



Take advantage of this unique opportunity to learn more about Mutual Respect and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit [ww.ACFCcares.com](http://ww.ACFCcares.com) and click on the Active Parenting link for more information and to register for the next available class.



**Fitting the Pieces of Your Life Together!**

## Mutual Respect (Use it or lose it)

Have you ever caught yourself yelling at or nagging your children? (haven't we all!) At the end of a long day when we're tired and stressed, it's easy to speak to our children in a manner we wouldn't necessarily use with a friend, relative or spouse. It's important, however, to treat our children with respect to teach them how to treat us, and others, respectfully, even when we are tired or angry. When we treat our children with respect, then we are on firm ground when we expect them to treat us the same.

Speaking in a calm, controlled voice and "getting down to their level" are ways to show respect when disciplining your child. Avoid criticizing, nagging, yelling, name-calling or humiliating your children. Listen when they talk and take time during the day just for fun. You'll be surprised at how setting aside even a few minutes a day for play will strengthen your relationship with your kids.

And don't be afraid to apologize if you slip up (as we all do). You can simply say:

*"I'm sorry I yelled at you. That wasn't very respectful. Let me try again more calmly to tell you why I was angry."*

Admitting that you make mistakes frees your children to come to you when they make mistakes or have problems they need your help with, without fear of criticism or intimidation.

We'll talk more about problem-solving skills next month!



One way to get the message through to your kids about treating others with respect is to use discipline to correct misbehavior. Here are some examples using "the method of choice."

*"Either talk to me without yelling or go to your room."*

*"Either share the remote without fighting or there'll be no TV at all."*

*"I want the two of you to stop right now. We don't talk to each other that way in our family."*