

COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

Word of the Month: Respect



Car Conversations

Whether in the car, at the dinner table or store line, here are conversation ideas to build this quality in your child.

- Discuss how each family member can show respect to each other. Look for ways to honor each other & treat each other with dignity.
- Play a board game or video game as a family and discuss how to show respect through competition. Note that showing respect to others does not diminish your respect for yourself or your own team.
- Consider Proverbs 13:13
13 "He who scorns instruction will pay for it, but he who respects a command is rewarded."

Discuss with your child what this means in his/her life, and also what it means in your own life.



Respect means *to hold in esteem or honor. Treating others with honor and dignity.* Simply put, it means everyone counts.

As we reflect on the importance of respect, we see that it evolves in importance in our lives. Young children who learn to respect boundaries, rules and personal space at home and school grow up to feel more secure in the world and their place in it. As older children embrace self-respect and respecting the trust given to them by peers or adults, they navigate their world with greater ease. As children feel respected by adults and peers around them, they learn to give this same respect to themselves as well as to others.

As parents, remembering to speak to our children with respect is of great importance. Respectful communication can be achieved using the 5 Cs: Clear, Calm, Concise, Consistent & Christ.



- Bono said "To be one, to be united is a great thing. But to respect the right to be different is maybe even greater." Discuss how this applies in your family, at school, clubs, and the world in general.
- Ask your child about examples of respect that he/she saw at school today. Ask about examples of disrespect and brainstorm about what would need to change to show respect in each situation.

COUNSELOR CONNECTION

Reach out to your school, the LCS main office at (407) 644-4692 or lcsfl.com to connect to your school's counselor for additional support and resources on this or other topics.

MISS A MONTH?

Did you miss one of the newsletters?

Find them all here: [Newsletters](#)



Lutheran
Counseling
Services

(407) 644-4692 or lcsfl.com

Clear: Communicating a clear message in language that is understandable to the child at a time the child can receive it.

Calm: Take a deep centering breath or say a quick prayer for peace to help maintain calm when speaking with your child

Concise: Focus in on the main take-away message for your child and leave out the rest. Consider a short catch phrase that prioritizes the message (Ex: Right away the right way, We always try our best)

Consistent: Make sure that your messages are consistent and repeated when needed. When children know and understand the rules & expectations, a quick redirection is likely all that is needed to help them get back on track.

Christ: Consider how your words can further Christ's Kingdom and show love.

As parents work to communicate in respectful ways with their child, the child also learns to communicate respectfully back to the parent. Receiving respect also translates to the child feeling worthy and builds self-esteem. Respect of others and of self is a core component of mental health.

