



Dear Parents,

DO YOUR KIDS RESPECT YOU? 9 WAYS TO CHANGE THEIR ATTITUDE: By *Janet Lehman, MSW*

We often forget that children aren't born with a built-in sense of respect for others. While each child has a different personality, all children need to be taught to be respectful. From birth, kids learn to manipulate their world to get their needs met—this is natural. But it's our job as parents to teach them respectful ways of doing this. *It's important to remember that your child is not your friend—he's your child. Your job is to teach him to be able to function in the world. This means teaching him to behave respectfully to others, not just you!* Many parents have a hard time looking at their kids in a realistic light. In some ways, our own parents were less defensive and more open to the fact that their kids were not "perfect." I can't overstate how important it is to be willing to look at your children realistically, noting both their strengths and their areas of weakness. This allows you to see inappropriate behaviour as it happens and address it—and not make excuses or ignore it.

So how can you change the culture in your own house if disrespectful behaviour is starting—or is already a way of life? Here are 9 things you can do as a parent today to start getting respect back from your kids.

1. Remember, your child is not your friend. It's not about your child liking you or even thanking you for what you do. It's important to remember that your child is not your friend—he's your child. Your job is to coach him to be able to function in the world. This means teaching him to behave respectfully to others, not just you. When you think your child might be crossing the line, a good rule of thumb is to ask yourself, "Would I let the neighbour say these things to me? Would I let a stranger?" If the answer is no, don't let your child do it, either. Some day when your child becomes an adult, your relationship may become more of a friendship, but for now, it's your job to be his parent: his teacher, coach and limit setter—not the buddy who lets him get away with things.

2. Catch disrespect early and plan ahead if you can. It's good to catch disrespectful behaviour early if possible. If your child is rude or disrespectful, don't turn a blind eye. Intervene and say, "We don't talk to each other that way in this family." Giving consequences when your kids are younger is going to pay off in the long run. It's really important as a parent if you see your child being disrespectful to admit it and then try to nip it in the bud. Also, if your child is about to enter the teen years (or another potentially difficult phase) think about the future.

3. Get in alignment with your partner. It's so important for you and your partner to be on the same page when it comes to your child's behaviour. Make sure one of you isn't allowing the disrespectful behaviour while the other is trying to intercede. Sit down together and talk about what your bottom lines are, and then come up with a plan of action—and a list of consequences you might give—if your child breaks the rules.

4. Teach your child basic social interaction skills. It may sound old fashioned, but it's very important to teach your child basic manners like saying "please" and "thank you." When your child deals with her teachers in school or gets her first job and has these skills to fall back on, it will really go a long way. Understand that using manners—just a simple "excuse me" or "thank you"—is also a form of empathy. It teaches your kids to respect others and acknowledge their impact on other people. When you think about it, disrespectful behaviour is the opposite, negative side of being empathetic and having good manners.

5. Be respectful when you correct your child. When your child is being disrespectful, you as a parent need to correct them in a respectful manner. Yelling and getting upset and having your own attitude in response to theirs is not helpful and often only escalates behaviour. The truth is, if you allow their disrespectful behaviour to affect you, it's difficult to be an effective teacher in that moment. You can pull your child aside and give them a clear message, for example. You don't need to shout at them or embarrass them. One of our friends was excellent at this particular parenting skill. He would pull his kids aside, say something quietly (I usually had no idea what it was), and it usually changed their behaviour immediately. Use these incidents as teachable moments by pulling your kids aside calmly, making your expectations firm and clear, and following through with consequences if necessary.

6. Try to set realistic expectations for your kids around their behaviour. This may actually mean that you need to lower your expectations. Don't plan a huge road trip with your kids, for example, if they don't like to ride in the car. If your child has trouble in large groups and you plan an event for 30 people, you're likely to set everyone up for disappointment and probably an argument!

If you are setting realistic expectations and you still think there might be some acting-out behaviours that crop up, set limits beforehand. For example, if you're going to go out to dinner, be clear with your kids about what you expect of them. This will not only help the behaviour, but in some ways will help them feel safer. They will understand what is expected of them and will know what the consequences will be if they don't meet those expectations. If they meet your goals, certainly give them credit, but also if they don't, follow through on whatever consequences you've set up for them.

7. Clarify the limits when things are calm. When you're in a situation where your child is disrespectful, that's not the ideal time to do a lot of talking about limits or consequences. At a later time you can talk with your child about his behaviour and what your expectations are.

8. Talk about what happened afterward. If your child is disrespectful or rude, talk about what happened (later, when things are calm) and how it could have been dealt with differently. That's a chance for you, as a parent, to listen to your child and hear what was going on with her when that behaviour happened. Try to stay objective. You can say, "Pretend a video camera recorded the whole thing. What would I see?" This is also a perfect time to have your child describe what she could have done differently.

