why Respecting Peers Matters

Teaching your children to respect their peers may be the most difficult task you will encounter, largely because our society is one in which teasing, joking and fighting are both expected and accepted. Just because something is accepted, however, doesn't mean that it is right.

Teaching your child to be respectful of his or her peers can have a profound effect on not only your child's life, but also the lives of his friends. Encouraging your child to put others first, not gossip, and not get involved in petty disagreements will help him to have more positive relationships with people, and can also help him to have a positive impact on others.

I think that almost everyone will agree that there is too much fighting, too much gossip, and too much hate in the world today. The only way to try and change this technique is to teach your children now to respect their peers. We cannot allow children to be rude and disrespectful to each other when they are young and then expect them to stop those tendencies when they are older.

It will not be easy, and it may take time to see results, but teaching your child to respect his peers is one of the most important things that you can do.

A Case Study on Respecting Peers

Thomas was, for lack of a better word, rude. He was a very intelligent and funny child, but he used those talents to be rude to people, and to make fun of his peers. He would watch his classmates interact, find their weaknesses, and then tease them mercilessly. Although his jokes were often considered funny and laughed at by many, he was generally regarded as the class clown, but a mean one at that.

Unfortunately, Thomas had parents who shared their son's cruel sense of humor. They would laugh when he would tell them some of the things he had said or done during the day, and Thomas received a lot of praise from them for his actions. Thomas never had an adult tell him that his jokes actually weren't funny, and his behavior just plain mean. Until he met Kristina.

Kristina was a youth worker assigned to work with Thomas and his friends. She liked Thomas and recognized his potential, but she was very sad he was choosing to use his gifts to hurt people. One day she over-heard Thomas tell a cruel joke about another student. Everyone else laughed, but Kristina didn't. Thomas asked her why she didn't laugh, and Kristina said told him that she didn't think it was funny, but very mean. Thomas was offended at first, and started making fun of Kristina, but she didn't say anything back.

After a few months of working with Thomas, Kristina could talk with him more about his sense of humor. She asked him why he felt the need to constantly

make fun of people. He didn't say much at the time, but over the next few weeks Kristina noticed him trying to change. Thomas started using his sense of humor in more creative ways, not at the expense of others, and realized that he received even more attention that way. He found that he was making more friends, and that he was happier when he wasn't putting others down.

Thomas is now a sophomore in college, and is studying to be a youth worker. He is actively involved in organizations that reach out to people who are outcast by society, and he is very aware of the sufferings of others. A few months ago, Thomas heard one of his friends making fun of someone, and he didn't laugh. When his friend asked him why he didn't laugh, Thomas said, "Because I didn't think it was funny. I actually think it was mean."

Step-By-Step Guide to Teaching Respect for Peers

1. Teach your children not to engage in gossip. If you hear it happening, put a stop to it immediately.
2. Do not allow your children to make fun of other children. This is a natural tendency for children, and it is up to you to step in and stop it.
3. Teach your child to share. This helps them realize that they need to reach out to other people, and helps develop a giving spirit within your child.

4. Encourage your child to branch out and make friends with other children. This will help them step outside their social circle and learn to appreciate diversity.
5. Teach your children to think about what others may need. Children may not naturally know what to do for others, but you can help them learn to start thinking in this way.

What Not to Do

Do Not Gossip.

Not gossiping is one of the toughest things for adults to do. I know that I've found myself in situations where gossip taking place, and if I don't want to be a part of it I have to intentionally remove myself from the situation. When I overhear children gossiping I say, "If they're not here, don't talk about them," but I can't truthfully say I always apply this in my own life. However, I'm working on it, because I know that if my children hear me gossiping about my friends and disrespecting my peers, they will feel they have the green light to do the same.

Do Not Make Fun of People.

This goes along with the gossiping section. If your children see you making fun of people, they will think that it is okay for them to make fun of people as well.

It is not. It is not okay to have fun at another's expense, no matter your age.

Do not look down on your child's friends.

The reality of life is that we do not get along with everyone. There are so many different ideas and personalities in the world, and it is impossible for everyone to see eye to eye. There are also some personalities that just clash. It is very likely that one or more of your child's friends will have a personality that just gets on your nerves. It is very important that you do not look down on this child or treat the child differently. Again, your child will pick up on it.

Concepts to Remember

- Children need to be taught to respect their peers.
- Teach your child to avoid gossip.
- Help your children to understand that even if it is just in fun, it is not appropriate to make jokes at the expense of other people

Chapter 4: Respect for Nature

Why Respecting Nature Matters

Although you may find it odd to include the idea of respecting nature in a book about raising respectful children, it is not as far removed as it may seem. Teaching your child to respect nature teaches them two things. It teaches them to look outside of themselves, and it teaches them there are consequences to their actions. Another reason it's important to teach children to respect nature is that children need to learn to respect something that cannot fight back.

