IMPORTANCE OF TABLE MANNERS

by:

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It feels bad that the more rights children get the fewer manners they have. This is a problem that is being seen more and more globally, in which adults complain about disrespectful among children towards their parents, teachers and anyone else.

Many are blaming the culture of digital age where everyone communicates through social networking and mobile phones rather than in person. But at the end of everything, the ultimate responsibility of ensuring good manners among children rests with the parents. Likewise, Estrada (2020) explains that parents have the primary duty of teaching manners to their children, while teachers just nurture these manners in school.

Parents today are more neglecter in the upbringing of their children due to their experiences of how they were raised in an age where parents were very strict, so many rules and regulations, and the like. Sadly, this led to extreme opposite by giving the kids the free reign and eventually resulted to ill-manner and disrespect to others.

Children are not inborn with manners. Manners need to be taught by their parents; whose parents need to become role models to their kids at all times, as all children mimic their mothers and fathers and the way they respond in situations. One of the best settings to teach good manners at home is around the dining table, where children pick up family values and habits of respect (Estrada, 2020). This practice delivers opportunities to establish the practice of respect to others while enjoying the pleasures of eating.

Lam (2018) emphasized that manners are really important because well-mannered people: are well-liked individuals, preferred to be with and spend time by others, more
likely to have more engagements or invitations whether by friend’s houses or at restaurants both by friends and family, and the likes.

Having good table manners demonstrates an understanding of social graces and respect to the people you are dining with, whether at home, in the restaurant, or in someone’s house. Good table manners will provide them foundation for development of other habits and behaviors as they mature into well-balanced, well-respected adults.

Teaching good manners is not an easy task (Lee, 2021). This cannot all be done at once so parents needed to give constant reminders and reinforcement until such behavior becomes second nature.

Begin teaching by using simple phrases such as “please” and “thank you” when asking for something over the table and being given it, and the use of various utensils correctly by the age of three, eventually a knife as they are ready.

Mayne (2020) suggests teaching the children about the basics such as:

- go to the dining table with clean hands and face,
- say a prayer of thanks – no talking or eating until the prayer is finished,
- chew food silently and swallow it first before talking,
- stay seated and sit up straight – keep elbows off the table,
- ask tablemates to pass the food instead of reaching across the table,
- take small bites,
- say only positive things about the food, and
- avoid rude noises like burping or slurping – say “sorry” or “excuse me” if it happened.
Who wouldn’t love to be with well-mannered people, especially children? It is significant that every parent insists good table manners to their children, even if they are not always enforced at home, because it is an integral part of any adult’s social life and are at ease to teach while young.

References:


Lam, B. (2018). Why Table Manners are Important if We Want to Leave a Good Impression. Available at https://www.scmp.com/yp/discover/your-voice/letters-editorial/article/3057694/why-table-manners-are-important-if-we-want.