

## Honor: Letting someone know you see how valuable they really are

### PARENTING WITH HONOR:

Honor is really critical in our role as parents. During the preteen and teenage years, we get to shape our children's beliefs about themselves and others in a very important developmental time. This is something we shouldn't miss.

But here's something else we shouldn't miss - the truth about our influence over our own children is that we are only ONE part of how they will be shaped. The real trick for us, as parents, is to be sure we are the MOST influential in shaping our child while still valuing the impact of others. So how do we balance the two?

#### **Honor the time we have with them.**

Our kid's days are filled with school, practice, homework, and any number of other distractions. Finding time to honor them can be tough – so we have to honor the time we do have. Look for natural times in the day when you are together and use those to have conversations about things that matter. Maybe not every day, but many days you might have these specific times available with your kids:

- Morning time: When they wake up in the morning, are preparing for the day and setting their mind on what is to come
- Drive time: When you are headed to all of the activities and commitments you have before or after school
- Meal time: On the occasions that you are together for a meal, turn off distractions and have enjoy time together
- Bed time: When the day is winding down and your kids are headed to bed, use the time to reflect on the day

For some suggestions for what to do in these moments, check out the backside of this sheet.

#### **Honor their teachers (and other adult influencers).**

Your kids are shaped by many adults in their lives – coaches, directors, faith leaders, the parents of peers, and most importantly, teachers – and we as parents play a role in how successful those adults are.

Every teacher who has ever stepped foot in a classroom has had some level of training on how to be a teacher. Yes. Some will have much more experience than others. And certainly some teachers are more passionate than others. But for the most part, we could probably say most teachers have more training on teaching than WE do.

A great way to honor their teachers or coaches or others is to see, and talk about, what is good about them (rather than complaining about them). What is something you are really thankful for with this person? Or perhaps it is something you hear your child say about that teacher? It is always good for our kids to hear us saying positive things about the other adults in their lives. A simple, "I really like how Mr. Karnes always updates me on how you are doing. He is such a good teacher."

Along with seeing the good in other adults, it might also be a good reminder that sometimes, when they respond in a way that we may not find suitable, remembering that this single snapshot may not be the best of them either. You know how sometimes you have an "off" day and then snap unnecessarily at someone? Or how something is just bothering you and then you say something way more negative than you really mean? Teachers have hard days, too. So instead of complaining or thinking negative things about that teacher, perhaps pause for forgiveness and grace.

Seeing the best in their teachers means pausing to get beyond the initial reaction or judgment of them and even honoring what we may not know or understand. That lesson that seems out-of-touch? It might have been mandated by the school or state. That worksheet that seems like a time-waster? Maybe that was assigned in class to give the teacher time to spend with kids individually. Holding back our negativity and allowing that there may be circumstances that we don't know or that our child didn't accurately represent allows for honor to creep in when annoyance wants to.

Honoring the adults who influence our kids allows our children to see themselves (their strengths and weaknesses) more clearly and sets them up for a healthier adulthood with realistic expectations about themselves and others.

### CONVERSATIONS ABOUT HONOR:

#### *For parent reflection:*

- Do your kids see you valuing people, or devaluing people? What examples can you think of when you have shown value or devalued someone?
- Why do you find it hard to honor other adults who hold influence in your child's life sometimes? What might you be afraid or ashamed of that is causing that reaction to that adult?

#### *For discussion with your child:*

##### **In the car conversations:**

- Share one specific way that you are proud of your child. Then say, "I want to honor that part of you. By sharing how proud I am about that and how much you matter to me, I hope you feel honored by that today."

- Who do you really value in your life?
- What ways do you feel valued by me?

##### **In the morning conversations:**

- How can you honor someone today?
- What would it mean to honor someone (or value someone) today?
- How do you honor or not honor those who do things for you (bus driver, custodian, restaurant wait staff)?

##### **Over dinner conversations:**

- How do we value one another in our family? When do we miss the mark?
- If you could say one thing about someone who matters a lot to you, what would you say? Who would that be?
- How do I show you that you matter to me?

##### **In the evening conversations:**

- Where did you feel important today? What made you feel that way?
- Was there a moment today where you might have made someone feel less valuable than they are? How might you make that right?

### FOR MORE INFORMATION:

#### *For parents to read:*

[https://www.huffpost.com/entry/9-things-every-teacher-wishes-parents-knew\\_b\\_5b6da428e4b002bcfeab61ce](https://www.huffpost.com/entry/9-things-every-teacher-wishes-parents-knew_b_5b6da428e4b002bcfeab61ce)

#### *For families to watch together:*

*Remember the Titans* (2000)

[https://www.ted.com/talks/celeste\\_headlee\\_10\\_ways\\_to\\_have\\_a\\_better\\_conversation](https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation)