



A Newsletter for Parents of Young Children

SPRING 2018

The Parent Line

BULLYING – Let's Stop the Hurt

BULLYING IS DEFINED as a power imbalance between the bully and the victim. The bully intends to do harm and the bullying is usually repeated over time.

5 RECOGNIZED TYPES OF BULLYING ARE PHYSICAL, VERBAL, SOCIAL, EMOTIONAL AND CYBER.

Bullying can be either Direct or Indirect. Direct bullying includes pushing, hitting, kicking, tripping, name calling and teasing. Indirect bullying includes leaving someone out of the group, spreading rumors and in the case of cyber bullying sending mean notes through instant messaging or emails.



WARNING SIGNS THAT YOUR CHILD IS BEING BULLIED:

They have few or no friends. They feel alone and sad. They complain about feeling sick often. They cry easily, have mood swings or feel hopeless. They threaten to hurt themselves or someone else.

SOME OF THE SIDE EFFECTS OF BEING BULLIED ARE:

There may be a drop in grades, drug or alcohol abuse, loss of friends, increased risky sexual behaviors, self mutilation, feelings of shame, low self esteem, anxiety, stress, depression and suicide.

AS PARENTS, LET YOUR CHILD KNOW THAT THE

BULLYING IS NOT THEIR FAULT. Talk to the school/ teacher about ways to keep your child safe from bullying. Teach your child to be assertive not aggressive. Tell your child to report bullying as soon as it happens to a trusted adult.

THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT. WWW.THEPARENTLINE.ORG

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religion or disability. Write or call our Alternative Access Officer at (808) 5378, Honolulu, HI 96814-5378 or at
(808) 5378 to be connected within 15 days of a problem.

BUILDING SKILLS
Donut Muffins

Ingredients:

- ½ cup white sugar
- ¼ cup margarine, melted
- ¾ teaspoon ground nutmeg
- ½ cup milk
- 1 teaspoon baking powder
- 1 cup all-purpose flour
- ¼ cup margarine, melted
- ½ cup white sugar
- 1 teaspoon ground cinnamon

Directions:

Preheat oven to 375 degrees F and grease 24 mini muffin cups.

Your child could help with measuring the ingredients for the recipe. With your assistance your child can mix the sugar, margarine and nutmeg in a large bowl. Stir in the milk, then mix in the baking powder and flour. Your child can assist with pouring all of the ingredients in the bowl.

Fill the prepared mini muffin cups about half full. Bake in the oven until the tops are lightly golden, 15-20 minutes.

While the muffins are baking, help your child pour rest of the melted margarine in a bowl. In a separate bowl, mix together the sugar with the cinnamon. Dip the muffins into the cinnamon mixture.

Let the muffins cool and serve.

Source: www.allrecipes.com



APRIL IS

NATIONAL CHILD ABUSE PREVENTION MONTH!

In celebration for Child Abuse prevention month there will be many activities happening across the state. Some of the local activities include:

- Pinwheels for Prevention planting
- Family Story time
- Annual Kickball Tournament

For information on activities in April contact The Parent Line:

526-1222 (Oahu)
1(800)816-1222
(Neighbor Islands)



SPOTLIGHT ON SAFETY:
5-10 years



WATER SAFETY- Child should learn to swim. Never let child swim without adult supervision. Child should always wear a life jacket in canoe, kayak or boat.

SPORT SAFETY- Wear the recommended equipment and clothing for each sport. Choose equipment accordingly to size of child. Child should drink plenty of water before, during and after activity.

CAR SAFETY- Use booster seats up to age 8, or up to 80 lbs., 4'9", when child travels in cars. After 8 years old, use seat belts whenever traveling in cars. The back seat of a car is the safest place for a child to ride.

POISONING- Use safety caps on medicines and household cleaners. Do not let child apply insecticides. Show child how to use household cleaning products safely - keeps hands away from eyes, wash hands after use. *Poison Hotline: 1-800-222-1222.*

FIRE & BURN SAFETY- Repeatedly apply sunscreen of SPF 15 or higher.

For more information on safety for 5 to 10 years visit kipchawaii.org

Source: <http://kipchawaii.org/keiki-safety-tips/5-10-years/>

Suggested Readings

Books Available at the State Libraries

The Bully Book
By Eric Gale

The Survival Guide to Bullying
By Aija Mayrock

Chrysanthemum
By Kevin Henkes

The Wave
By Todd Strasser

No Bullies Allowed! The Kids Book Of Dealing with Bullies
By Anders Hansen

Stick and Stone
By Berry Ferry

SPECIAL DAYS TO REMEMBER

- March 3 - Girls Day
- March 11 - Daylight Savings
- March 17 - St. Patrick's Day
- March 26 - Prince Jonah Kuhio Kalaniana'ole Day

April is Child Abuse Prevention Month
April 1 - Easter Sunday
April 22 - Earth Day

- May 5 - Boys Day
- May 13 - Mother's Day
- May 28 - Memorial Day