A Case Study in Respecting Nature

For this case study, I am going to use my own family. I have four children, three boys and one girl. My husband is a very “outdoorsy” person, and he grew up hiking and camping. He loves being outdoors, and has always desired to teach our children to love the outdoors as much as he does.

A couple of years ago, I was noticing something with my older sons that started to bother me. Whenever we would go outside, they would find all the bugs they could and kill them just to cut off their heads. Ants, spiders, beetles, whatever bug they could find, they'd kill. Now, I know that this may not seem like a big deal to some because, really, who wants spiders, ants and beetles around? What bothered me most was the

idea that my boys were killing things just for the sake of killing them. I didn't think that they were going to grow up to be serial killers or anything, but it reflected a coldness and cruelty that I didn't want my boys to have.

I talked with my husband about it, and although he wasn't as alarmed as I was over killing ants, he decided to start helping my boys see the beauty and awesomeness of nature. He started teaching them about different animals and insects, trees and landforms. He made it a point to explore nature more with the boys, and took whatever opportunities he could find to teach them.

I must say I have noticed a difference in the boys. It's not that every ant is safe now, but there is less brutal killing for killing's sake, and there is more respect for nature. In fact, the other day we were walking along a path and it took twice as long as I thought it would because we found a bunch of caterpillars in the middle of the road, and they wanted to move each one into the bushes so they wouldn't get stepped on.

Step-By-Step Guide to Teaching Respect for Nature

1. Teach your children to not litter. A simple trip to the trash can have a large impact.
2. As a family, learn about recycling and caring for the planet.
3. Study different plants and animals with your child. Help your children learn more about

nature, in turn helping them develop more respect for it.

4. Take time to be outdoors with your family, and point out the beauty that you find.
5. Let your children stop and explore different aspects of nature. Sometimes we can be in a rush and want to hurry home, but taking time can be beneficial.

What Not to Do

Do Not Make Fun of Environmentalists.

If you want to raise children with a respect for nature, you can't make fun of environmentalists who do what they do out of a deep love and respect for nature. In addition, if your child is developing a passion for nature and hears you making fun of those who have a passion for nature, you will most likely discourage your child.

Do Not Senselessly Kill Wildlife or Plant Life.

If your child sees you killing wildlife for the pure sake of killing, they will not develop respect for nature. Likewise, if they see you ripping apart plants or flowers without reason, they will want to do the same. It's that simple.

Concepts to Remember

- Teaching your child to respect helpless creatures will help him or her in life.
- Teach your child to respect our planet and care for our planet.

Chapter 5: Respect for Siblings

Why Respecting Siblings Matters

Far too often I hear people say, “Well, they’re brother and sister. Of course, they fight.” Whenever I hear this, I get a little bit angry. Why is it a foregone conclusion that siblings must fight? I understand that when you live in the same house with someone you are going to have disagreements, get on each other’s nerves, and all that goes along with being a family, but why does that mean you have to have huge fights? Or, rather, why does it mean that siblings should be allowed to disrespect each other and hurt each other just because they are siblings?

Parents need to teach children to respect their siblings. This is important not only to help promote peace within the family and prevent the house from becoming utter chaos, but also to help the children learn humility and service. If a child can learn to be respectful to someone who lives under the same roof, who they see all the time, and who quite possibly knows exactly what to do to get under their skin, that child will be able to respect anyone.

Let me also address the issue of brothers and sisters as well. I know that this idea might seem old-fashioned, but I don’t care. Most of my ideas seem old-fashioned. When it comes to brothers and sisters, I firmly believe that the brother needs to be taught it is his responsibility to protect his sister. He needs to look out for her and defend her. He should never be allowed to hit her, and he needs to understand that his role in her life is to be someone who she can rely

on to watch out for her, even if she can watch out for herself.

I am a very strong-willed woman, and I always have been, but my older brother was always my protector. He always had my back, and I knew that if I ever needed him he would be there to defend my honor. This is one area that I am very adamant about with my own children. My sons will protect their sister. It's not a choice.

A Case Study in Respecting Siblings

Tim and Tina are a brother and sister who are five years apart in age. From the time Tina was born, Tim knew his job was to help take care of her. He would get the diapers for his mom, help pick up toys and help feed Tina.

