

# Respect

Let's talk about respect in the community, specifically, how important it is for children to show respect... to their elders, parents, themselves, and to country. This is a big part of Aboriginal and Torres Strait Islander cultural identity and wellbeing. This is what Uncle Eric says about respect.

"As long as we don't miss that most important principle and that's the principle of being respectful. If we can keep that in everything that we do, life's gonna be alright. Respect for yourself first! You gotta do that first. Respect for others and then the land."

As parents and caregivers, it's up to us to teach our children how to show respect. So, how can we do that?

Well, first of all, we need to be good role models ourselves. If we talk nicely and show respect to others, our children will watch and learn from us.

It's also important to spend time with our gundoos and give them attention when they need it. This helps them feel loved and builds their self-esteem.

Cherbourg parents have talked about how they were taught respect and how they teach respect to their children, because we are all family.

When we show our children respect, they learn to respect others too. We can do this by giving them some age-appropriate responsibilities at home and praising them when they do a good job.

Encouraging them to get involved in cultural events and teaching them about their heritage is also a great way to build pride and respect.

Talking with our children every day is another important way to show them respect. We should take the time to yarn with them about family values and our own stories. Listening and asking questions shows that we value their opinions and ideas.

"I'm not talking about financial investment but investment of time, investment of love, investment of care. We gotta start doing those things."

Remember, when we take care of ourselves and our connections to culture, country, and spirituality, we thrive as parents and caregivers.

So, how can you show your child respect today?

It can be something as simple as saying "please" and "thank you" or taking the time to really listen to what they have to say.

Small actions can make a big difference.