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Even sons without a perfect example to follow can grow up to be great men

the value of honoring what you have," he says. "Repair something instead of throwing it out. Instead of griping about your school, volunteer to make it better." Jack also suggests that you insist upon your son's staying with an activity, even if he finds it hard and frustrating at first. "Stick with something difficult. It could be snowboarding or piano," he says. "What is difficult often has a learning curve to it."

and stick with your son, no matter how W-putting he can be. Thompson likes to remind moms that all 4-year-old boys are Maurice Sendak's *Where the Wild Things Are*. "Boys want to go off on an imaginative, angry journey," says Thompson, "but they come back to be with someone who loves them most of all."

Lessons in Self-Respect

Read this and change your daughter's life

If some boys must learn not to be overbearing, many girls need to know how to stand up for themselves and take their place in the world. Self-respect, says Courtney Macavinta, co-author of *Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed*, "means making choices that are right for you." And the choices confronting girls range from picking out the best college or career to deciding whether to have premarital sex.

But if your daughter is to learn how to make that kind of evaluation, Macavinta says, she must believe she is valuable enough to do what is best for her and not what her friends or boyfriend want her to do. Parents can be the best (or worst) role models in teaching a girl to respect herself. If you take care of yourself, say no when asked to do something that is not good for you and believe you deserve to be valued and heard, the odds are that your daughter will, too.

The simple act of listening is also key to instilling self-respect in your daughter. "Most girls say they feel respected when people listen to them," says Macavinta. "So when your daughter is opening up, be sure to tune in and give her your full attention." Let her know that you think she is smart and can make good decisions. And instead of telling her what you think she should do, ask questions that can help her come to her own decisions.

Beyond that, Macavinta cites four things girls need to learn in order to respect themselves:

TRUST GUT INSTINCT. A girl who respects herself is able to listen to herself instead of being swayed by outside pressure.

SPEAK UP. Tell others if they have crossed a line of acceptable behavior and make sure they know it cannot happen again.

TAKE ACTION. This can mean getting a group of students together to change a school policy or it can mean simply asking for help — a sign of strength rather than weakness.

RESPECT OTHERS. Says Macavinta, "You get what you give when it comes to respect, so showing it to family, friends and others is key."

