

## COMMUNICATING RESPECTFULLY

Respectful communication is the heart and soul of behaviour growth, development, management and leadership.

So, I wonder what this word RESPECT means.

Respect is relating to others the way you want to be related to - with attention, kind-heartedness and thoughtfulness. When you are respectful, you are mindful, courteous and patient.

Respect values differences - the different ways we learn, the different ways we relate and interact with each other, our different personalities, temperaments, capabilities and competencies. Different gender, cultures, faith and language are a symbol of diversity and distinction, not division and dissension.

Respect recognizes that a person has as much right to the way they think and feel as you do. Respect does not embarrass, disgrace or hurt. When you are respectful, you esteem and honour. You hold others in high regard, valuing them for whom and what they are.

Respect is being considerate of others' principles, beliefs and values. It is valuing rather than denigrating others for what or who they are.

When you respect others you refrain from criticizing, discriminating, blaming and shaming. You do not deny, intimidate or discount. You acknowledge rights and responsibilities.

Respect does not punish someone for not being perfect. Respect involves acceptance and appreciation and embraces compassion and care.

Adults gain the respect of children and show their respect for children by how they behave with and around them. Adults 'walk the talk' of respect when they ...

- Attack problems, not people
- Focus on exploring everyone's interests, NOT positions
- See conflicting interests as a shared challenge
- Seek to understand before being understood
- Search for mutual gain
- Strive for solutions that everyone can commit to
- Heal hurt feelings

- Build relationships based on trust and trustworthiness
- Keep the doors of communication open

Respectful adults do not leave children alone to make sense of the world through television, movies, video games, the internet, and their peers. They respect children enough to provide them with consistent support as they travel their journey of life. They ensure that children are not overstimulated with too much media or electronic activity by scheduling cycles of quiet time and quiet play.

Adults who are respectful of children refrain from overwhelming them with worry, anxiety, fear or anger.

There is nothing adults ever have to say to children that need to be said in a rude way. Respectful adults use language, words and a tone of voice that would be acceptable to them if they were speaking with their friends or their friends were speaking with them.

AVOID	SAY	REMINDER
No colouring on the walls	Colour on the paper	Look at what you are colouring on the paper.
Don't run	Walk; Use walking feet; Stay beside me	I like how you are walking; Thank you for walking
Get down off that furniture	Keep your feet on the floor	You have both feet on the floor.
Stop whining	Talk so that I can understand you; Use a calm voice	Now I can hear you - that is so much easier.
Stop playing with your food	Food goes on the spoon and then in your mouth; Say 'all done' when you have finished eating.	Great, you are using your spoon. What lovely manners. You said 'all done' when you finished eating.
Don't spit	Spit goes in the toilet/tissue/grass.	I liked the way you asked Tim to move away.
Don't hit	Hands down; Hands are for playing, eating and hugging	You are asking to play. Super effort.
Don't stand on the chair	Sit on the chair	I like the way you are sitting on the chair. Thank you

Adults who are respectful communicators avoid heated arguments between adults that children can hear or observe. They speak with a non-provoking tone of voice;

quietly, slowly, and calmly. They listen with their ears, eyes and heart to move below the surface meaning to the feelings and issues that really matter.

Children learn respect from how adults treat them and how we treat each other. How we relate with children and with one another is what we teach them.