

# BRIDGE ROAD SCHOOL

## FOCUS OF THE WEEK

### Manners

*The role good manners play in your children's future*

**What Manners Do** At the heart of good manners is a respect for oneself and others. Good manners convey a sense of respect for the sensibilities of other people. When you say "thank you", you're taking the time to make the other person feel appreciated. Saying "please" respects a person's right not to do what you've asked (it's not so demanding with a "please attached). Good manners also show that a child listens to their parents and does what they are taught.

**The Big Picture** It's not just your child's future that is affected by their manners; Good manners set a standard of behaviour against which other behaviour can be measured, which helps keep order and civility in society. So it would seem that teaching children good manners has significant implications. It's worth noting, too, that good manners modelled in the home can go a long way toward teaching them. In other words, rather than nagging about manners, just do them - then your kids learn that manners are 'just the way it's done'.

**Model Good Behaviour** At home, first, and most importantly, model good behaviour for your children. This may sound like common sense, but never overlook how much children emulate the behaviour they see from their parents and their peers. Start with the essentials.

**Please and Thank You** Say "please" and "thank you" throughout the day. Say it to the children. Say it to your spouse or to the people you encounter during your day. Make sure your children hear you use these words several times all through-out the day. Encourage them to use the words too. Remind them when needed. If your child says, "Get me..." or "I'll take..." and expects you to jump up and get something, remind your child to ask properly, using words like, "may I please have..." instead. Everyone feels good when they are thanked, even for the smallest things.

**Be Patient** It may take a while; these changes don't happen overnight particularly if they are new to a family's routine. But gentle (repeated) correcting and asking children to restate their requests will reap worthwhile results. You may need to put forth months of sustained effort to make a change, but once you hear your family speaking kindly to one another out of habit, it can really change the family dynamics for the better.

**Teach Gratitude** There's more to teaching manners than just words. When children express their appreciation for things that are done for them or given to them, they feel better about themselves; they begin to see themselves as recipients rather than "takers". As they recognise that other people are going out of their way for them, they also develop a sense of empathy. Without such expressions of gratitude, children become self-centred and take for granted all that they have. People who use "please" and "thank you" regularly come across as gracious and thoughtful, both admirable qualities



**Good Morning**



**Please and Thank you**