As Tina got older, she and Tim would play and have fun together. One day though, Tina destroyed a block tower Tim had made. He got angry, and he pushed Tina down and yelled at her. Their mom came in to the playroom to help settle the argument, and had a very stern talk with Tim. She told him that he was not allowed to push his sister or hurt her in any way, and they were not allowed to fight and yell like that.

Tim and Tina continued to have disagreements as they grew up, but they learned to handle their disagreements in a respectful manner. This attitude extended to other areas of their lives, and Tim and

Tina are now both very successful adults with large circles of friends.

Step-By-Step Guide to Teaching Respect for Siblings

1. Teach your children to discuss their differences in a respectful manner. Although it is very natural and common to disagree, those disagreements need to be handled appropriately.
2. Teach brothers that it is their responsibility to protect their sister.
3. Make it clear that disrespecting each other will not be tolerated within the family.
4. Have regular family meetings to make sure everyone is on the same page. This gives everyone an opportunity to speak their mind, and can help prevent children from becoming overwhelmed.
5. Encourage siblings to spend time together. Spending time together will help them create bonds and learn to get along better.
6. Have siblings support each other by attending ballet recitals, sporting events and performances. This encourages affection between siblings as they become actively involved in each other's lives.

What Not to Do

Do Not Allow Your Children to Yell At Each Other.

Too often children can get away with behaving one way inside the home and yet are expected to behave another way outside the home. Children need to be taught that yelling at another person is not respectful, even if that person is a sibling.

Do Not Pit One Child Against the Other.

It can be very tempting to try and bring other siblings into the mix when you are dealing with a child, or to compare children to their siblings. Do not do this. It can cause resentment.

Do Not Allow Your Children to Gang Up On Each Other.

If you have more than two children, there are going to be times when they form little groups and someone bends up left out. When this happens, take the time to talk with your children about how it makes the other feel, and encourage them to find a way to be accepting of everyone.

Do Not Allow Physical Violence.

Children should not be allowed to use physical violence as a way of expressing anger. Period. Not in the home and not out of the home.

Concepts to Remember

1. Siblings need to be taught to respect each other.
2. Siblings need to learn to resolve differences in a respectful manner.
3. Brothers need to be taught it is their responsibility to protect their sisters.
4. Children should not be allowed to treat their family members any differently than they are expected to treat non-family members.

Chapter 6: Respect for Parents

Why Respecting Parents Matters

Becoming a parent is incredible, but with it comes enormous responsibility. When a child comes into your life, you have eighteen years to teach her, guide her, and help mold her into a caring, responsible, respectful person. This is not a task to be taken lightly, and this task cannot be done if she does not respect you.

Children need to learn to respect their parents, because their parents are the main authority figures in their lives. Children will not always agree with their parents, and will not always like their parents, but they must learn to always treat their parents with respect.

A Case Study in Respecting Parents

Nancy was raised in a home where she was allowed to disrespect her parents. She could yell and swear at them, slam her door when she was angry and had very few rules enforced. Nancy basically did whatever she wanted, and her parents could not stop her.

Nancy is now twenty years old and facing the consequences of never learning to respect authority. She has very few friends, and has lost several jobs because of her bad attitude and poor work ethic. She is a very unhappy person, but she doesn't know what

to do to make things better. She has tried to ask for help and guidance, but whenever someone tells her something she does not want to hear, she gets angry and stops speaking to them.

The future looks very bleak for Nancy, unless she somehow learns to start respecting other people. If she had learned this as a child, she would most likely be in a very different situation now.

Step-By-Step Guide to Teaching Respect for Parents

1. Let your children know that respecting you is a requirement and not a choice. Some things are open to negotiation. This is not one of them.
2. Be firm and consistent. It cannot be said enough – consistency is key.
3. Allow your children to express frustration, but require them to do so in a respectful manner. Children need to know that they are able to speak up if they feel they are being treated unfairly, but need to do so appropriately.
4. Be firm and consistent. If you take only one concept out of this entire book, this is the one to remember.

What Not to Do

Do Not Allow Your Children to Slam Doors.

There will be times when your children get angry with you. They will want to storm off and slam their door just to let you know how angry they are. Although it is healthy to express anger, there is nothing respectful about slamming doors. Teach your child better ways to express anger, such as discussion, or even writing things down in a journal, but do not tolerate door slamming.

Do Not Allow Your Children to Address You Disrespectfully.

I know it may seem like an unending battle, but you must require your children speak to you in an appropriate manner. Do not let them roll their eyes or talk back to you rudely. Believe me, I know how difficult this can be. I find myself saying, “watch your tone,” a lot. It’s not fun, but I know that I am responsible for teaching my children how to interact with authority.

