

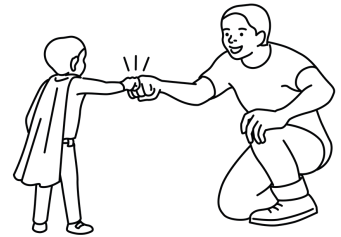
YOUR TALKING GUIDE FOR TEACHING YOUR CHILD ABOUT **RESPECT**:

"Stop being disrespectful!"

Often we think our children just **KNOW** exactly what we expect from them. But they might not. Unless we **TALK** about it.

Respect is about showing we **care about**:

- ◆ the feelings and needs of **PEOPLE**
- ◆ the rules and order of **PLACES**
- ◆ the protection and importance of **THINGS**



We can replace the word "**respect**" with the words "**care about**":

"I want you to **respect** my feelings." → "I want you to **care about** my feelings."

Discuss **who and what** each family member **RESPECTS**:



Let's talk about people and things we care about. I respect our grandma—she courageously stood up for her beliefs. Who or what do **YOU** respect?

Discuss what feeling **RESPECTED** means for each family member:



What does feeling respected mean for each one of us? I feel respected when someone talks to me in a calm manner.

Brainstorm examples of how to **SHOW RESPECT** to others:

- ◆ Understand another person's point of view
- ◆ Use kind words and tones of voice
- ◆ Honor rules to stay safe
- ◆ Use care with items

Emotional Intelligence Kit

Ages 5-11

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!"
- Katharine B.



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