

Etiquette:

Conduct required by society to be observed in social settings.

Dear Parents,

This month our school will focus on a few of the basic manners needed to ensure a smoother sail through life. As you know, our conduct changes in various social

settings, which may be confusing to kids, such as behaving differently with our family than with our coworkers. However, we all use basic manners and etiquette in all settings including martial arts classes.

A child's work really is play because the lessons they learn through playing are essential. When children attend school, parties and extra-curricular activities, they are learning how to navigate their way through the various mazes of social conduct. Proof: they already know they can yell, "KIAI!" in martial arts class, but not in math class!

What can parents and caregivers do to help their children develop good manners?

Increase etiquette expectations. No one expects your child to say, "It's a pleasure to meet you," to a new kid on the playground, but when your child meets your coworker, depending on your child's age, it would be nice. Expect your child to apologize and say please and thank you, and be sure to role model these traits yourself.

Use encouraging words. When deserved, use encouraging words to recognize hard work or effort. Try to avoid making discouraging remarks about coworkers or friends around your children.

Take turns. If you have two or more children, they automatically learn to take turns. Some ways are even and odd days or assign a "leader" for the week. If you have one child, take advantage of game playing or when there are friends over, instill the art of taking turns.

Show empathy. When your child is hurting or angry, show compassion and understanding. Praise your child when he or she shows empathy, like when you have a headache and ask your child to play quietly. Later, tell your child how that helped you get better and how much you appreciated his or her kind behavior.

This month our weekly lessons will cover:

Week One:

Etiquette means behaving yourself a little better than is absolutely essential.

Will Cuppy

Week Two:

The way to develop the best that is in a man is by appreciation and encouragement.

Charles Schwab

Week Three:

Taking turns is the first step in learning to get along with our friends.

Unknown

Week Four:

Treat everyone with politeness, even those who are rude to you - not because they are nice, but because you are.

Unknown