Concepts to Remember

- It cannot be a choice for children to respect their parents – it must be a requirement.

- Leave room for discussion, but make sure the discussion is done in an appropriate manner.
- Do not allow door slamming.
- **Be firm and consistent.**

Chapter 7: Respect for Themselves

Why Respecting Themselves Matters

My daughter is only four years old, and she is already starting to be self-conscious. The other day we were going to go outside and she said, “Wait. I have to comb my hair first.” Although it made me just a bit sad that she felt that way, I also accept the reality that we live in a society in which people judge and criticize each other constantly. Unfortunately, children are often their own worst critics.

It is important that children learn to love, accept, and respect themselves. They need to realize they are valuable, and they have a lot to offer the world. When a child has a sense of self-respect, he is able to see beyond himself and reach out to others. Children who respect themselves are more apt to not hurt themselves, strive to excel and resist temptation to do things that would cause them harm.

A Case Study in Respecting Themselves

Annette and Glen have three daughters. One is a newlywed, one is in her sophomore year in college, and one is a senior in high school. All three of the girls are talented, intelligent, and strikingly beautiful. But the most incredible aspect about all three of them is that they have a strong sense of self. They do not

succumb to peer pressure, are not defined by their appearance, and are not arrogant or condescending. They are confident young women and feel they can accomplish whatever they put their minds to. I have worked with youth for over twenty years, and these three young ladies are some of the most refreshing and pleasant young people I have ever encountered.

Annette and Glen deserve a lot of credit for how remarkable their children have turned out. When their children were very young, both Annette and Glen committed to raising their daughters to respect themselves. As the girls were growing up, Glen was intentional about telling them how valuable they were and how much he cherished them. Annette listened closely to her daughters, and when she heard them criticizing themselves she talked with them and helped them through the difficult times.

Glenn and Annette were actively involved in the lives of their daughters, and it shows. This is the type of self-esteem that parents need to build in children, not the type that is at the expense of others.

Step-By-Step Guide to Teaching Respect for Themselves

1. Emphasize character. Make sure your children realize that being compassionate, respectful and honest is far more important than being beautiful, athletic or even smart.
2. Help your children realize how valuable they are. Let them know that they are a vital part of

your family, and that they have an impact on those around them.

3. Listen to your children. When your children start doubting themselves, be there to encourage them and build them up.
4. Praise your children. When they do things well, let them know it.

What Not to Do

Do Not Insult Your Children.

Your children are going to annoy you at times. That is a fact. But whatever you do, do not insult them. Whatever you say to your child will stick with them, often for years to come.

Do Not Obsess Over Your Personal Appearance.

It is important to be healthy and live a healthy lifestyle, but it is another thing to obsess over your appearance. If your child sees you criticizing yourself and obsessing over your looks, she will think that she needs to do the same.

Do Not Criticize Other People.

Do not set the tone for your children that it is okay to look down on other people. It's not ever okay to do this, but it is especially harmful when about physical appearance or athletic ability. If your child hears you criticizing someone for not being athletic, and he feels he is not athletic, he will apply that criticism to himself. And that will do a lot of harm.

Concepts to Remember

- Your children need to realize they are valuable people, and you need to help them realize it.
- Do not ever insult your child.
- Make sure you are respecting yourself. Your children learn from you.

Chapter 8: What If It's Not My Child?

Why Caregivers Matter

I decided to add in this chapter because I have spent a lot of time working with other people's children. I have worked as a nanny, a teacher, a youth worker, a childcare director, a mentor, a coach and a social worker. No matter the role I had with children and youth, I have been adamant about teaching them to be respectful.

Caregivers are important in the life of the child because when it all comes down to it, the caregiver is there when the parents cannot be. Caregivers also have a huge responsibility in impacting the child's life, and must not take this responsibility lightly.

A Case Study in Teaching Respect to Other Children

I am going to use another example from my personal life for this case study. I have been working as a youth worker for over twenty years, and in this time, I have encountered a wide range of behaviors and attitudes. Although all the youth have impacted me in one way or another, some have had a more profound effect than others. One such youth is a young man that I'll call James.

James was an outgoing, fun-loving kid who was always the life of every event. He had a magnetic personality, and we always knew that whenever James showed up it was going to be a fun time.

Sadly, James also had a very bad temper. At one event I was leading, James got a bit out of control with his fun time, and I had to try and correct him. When I corrected him, he became very angry. He spoke to me disrespectfully, glared at me and stormed out of the building.

