A Newsletter for Parents of Young Children

SPRING 2019 'he Parent Line

Bullying Prevention Starts with You!

Bullying is defined as an intentional behavior that can hurt, harm, or humiliate someone mentally or physically. Kids that bully abuse their power to control others. 4 different types of bullying include physical, verbal, social, and cyber. Physical bullying includes punching, and/or kicking. Verbal bullying is name calling, and/or inappropriate sexual comments. Social bullying is excluding the victim from the group, and/or spreading rumors. Cyber bullying is sending mean messages on social media, and/or other instant messaging applications.

Bullying prevention is possible! Some ways to prevent your child from being bullied or being the bully is to:

Be a good role model. As a parent, your child looks up to you more than you think. They learn most of their behaviors from watching you, thinking that it is the right way. Show them behaviors that are respectful and acceptable. It will make a difference in your child's well-being, overall health, and improve the relationship between you and your child. Show them that they matter to you. Showing unconditional love, encouragement, pride, and involvement in their life will help with all the support they need.



Have your child be resilient and ask for help. Talk to them about bullying as early as when they will start being around other children without your supervision. Bullying can start as early as grade school, when less adult supervision is around. Teach your child that it is okay to be vulnerable. Encourage them to be open about their feelings. People bully for the power and control, and most times, those people are the most insecure. Sharing their feelings and being able to talk about anything is what most people need. Be there to listen to your child.



There are many resources in your community or the web that can help you and your family tackle issues of bullying. Bullying prevention is important, so bullying doesn't occur at all! *Prevention* starts with you as parents, at home.

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

A Parent Acks

Q: My child seems so angry all the time and becomes very aggressive when she is angry. She hits her sister, argues with me, kicks and throws her toys around, and is generally in a bad mood.

Even her teacher complains about how quickly she loses her temper. What can you do with an angry child?

A: Validate your child's feelings, "you are angry, it is okay to feel angry, but can you tell me in words instead of actions who or what you are angry about? "Wait for the child's response and listen with interest, instead of saying you should not be angry.



Spotlight on Safety: Mental Health

Suicide Prevention - If you have a suspicion that your child may be suicidal, avoid being judgmental and stay calm. Express empathy and validate their feelings instead of telling them not to feel a certain way. Let them know that reaching out for help doesn't make them weak, but something that you will respect them for doing.

Depression/Anxiety - Your child may have disinterests in previously enjoyed activities, unwilling to participate with others, stressed, or have mood swings that make them unresponsive or constantly irritable. Validate their feelings and reassure them that it is okay to feel that way. Know that depression or anxiety will not go away in a day, but express concern and love to your child daily. Praise them when they do something well, not always focusing on the negative.

Alcohol and Drug use - Educate your child at an early age on the risks associated with peer pressure. Be aware of changes in grades, mood, truancy, and who your child hangs around with. Don't be too overbearing but build a trusting relationship and have open nication. Being too involved will make them want to act out even more. Find the balance between showing you care and letting them have their freedom.

Increased Sexual behaviors – Unsafe sexual practices can indicate that your child is not feeling loved enough and is resorting to what they think love is supposed to feel like, amongst other issues they may be having. No matter how painful it is to talk about sex with your child, it is something that must be done. Educating your child at an early age can decrease teenage pregnancies and life-threatening STDs. Do not discourage their decisions but let them know that their safety is number one and you are there for support.

May is National Physical Fitness and Sports Month!

Research shows that physical activity benefits you mentally and physically for everybody of every age and is one of the most important things you can do for your health. It is encouraged to get the entire family involved in being active. When children start being active at an early age, they will know the importance of exercise and • will want to continue to be active in years to come. You can incorporate exercise into everyday activities such as taking the stairs whenever possible, do daily walks after dinner, walk the dog, or make a game out of household



Suggested Readings Check out your local library!

Llama Llama and the Bully Goat By Anna Dewdney

I Didn't Know I was a Bully By Melissa Richards

Freda Stops a Bully By Stuart J. Murphy Dixie and the Big Bully By Grace Gilman and Sarah McConnell

Special Days to Remember

March 3: Girls Day

March 17: St. Patrick's Day

March 26: Prince Kuhio Day

April is Child Abuse Prevention Month

April 19: Good Friday April 22: Earth Day

April 21: Easter Sunday

May 5: Boys Day

May 12: Mother's Day

May 27: Memorial Day



