

Child and Adolescent Behavioral Health

C&A Cares Newsletter

June 19, 2020



Acceptance

Acceptance is a word many of us disregard until we are faced with a problem or situation involving someone we like or love. We must teach greater acceptance of each individual's culture, appearance, preferences and how all of us are different but yet the same to a certain degree. We make it hard to comprehend unless on the receiving end of something monumental or special.

Acceptance is a willful and courageous action. It's an active dialogue, there is nothing passive about it. It's not a fleeting thought. It's a hard commitment and that's why it's so difficult. You can't fake acceptance; your mind won't let you. You've heard this word over and over again.

The first part of Acceptance:

To achieve acceptance, you first must acknowledge what exists. How can you accept there is a problem if you don't even know there is a problem? Or are unwilling to see a problem? This is called denial and is a natural obstacle that stands in the way of acceptance. It's the first hurdle, and often times the biggest hurdle you must jump over on your road to recovery. The wonderful thing is, once people jump that hurdle and open their eyes and speak the words of what it is, they have gained enormous strength.

- Think before you speak. Is this kind?
- Do not use mean or nasty word to describe a person. Imagine that person is you.
- Role model acceptance everyday.
- Read books that have a variety of different characters and cover different cultures.
- Explain that differences may not be physical; differences show up in a many ways. The important factor is we are all human.
- Teach children compassion and empathy.
- Teach young children that everyone is unique.
- Teach young children differences by showing them how varied everything is in nature.
- Explain to children that everyone even thinks differently.

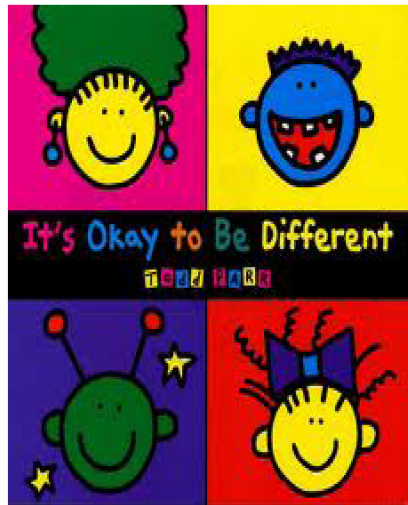


Teaching acceptance

Acceptance is not a one off sit down lesson in class. Acceptance is not just a topic you discuss every now and then. Acceptance is a daily value that is an important characteristic of who you are, it is a fundamental core value. Acceptance of others and teaching your children acceptance starts with you because as a parent, you are most influential human being in your child's life.

What you say, how you react, that roll of the eyes and the times you think they can't hear you filters into a child's mind so very quickly and in an instance, an opinion, whether it is good or bad is formed. Just like that.

The influence we have as parents in shaping our children's acceptance of others is nothing short of miraculous. It can supersede peer pressure, if we place a strong enough value on acceptance of another human being whatever their unique differences are. Educating children on acceptance of others and of themselves creates a sense of justice, when you have a sense of justice you create a better and kinder world.





C&A extends a thank you to Executive Director Terrance Jones of Simply Youth Program for collaborating on this issue.



Child and Adolescent Behavioral Health - May 2020.

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