

NEWSLETTER

re:co
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parenting with
RESPECT

FEBRUARY
2023

Respect is only a shared experience. You cannot have respect in a relationship without it being reciprocal in some manner, yet too often we focus on “demanding” respect — but respect must be earned from both sides. This month, focus on how you can have open and honest conversations about respect in order to come to a shared understanding of what your entire family needs to feel healthy respect. As it relates to our parent/child relationship, it is important to remember that our objective is that they have to respect us and our rules, and their objective might be that we have to respect them as a human.

Outside of your home, other adults and peers will have their own understanding of respect. This month, you can intentionally notice when conflict arises out of a different understanding of respect between two people.

Questions for parents to consider:

- How did I grow up learning and showing respect?
- How is that different with my own child?
- How do I show respect to my child and expect it from them?

Questions to ask your child:

- What should respect look like for both of us?
- Who is another person you respect and why?

Listen to the Parent Podcast:

<https://soundcloud.com/user-491235046-888594144/episode-026-parenting-with-respect>

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RESPECT:

Showing others they are important by what you say and do

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Week One:

If we're honest, we know there are different kinds of people — people we like, people we don't like, and people we live with. It's just the truth. And this month, no one will tell you that you need to like, pretend to like, or get along with everyone. That's unrealistic. However, respect is something different, and requires some consideration to do it right. Maybe you have to navigate cultural differences, age and generational differences, or even political differences with people around you every day. How can you do all of that while showing respect?

ANTI-BULLYING FOCUS

Week Two:

There's an age-old debate about respect: is it earned, or freely given? Some say that in order to respect someone, that person must earn your respect: through their actions, their treatment of you, their abilities in a certain field, or another way. Others say that you should respect everyone, no matter what, simply because they are a person just like you. This week, we'll look at both sides and see how we can apply respect to those in our lives.

Week Three:

Social media brings in a whole new dimension when we talk about respect. How do you respect yourself and others online, and how can you show respect for others when they aren't around?

MENTAL HEALTH FOCUS

Week Four:

Respect looks different across generations — what your grandparents consider respectful may have very little meaning to you, and vice versa. This week, we will challenge ourselves to think about what respect looks like with different generations, including teachers, bosses, coaches, and others.

COLLEGE & CAREER READINESS