

Points for Parents
“If your child bullies other children”

- **Preventing Your Child from Bullying**
 - Give them “words” for their feelings where they can label their emotions 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 them 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 “bullying”. 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. They 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.