

# **Points for Parents**

## **If Your Child Bullies Other Children**

### **Preventing Your Child from Bullying**

- Give your child “words” for his/her feelings where emotions can be labeled appropriately.
- Limit access to violent video games, movies, music, etc.
- Point out unacceptable behaviors early on and give appropriate ways to deal with conflict.
- Teach him/her appropriate ways to express feelings.
- Model the behavior you expect.
- Avoid physical punishment.
- Be firm, fair, and consistent in discipline.

### **How to Help if Your Child is Bullying**

- Make it clear that you will not tolerate this type of behavior.
- Develop clear and consistent rules/consequences regarding bullying in your home, school, and community.
- Praise all positive behavior.
- Spend at least 20 minutes each day talking with your child without giving instruction, advice, or correction . . . just talk!
- Build on your child’s talents by encouraging him/her to get in clubs, activities, team sports, etc.
- Focus on effort and not on outcome. Make it clear they are loved for who they are and not what they do.
- Avoid calling him/her a bully. Instead, refer to “bullying behavior.”
- Work with your child’s school and not against them.
- Help your child with the concept of empathy. You can point out situations involving empathy while watching a movie, reading a book, or through real-life situations you encounter. Children need help in learning how their actions affect others and how they feel when bad things happen to them.
- When confronting a bullying situation, ask him/her:
  - What did you just do?
  - What was wrong with that behavior?
  - What problems were you trying to solve?
  - How can you solve that problem differently next time?

*Remember: Children do not learn how to solve these kinds of things on their own. We have to teach them.*