



A Newsletter for Parents

Spring 2024



The Parent Line

Identifying and Handling Bullying with Children

Bullying has been an ongoing issue not only in schools but in our community, and in our nation. Some children can cope with it during childhood, but the effects can be long lasting and reshape their identity. Other children who are not able to cope with it turn to self-harm or violence and can cause a detrimental effect on the family, community, and the nation. While it is often challenging for parents to recognize if their child is being bullied (victim), a witness to bullying (bystander), or bullying (bully), the act of ill-preparedness and being at a loss as to how to handle the situation can be overwhelming. To be prepared to address bullying from a victim, bully, or bystander perspective, it is vital that parents are familiar with ways to identify signs, and the role that their child plays. This will allow the parents to address the issue appropriately and help create a safe community for every child. Below are some of the warning signs your child may be a victim, or a bully.

Your child may be a bully when you start seeing these warning signs:

- Teases in a nasty way, especially weaker and defenseless students
- Is physically stronger
- Has strong needs to dominate, using power and threats
- Is hot-tempered, easily angered, and impulsive
- Is oppositional, defiant, or aggressive toward adults
- Is tough, hardened, and shows little empathy
- Has a positive view of himself
- Shows other anti-social behavior -disrespectful of adults, cheating, lying
- Is often less popular in junior high than elementary school
- In junior high, often has lower than average grades



Your child may be a victim of bullying when you start seeing these warning signs:

- Comes home from school with torn clothes, bruises, or injuries
- Does not have a single good friend
- Is never or rarely invited to parties
- Is reluctant to go to school
- Chooses an illogical route to go to and from school
- Self-destructive behaviors, such as running away from home or inflicting harm on oneself
- Thinking about suicide or attempting to commit suicide
- Unexplained injuries
- Experiences restless sleep
- Loses interest in schoolwork
- Tries to stay close to the teacher
- Has difficulty speaking up in class
- Appears distressed or depressed
- Declining grades, loss of interest in schoolwork, or not wanting to go to school

Sources:

- [What You Need to Know About Bullying-The Center for Parenting Education](#)
- [#StopBullying|CDC](#)
- [Taking a Stand Against Bullying|NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](#)

If you have any questions regarding this topic or any other parenting topic, please call the Parent Line at 808-526-1222 or 1-800-816-1222.

Magic Milk Experiment

Here is a fun science experiment to do with kids to provoke their curiosity.

Materials Needed:

- A Plate
- Food Coloring
- Cotton Swab
- Milk
- Dish Washing Soap



Instructions:

1. Pour enough milk into a plate to completely cover the bottom to a depth of about 1/4 inch. Allow the milk to settle before moving on to the next step.
2. Add one drop of each of the four colors of food coloring—red, yellow, green, and blue—to the milk. Keep the drops close together in the center of the plate of milk.
3. Predict what will happen when you touch the tip of the cotton swab to the center of the milk. It is important not to stir the mix—just touch it with the tip of the cotton swab. Go ahead and try it.
4. Now place a drop of liquid dish soap on the other end of the cotton swab. Place the soapy end of the cotton swab back in the middle of the milk and hold it there for 10 to 15 seconds.
5. Add another drop of soap to the tip of the cotton swab and try it again. Experiment with placing the cotton swab at different places in the milk. Notice that the colors in the milk continue to move even when the cotton swab is removed.

* Be sure to ask them about their observations as you engage your listening skills to make it fun.

Source: [Color Changing Milk Experiment - Magic Milk Experiment | Science Experiment \(stevespanglerscience.com\)](http://Color Changing Milk Experiment - Magic Milk Experiment | Science Experiment (stevespanglerscience.com))

Resource Directory for Parents of Young Children

The Resource Directory for parents of Young Children now has a pocket-size version. The directory will continue to provide numbers of the many community organizations and emergency services as in the original PRD but condensed.

For more information, please contact us at 526-1222.



GET YOUR
DIRECTORY
NOW

You can download the pocket-size version, or the original PRD, from The Parent Line at www.theparentline.org

Spotlight on Safety: Bike Safety

Riding a bike is not only fun, but healthy for both children and adults. However, parents and caregivers must ensure that children's bikes are age-appropriate and have no broken or damaged parts by making a safety checklist. Once safety is checked, parents and caregivers should encourage children to do the following before and during bike riding.

- Wear a fitted helmet before getting on the bike.
- Ride bike in the daytime.
- Always ride with your hands on the handlebars.
- Whether riding in the neighborhood or to school, always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Use bike lanes wherever you can.
- Ride on the right-hand side of the street, so they travel in the same direction as cars. Never ride against traffic.
- Do not ride too close to parked cars because doors can open suddenly.
- Stop at all stop signs and obey traffic (red) lights just like cars.
- Ride single-file on the street with friends.



Source: [Bike Safety \(for Kids\) - Nemours KidsHealth](http://Bike Safety (for Kids) - Nemours KidsHealth)

Suggested Readings

Compiled by the staff of the Edna Allyn Room for Children at the Hawai'i State Library. Mahalo!



Spring Sings for the Grouchy Ladybug

By: Eric Carle
(Ages 5-8)

The Spring Book

By: Todd Parr
(Ages 5-8)

Being Brave

By: Cindy Jin
(Baby/Toddler)

March is Women's History Month

- March 17 – Saint Patrick's Day
- March 17 – World's Down Syndrome Day
- March 26 – Prince Kuhio Day
- March 29 – Good Friday
- March 31 – Easter



April is Month of The Military Kids/Autism Awareness

- April 3 – National Walking Day
- April 3 – World Book Day



May is National Mental Health Awareness Month

- May 1 – Lei Day
- May 12 – Mother's Day
- May 27 – Memorial Day



Special Days to Remember