9. Don't take it personally. One of the biggest mistakes parents can make is to take their child's behaviour personally. The truth is, you should never fall into that trap because the teenager next door is doing the same thing to *his* parents, and your cousin's daughter is doing the same thing to *her* parents. Your role is to just deal with your child's behaviour as objectively as possible. When parents don't have effective ways to deal with these kinds of things, they may feel out of control and get scared—and often overreact or under react to the situation. When they overreact, they become too rigid, and when they under react, they ignore the behaviour or tell themselves it's "just a phase." Either way, it won't help your child learn to manage his thoughts or emotions more effectively, and be more respectful.

Understand that if you haven't been able to intervene early with your kids, you can start at any time. Even if your child is constantly exhibiting disrespectful behaviour, you can begin stepping in and setting those clear limits. And kids really *do* want limits, even if they protest loudly—and they will. The message that they get when you step in and set limits is that they're cared about, they're loved and that you really want them to be successful and able to function well in the world. Our kids won't thank us now, but that's okay—it's not about getting them to thank us, it's about doing the right thing.

EXTRA COST EXTRA MURALS

After running the full programme for a week, we have a few alterations. A hard copy of the amended programme has been sent home with your son today.

There is a supervised waiting class daily until **14:00**, this is to accommodate boys who start an extra cost session at 14:00. Any child not collected from their extra cost activity will be escorted to Aftercare by their relevant coach. No Junior Prep child will be left unsupervised.

GRADE 2 CRICKET MATCHES

Grade 2 cricket matches will be on **Friday 16** and **23 March**. Details will be sent closer to the time. Every Grade 2 boy is involved. Please diarise these dates.

DIEPSLOOT COMBINED SCHOOL (DCS) – COMMUNITY PARTNERSHIP

Parents are reminded to please return their forms, should they wish to contribute, support or assist in this worthy cause.

Tuesday, 06 February is our first prep and planning session for 2018. Should you wish to assist, please meet behind the boat any time from 7:30. The first lesson takes place next **Tuesday, 13 February** from 8:30 to 10:30.

COFFEE MORNING – 15 February

Professor Lara Ragpot will be presenting a Coffee Morning on **Thursday, 15 February** at 7:30, venue Girls JP Hall. The topic is the impact of screen time on our children. Please diarise this date.

CAR PARK

The covered parking bays are for St Peter's staff members from 7:00 to 14:00 daily. Please refrain from parking in these bays during drop off.

GOLDEN MOMENT

Talking about respect in prayers, one little boy told us that he thought smacking a teacher would be very disrespectful. I had to agree!

Have a lovely weekend.

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS 2018

Monday 05 February
12:00 Grade 2 Choir practise during break
Tuesday 06 February
7:30 DCS prep session
Wednesday 07 February
8:00 Chapel (birthdays 05-11 February)
13:00-13:30 Grade 2 Choir
Thursday 08 February
Friday 09 February

ISEMATHOLENI INTERN PROGRAMME

The Isematholeni Intern Professional Development Programme has grown considerably since inception in 2015. We now have 20 interns on the programme. A few of them have expressed a wish to try and make a bit of extra pocket money during weekends, public holidays, mid-term breaks or school holidays, by offering to house or baby sit. Please contact June Tromp (082 573 1030) should you require further information OR to make a booking.

June Tromp (Head Mentor)

ST PETER'S SECOND HAND SHOP

We have taken a decision to run a charity based second hand shop for St Peter's parents. In the past the second hand goods have been sold out of the school shop, but have received little focus, and have become difficult to manage as the size of the school has grown. As a result we have decided to run a specific store for second hand goods. As with many other schools, we will be taking in second hand clothing from parents who are leaving the school, or whose children have outgrown their uniforms. These will be repaired as needed, laundered and made available for resale to parents, at a discounted price vs new stock. Any money made from the sale of these items, after the costs of running the shop are covered, will be donated to the Foundation to assist bursary children with sundry school expenses. The shop will be situated behind the current school shop, and will be open on Wednesdays, to coincide with the day that the regular shop is open.

Please bear with us while we get it all up and running - hopefully in the next few weeks.

VOLUNTEERS NEEDED: please let us know if you are interested in assisting with this endeavour - either with setting it up, or running and managing it for the school. Please contact Carol Sithole for more information:

carol.sithole1977@gmail.com.

PA NEWS – LADIES LUNCH


ST PETER'S PREP SCHOOLS

Ladies' Lunch

Tickets for the most anticipated event of the year, the **2018 Ladies' Lunch**, go on sale on **Friday, 9 February 2018 at 10:00**.

Tickets will only be sold online, so make a date with your computer and make sure that you have the following information on hand:

- A **link** to the booking page will be distributed beforehand via the class WhatsApp Groups and the Communicator St Peter's
- For **full tables** seating 10 ladies:
 - Table name (this will be the surname of the head girl doing the booking!)
 - Name and surname of all the ladies joining your table
 - Current email address of all the ladies joining your table
- For **smaller bookings**:
 - Name and surname of all of the ladies you are booking for
 - Current email address of all the ladies you are booking for

We have increased the number of tables available this year to hopefully accommodate everyone, but please note that due to demand, **only St Peter's Prep Schools mums** (and of course our beloved teachers and staff!) will be given tickets for this event.

If you have any **questions**, email ladieslunch@stpeters.co.za