

FACT SHEET

How Men Show Respect

1. I look up to you. I look up to someone more successful in life. Respect is different amongst peers. For example: I respect my friend because he's better at the drums than I am. Or my friend keeps it real and is always honest. You look up to them in one way or another. You typically don't respect someone who is less than you. That doesn't mean you disrespect them.
2. Deference: seek their advice and expertise. For instance, if my boss offers to take me out to lunch, I'm going to say we can go wherever you want to go! Likewise, I was weighing the cost of hiring a contractor to build a garage for me, and my boss said, "Hey man it's easy, I really think you could do it yourself and save a ton of money." I respected him so much that I rose to his challenge, and I built that garage and he was wrong. It was not easy. But it was more rewarding because I did it myself.

How Women Feel Respected

1. Women desire to be heard. Let her finish her whole story without being interrupted. Let her share her problem without you trying to fix it.
2. Women desire to be understood. This could be difficult but she at least wants you to try.
3. Women want to be obeyed.
4. Women would like you to be considerate, to be nice, and to be kind.

Do It For The Kids

When one parent says mean, hurtful things about the other parent in front of their kids, the children carry the emotional burden of those things. That can lead to anxiety, stress and grief. ¹

Children are negatively affected when parents are disrespectful towards each other. ²

Most women want respect in a different way than men want respect. Relationships can be hard and can give opportunities to be disrespectful. Put those two things together and get three simple rules for dads:

- Don't complain about your kid's mom in front of the kids.
- Don't let your kids complain about their mom.
- Don't argue in front of the kids.

What If She Won't Respect Me

We tend to think our way is the best. If she has the best interests of the children in mind, then her way is fine. You don't have to change all the rules. Don't change all the rules just to spite her. That is disrespectful.

Being respectful of your children's mom means being considerate.

- Whether or not she respects you doesn't mean you need to be disrespectful.
- Men should not demand respect.
- Even if showing respect doesn't get her to respect you, be consistent.
- Boundaries are necessary - you don't have to put up with disrespect.
- Do not talk badly about her to your children.
- Set firm boundaries, if an argument turns to shouting or name calling leave the conversation until you have calmed down.

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- Don't be condescending.
- Put your children first, it's about their needs.
- It's okay to avoid your ex but not to ignore them.
- Work together to communicate and build consistent guidelines to give your children the healthiest homes possible.

Primary Caregiver

Consistency between co-parents helps avoid confusion. Work together to communicate and build consistent guidelines to give your children the healthiest homes possible.

Will this be easy? No. But no one said it should be. When men do hard things they can be found as worthy of respect.

References:

1. "Dealing with Badmouthing from a Co-Parent." OurFamilyWizard, www.ourfamilywizard.com/blog/dealing-badmouthing-co-parent#:~:text=When%20one%20parent%20says%20mean,%2C%20stress%2C%20and%20even%20grief.
2. "Respecting Mom Is Part of Being a Good Dad." Dad Central, 6 Oct. 2023, dadcentral.ca/respecting-mom-is-part-of-being-a-good-dad/.
3. "Advice for Dads on Parenting, Marriage and Relationships." All Pro Dad, 26 July 2023, www.allprodad.com/respect-towards-women/ Men vs Women how they think of respect.
4. Smith, Melinda. "Co-Parenting and Joint Custody Tips for Divorced Parents." HelpGuide.Org, 11 Oct. 2023, www.helpguide.org/articles/parenting-family/co-parenting-tips-for-divorced-parents.htm#:~:text=Aim%20for%20co%2Dparenting%20consistency,avoids%20confusion%20for%20your%20children.