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for tour dates.

New Tool for Teaching Manners to Kids

The Guide to Good Manners for Kids

By Peggy Post & Cindy Post Senning, Ed.D.

Everyday manners advice for children ages 8-12

BURLINGTON, VT—Manners matter. A recent survey from Public Agenda shows that parents believe manners are an essential value to teach children. While “do as I do” *is* an effective teaching method (if you’re mannerly yourself of course...), parents of school-age children now have a new weapon in the war on rudeness: **The Guide to Good Manners for Kids**— (Harper Collins Children’s Books; October 2004; \$15.99) by Peggy Post and Cindy Post Senning, Ed.D. of the Emily Post Institute.

For the average 8-12-year-old manners may not be a daily concern. But kids do care about getting along with their friends and family, and succeeding at school and in sports and activities. “We help kids figure out the respectful and considerate thing to do—whether they are trying to talk to the new kid at school or deciding if they can send a thank-you note by e-mail,” says co-author Cindy Post Senning.

The Guide to Good Manners for Kids is written directly to kids, in language they understand. The book is illustrated by Steve Bjorkman.

“We speak to kids about what matters to them, about situations they encounter. We want to give them the confidence to handle whatever comes their way and to understand the importance of respect, consideration and honesty—the principles behind etiquette,” says co-author Peggy Post.

The release of the book includes a ten-city-tour sponsored by *Parents* magazine. The authors will visit schools and libraries across the country, presenting free seminars. Titled “Everyday Manners,” “Manners at Middle School,” and “Out and About” the one-hour sessions cover the manners kids need to navigate a variety of situations typical to the middle-schooler. “It’s much easier to teach good manners while our

children are young than it is to break bad habits when they are older,” said *Parents* Editor-in-Chief Sally Lee. “These seminars will help kids find practical ways to use basic manners so they will become automatic for years to come.”

The book is divided into six sections: Everyday Life, At Home, At School, At Play, On the Go—Away From Home, and Other Special Occasions.

In the “Everyday Life” section children learn about the manners for conversation—whether at the dinner table or in an Internet chat room. There are manners guidelines for first jobs such as babysitting and dog walking as well as tips for all kinds of correspondence—thank you notes, email, letters, condolence notes, post cards and greeting cards.

In the “At Home,” “At School” and “At Play” sections kids learn how to handle borrowing, fights with friends and siblings, bus manners, burping at the table, sleepovers, movie theater manners, and what to do when spinach is caught in your braces. There are also tips for getting along with a new stepparent and stepsiblings.

“On the Go—Away From Home” takes children through the mall, the airport, the beach, the park, and a fancy restaurant. What do you do when a clerk in a store is rude to you? Should you give up your seat to that lady on the bus? But the music just doesn’t sound the same if it’s not loud! Do I have to talk to the stranger seated next to me on the airplane?

“Other Special Occasions” covers those unexpected events that are neither familiar or comfortable. Weddings, funerals and coming-of-age celebrations such as bar mitzvahs and confirmations. The Posts let kids know what to expect, so they will have the self-confidence to act appropriately and enjoy these special times.

The book presents manners as tools. Tools that kids can use to smooth the way. The Posts help children see how manners impact their lives and their relationships.

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About the Authors

PEGGY POST has written ten books on etiquette, including **The Gift of Good Manners**. Peggy is a nationally recognized authority on etiquette, and millions seek her advice through her monthly columns in *Good Housekeeping* and *Parents* magazines. Peggy conducts speeches and seminars across the country and teaches table manners classes to children of all ages. She has appeared on *Dr. Phil*, *Oprah!*, *Live with Regis & Kelly*, *Good Morning, America*, and the *Today Show*.

CINDY POST SENNING, ED.D., is co-director of The Emily Post Institute, Inc. and oversees book program, writes columns on children's etiquette, and develops etiquette curriculum for children's programs. Cindy is the co-author of **The Gift of Good Manners**. Her professional background spans nearly thirty years in education and healthcare. She has been an elementary school principal and a school nurse as well as the clinical director of Central Vermont Home Health and Hospice. Cindy has been interviewed by the Wall Street Journal, Washington Post, Newsweek, Christian Science Monitor and the Minneapolis Star Tribune.

About Parents Magazine

Parents, a Gruner + Jahr USA publication, has been America's #1 family magazine for over 75 years. Since its inception, it has been a trusted source by every generation of parents. Currently, the magazine is a powerful community of 14 million readers devoted to supporting the efforts of parents, educators and other citizens who strive to make the world a better place for our children.

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by Peggy Post & Cindy Post Senning, Ed.D.

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2004 Tour Dates

Oct. 25-29	New York City
Oct. 25	Peggy Post on CBS The Early Show
Oct. 30-Nov. 2	Chicago
Nov. 8-12	Kansas City
Nov. 12-14	Cleveland
Nov. 14-17	Pittsburgh
Nov. 17-20	Washington, D.C.
Nov. 20-23	Philadelphia

Dec. 1-3	Denver
Dec. 6-8	Houston
Dec. 8-11	Dallas

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