



## Use Good Manners

**M**anners are social niceties that are based on empathy and help us live comfortably with others. Courtesy and good manners are important to the smooth functioning of our society. Children who are taught to be courteous and to use good manners are considerate of others, increase the pleasantness of everyday life, and reduce its conflicts, thus reducing the pollution of incivility around them. All cultures have “rules” that are transmitted by adults to children through modeling, and social rules have a purpose: they ensure our inclusion in the group, a natural desire of humans.

If children are to learn to be “emotionally intelligent”, they must avoid being rude or offensive. Being considerate of others requires wanting to treat others well, and exercising the self-discipline to do it. Above all, good manners require self-awareness and empathy – the ability to understand how your behavior affects others (and their feelings).

### Ways to practice this habit together:

- **Model good manners for children.** When you limit using cell phones in quiet public places; choose to say "hello" and “goodbye” to people you meet; and say “please” and “thank you” when talking with our child you are showing good manners.
- **Set limits on the number of times food is eaten in the car, instead of at a table at home or a restaurant, each week.** Children can only learn table manners by practicing them with silverware, plates, napkins and cups... at a table! Praise good manners when your child uses them, Your attention to her manners will encourage her to continue to use them, with you and without your being near!



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