

WEEK 3 Choosing Respect



Dear Parent/Guardian,

For Your Heart

Respect is at the heart of Manners of the Heart. One of our goals is to help you raise respectful children who become responsible, respectable adults. This week, your child is learning that:

- Showing respect, especially in the face of disrespect, is always the right thing to do.
- Giving respect to everyone, whether they feel respected in return or not.
- Giving respect helps you to gain respect.

For the Heart of Your Child

Using gardening as a model, we believe there are five stages to producing the fruit of respect in your child's life:

1. **Preparing the soil** – Work towards having the same qualities in your own heart that you want to grow in your child's heart. The more you develop mature fruit in your own life, the easier it will be to develop it in your child.
2. **Planting the seeds** – The seeds of honesty, patience, respectfulness, kindness, and gentleness are just a few of the good seeds to cultivate. Gently guide your child to exhibit these qualities by taking each opportunity to teach them. For example, when your child makes a mistake, forgive and teach; when they lie, discuss the need for honesty; when they hurt others, teach about gentleness.
3. **Protecting the growth** – Spend your time making your child feel secure and loved as a member of your family. If your child feels protected, they will have the strength to fight off "pests" and negative influences that can cause disrespect to sprout.
4. **Pruning the branches and pulling the weeds** – Eliminate negative influences as much as possible (such as disrespectful entertainment), and when your child does make mistakes, use repetition to help them remember. For example, if your child forgets to take their plate to the sink after dinner, have him/her practice taking the plate to the sink ten times.
5. **Patiently waiting** – The most difficult stage of gardening involves checking for daily trouble spots and addressing them immediately. By the end of this school year, your child can produce a bounty of respectful fruit when his/her heart is tended by a thoughtful gardener.

From our hearts to yours,



PS Don't forget to ask about this week's Heart Attributes, GOODNESS and RESPECT!

GOODNESS—Being kind, compassionate, and forgiving

RESPECT—Treating others with dignity