I knew that at that moment I had to do something. I was aware James had a very difficult relationship with his mother and no relationship with his father, and that disrespecting authority was something he did frequently when he was angry. I went outside after James and told him we needed to talk. He said he didn't want to, but I told him that it wasn't a choice. He was a bit surprised by my forcefulness, but he listened to me. I told him that he was never again to treat me so disrespectfully. I told him he could disagree, and we could talk things out, but that he was not allowed to talk to me in that manner, roll his eyes or walk out on me.

James agreed to abide by my rules, we talked things out and we still have a great relationship to this day. In fact, James comes to me whenever he needs advice because he knows I will tell him the things he needs to hear, even if he doesn't want to hear them.

Step-By-Step Guide to Teaching Respect to Other Children

Realize that your role is to give the child leadership and guidance. Don't waste the opportunity you have been given.

Discuss with the parents the specific goals they have for their child, and do whatever you can to support those goals. Parents need to know you are working with them and not against them.

Understand that you can have a profound effect on the child. Do not dismiss your role because you are merely a babysitter or youth worker. You can have great impact on children that way.

What Not to Do

Do Not Be Afraid to Set Boundaries.

It is important you set boundaries with the children. They need to know you are in charge, and that you realize the importance of your position.

Do Not Undermine the Parents.

Realize that your role is to work alongside the parents and support them. If you have a concern about something the parents are doing, discuss it directly

with the parents, when the children cannot hear you.
Do not talk badly about the parents to the children.

Concepts to Remember

- Caregivers have an important responsibility in shaping the lives of the children.
- Caregivers must support the parents.
- Caregivers need to set boundaries.

Conclusion

Top Nine Things to Do

- Be consistent.
- Model good behavior.
- Expect good behavior.
- Set firm boundaries.
- Have honest communication with your children.
- Encourage relationships with other adults.
- Embrace diversity.
- Learn about other cultures.
- Encourage your children to look beyond themselves.

Top Nine Things Not to Do

- Do not give up.
- Do not try to be your child's best friend.
- Do not be afraid to be the "bad guy."
- Do not insult your children.
- Do not be afraid to ask for help.
- Do not undermine your spouse.
- Do not be afraid of being viewed as old-fashioned.
- Do not accept bad behavior as something you have to allow.
- Do not be inconsistent.

About the Expert

Jane Rodda is a freelance writer living in Nashville, Tennessee. She holds a Bachelors of Arts degree from Point Loma Nazarene University, with a concentration in psychology. A busy mom to four children, Jane has experience in raising respectful children. She works with her children daily, and often receives compliments on their behavior when out in public.

Having worked with children and youth for over twenty years, Jane has witnessed a wide range of parenting techniques and has seen an equally wide range of behaviors in children. Jane is committed to raising her children to be respectful, and desires to help others to do the same.

Jane has worked with children from a variety of cultural and socioeconomic backgrounds. She has interacted with children in the inner-city areas of Los Angeles, the suburbs of Nashville, the mountains near Lake Tahoe and the seaside in Ukraine. In all her travels and study, she has effectively used her techniques for teaching children to be respectful and obedient, no matter the culture or location.

Jane firmly believes that although society is continually changing, there are some standards of behavior that should never change, and that respect is a core value that every culture must have.

HowExpert publishes quick 'how to' guides on unique topics by everyday experts. Visit www.howexpert.com to learn more.

Recommended Resources

- [HowExpert.com](https://www.howexpert.com) – Quick ‘How To’ Guides on All Topics from A to Z by Everyday Experts.
- [HowExpert.com/free](https://www.howexpert.com/free) – Free HowExpert Email Newsletter.
- [HowExpert.com/books](https://www.howexpert.com/books) – HowExpert Books
- [HowExpert.com/courses](https://www.howexpert.com/courses) – HowExpert Courses
- [HowExpert.com/clothing](https://www.howexpert.com/clothing) – HowExpert Clothing
- [HowExpert.com/membership](https://www.howexpert.com/membership) – HowExpert Membership Site
- [HowExpert.com/affiliates](https://www.howexpert.com/affiliates) – HowExpert Affiliate Program
- [HowExpert.com/writers](https://www.howexpert.com/writers) – Write About Your #1 Passion/Knowledge/Expertise & Become a HowExpert Author.
- [HowExpert.com/resources](https://www.howexpert.com/resources) – Additional HowExpert Recommended Resources
- [YouTube.com/HowExpert](https://www.youtube.com/HowExpert) – Subscribe to HowExpert YouTube.
- [Instagram.com/HowExpert](https://www.instagram.com/HowExpert) – Follow HowExpert on Instagram.
- [Facebook.com/HowExpert](https://www.facebook.com/HowExpert) – Follow HowExpert on Facebook.