

Child-friendly Language for Child Honouring Covenant Principles

Covenant & Principles

The Centre for Child Honouring has a Covenant (promise) and Nine Principles (ideas) for healthy living. The Covenant for Honouring Children is a promise to love, respect and be kind to children. It is also a promise for adults to love and respect themselves so they are better able to love children and help them grow into healthy happy adults.

Principle 1

Respectful Love is love that accepts us as we are and helps us to be our very best. We all want to feel heard, to be respected and loved for who we are. It's love that feels just right.

Principle 2

Diversity is a word that celebrates all the ways of being human, the wonderful differences in people: the wealth of many kinds of families, tribes, languages, skin colours and places of birth. It's also about the many gifts of nature, from plant life to animal life, as well as the flatlands, mountains, rivers and oceans of our wonderful world. Diversity is in many ways about life's great abundance.

Principle 3

Caring Community is where people care about each other and where everyone looks after the children. In a caring community it feels good to go to the shops, see people in your community and your neighbours, ride your bike to school and play outside with your friends. Everyone is friendly and kind to each other in a caring community.

Principle 4

Conscious Parenting is about being good parents, parents who listen to and understand what their children are thinking and feeling and provide what they need. Conscious means to be present and aware. Conscious parents help guide their children to be caring, respectful and aware of others. They help their children to know right from wrong and they teach their children how to honour others. It's not about parents giving their children whatever they want; it's about parents setting boundaries and giving clear guidance with respectful love.

Principle 5

Emotional Intelligence is a very important part of growing up and being wise. We are emotionally intelligent when we are aware of how we feel, are able to say how we feel respectfully, and care about how others feel. We listen to how others feel, and we are willing to change our behaviour if it is harmful to others or ourselves. It is about being aware of our feelings and the feelings of others.

Principle 6

Nonviolence is a loving, peaceful way to approach people and situations. It means not hurting others or our selves in any way. It's about speaking with respect and showing compassion. It means knowing the difference between friendly teasing and bullying; not trying to hurt others to get what we want; knowing when our play is too rough for another; and changing a behaviour (physical or verbal) when others ask us to.

Principle 7

Safe Environments allow us to feel safe and protected from harm at home, at school and in our neighbourhood. Safe environments nurture us with clean air, soil and water. Therefore, adults and children must take care not to pollute lands, rivers and oceans, so that our food and water is healthy.

Principle 8

Sustainability involves not just the 3 R's: reduce, reuse, recycle—it's a way of using our emotional intelligence to live simply, be well and healthy. Sustainability means we respect the Earth and care about future generations – children who will be born into our world. We can buy less of what we really don't need, use less energy, reduce our garbage, reuse things we already have, buy used things and recycle as much as possible. Sustainability grows love for generations.

Principle 9

Ethical Commerce is about treating people fairly when we make, sell and buy stuff. Ethical means being considerate, respectful, and honourable. It would be ethical if people who make products for sale, put children and our planet first. They could do this by designing stuff that has safe materials for children, by using non-polluting ways of making stuff and by using renewable materials that don't destroy plants and trees, mountains or rivers precious to us and our animal friends. It means companies should pay people well for their work and not use children to work for them. This is about respectful love in the workplace.