



# District I Parenting News

## Extension Nutrition Program

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### Tips For Parents:

- ⇒ Be role models for the manners you wish to see in your children.
- ⇒ Recognize children's efforts no matter how small or awkward.
- ⇒ Work on one thing at a time.
- ⇒ Discuss what didn't work when poor manners are seen or heard and brainstorm possible alternatives.
- ⇒ Be tolerant of your children's lapses, but do not overlook them.
- ⇒ When it's obvious that your child has forgotten a certain social ritual, give a prompt.



## Teaching Manners

How often have you heard "Today's child is much less respectful than children a generation ago!" Children are not born with manners. Parental and caregiver role modeling helps teach children to be caring and kind. Manners and respect are inseparable. Children begin developing respect for others by first developing it for their parents and caregiver. In other words, parents and caregivers have the power to nurture, guide, show and instill good manners. They can teach kindness, responsibility and gentleness.

Following are tips to help you teach good manners to your children:

- ◆ Work on one thing at a time. Focus on one manner at a time such as blowing your nose. Once that is learned teach another. Break the steps down and allow for repetition.
- ◆ Accept age-appropriate behavior. All young children spill their milk, splatter their ketchup and leave an array of crumbs around their chairs. It takes time to acquire the motor skills required to be tidy and clean.
- ◆ Be tolerant of your children's lapses, but do not overlook them. Children will make mistakes. The more patient you are the more progress they will ultimately make. Talk about it later. Tell them what you expect and be sure to model the behavior you'd like to see.
- ◆ Praise your children for their successes. Give immediate positive feedback when your child displays good manners at home or in public.
- ◆ Set a good example. Children must see you set a good example when it comes to manners. When adults interact with children they need to model the golden rule.

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# Parent-Child Activity Ideas

## Infants:

*Take time when talking with an infant to pause and wait for their response. You may receive a smile, an outstretched hand, or a grasp. Acknowledge their response with words and continue your conversation.*



## Pre-Schoolers:

*Turn lessons into games. Have a child or a small group help you prepare a snack to serve. Let each person have a role. Model the how-to's and what to say for each activity. "Would you like some juice?" "Yes, please," "No, thank you." Repeat this activity for several days letting different children have different responsibilities.*



## Toddlers:

*Play Whisper Tube games to teach voice modulation. Give children an empty toilet paper roll tightly wrapped in shiny paper or foil. Leave the ends open. Let children decorate tube with stickers. Set a rule that you can only speak softly (whisper) through the tube. Create a variety of games to help children use their voices in different ways. For example, sing a familiar song with a normal voice, without the tube. Sing the same song again, however this time sing softly through the tube. Talk about the difference in volume (loud, soft, screeching, etc.).*



## Six-Eight-year-olds

*Make a manners chart. List the manners you have taught the children and create a column for each day of the week after their name. Place a sticker or star for each good manner shown each day from the moment children arrive to the time they leave. At the end of the week celebrate all the good manners used with a special snack prepared and served by the children.*

