

Adults can say sorry too!

Someone reflected to me how weird it is that if we accidentally knock into someone in the supermarket, we say sorry to them but when we accidentally knock into our own child we react in a different way. Why is it that we are nice to complete strangers but often abuse our own family?

This leads into the fact that many parents often get hooked into making their children say they are sorry for something they have done that is wrong. So therefore why don't we behave in the same way we expect our children to? Do you turn around and say you are sorry to your child if you have over reacted and said something you wish you hadn't, or behaved in an unacceptable way towards your child? These instances are an invitation to acknowledge your mistake and to say sorry. It is not a weakness for a big person to say they are sorry. In fact by doing so, you are modelling the way you want your children to behave. You are also creating an understanding and communicating with your child that we all get things wrong sometimes and that putting it right again is the most important thing.

So, the next time you 'lose it' and yell at your child then think – 'I wish I hadn't done that', go and apologise to them, explain to them that you shouldn't have done what you did, you are sorry and perhaps ask if you could do something to help them feel better. This is modelling what you want your child to do in a similar situation. They will then develop social skills necessary for fostering relationships.

This parenting advice was brought to you by Brenda Holdaway from the Nelson Kindergarten Association and SKIP. If you would like more information please contact Brenda on 546-7683.