

# Good Manners

*Showing correct social skills such as consideration, tact, respect or courtesy.*

## Dear Parents,

Using good manners will be our school's focus this month. Most of you taught your children to say please and thank you by the time they were three. Although, they

still need to be reminded occasionally, most of them have it down fairly well. As children get older, parents, teachers and other adults begin to introduce other manners that will help them as they move forward in society.

Many people only think of the physical side when they think of martial arts, but as you know, we are so much more. Hopefully, we are reinforcing the manners you have worked so diligently to teach your children.

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

**Praise good manners.** When your child uses good manners, without prompting, tell him or her how pleased you are. Explain how it is important for you to use good manners at work and when you are in different social settings so that everyone gets along.

**Enjoy being with your child.** The next time you are away from home with your child where another child is throwing a temper tantrum, tell your child you like being with him or her. Ask if your child would like to be around the upset child. Explain that as you get older, having good manners is important so others will want to be with you at work and when you have fun.

**Say what you mean.** If you say, "Yes," to something, but your body language means no, then say, "No," to your child so he or she won't be confused. Even if they understand some body language now, they won't be able to later come back and say, "Well, you said, 'Yes.'"

**Reflect on people you both know.** When you are commenting about someone they know, ask them what they like about the person. Usually there are comments about how nice they are. Explain that is why manners and being polite are important; that is what people really remember about you.

## This month our weekly lessons will cover:

### Week One:

*"Anyone can be polite to a king. It takes a gentleman to be polite to a beggar."*

*Unknown*

### Week Two:

*"I seek constantly to improve my manners and graces, for they are the sugar to which all are attracted."*

*Og Mandino*

### Week Three:

*"Good manners have much to do with the emotions. To make them ring true, one must feel them, not merely exhibit them."*

*Amy Vanderbilt*

### Week Four:

*"A man's manners are a mirror in which he shows his portrait."*

*Johann Wolfgang von Goethe*

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