

BULLYING

5 ways to support your child



WHEN & WHERE

PICK A TIME AND PLACE WHERE YOUR CHILD WILL BE COMFORTABLE SHARING (EX: CAR, COUCH, KITCHEN TABLE).

OPEN UP



EXPRESS YOUR CONCERN ABOUT WHAT YOU HAVE NOTICED, AND THAT YOU ARE THERE FOR THEM, EVEN IF NOW IS NOT THE RIGHT TIME TO TALK.



GIVE ATTENTION

RATHER THAN PUTTING ENERGY INTO PANIC AND PROBLEM-SOLVING, GIVE YOUR CHILD A SENSE OF CALM, CONNECTION, AND UNDERSTANDING.

BE LIKE AN ELEPHANT



BE ALL EARS! LISTEN CAREFULLY TO WHAT YOUR CHILD HAS TO SAY WITHOUT INTERRUPTING. TAKE A FEW DEEP BREATHS AND REMEMBER: YOU ARE THERE TO LISTEN.



LOVING LIST

SHARE HOW IMPORTANT THEY ARE TO YOU, HOW MUCH YOU LOVE THEM, AND ALL THE POSITIVE CHARACTERISTICS AND UNIQUE QUALITIES THEY POSSESS/DISPLAY.

"PEOPLE START TO HEAL THE MOMENT THEY FEEL HEARD"

-CHERYL RICHARDSON

INFORMATION ADAPTED FROM:

- eatright.org/health/weight-loss/your-health-and-your-weight/5-ways-to-promote-a-positive-body-image-for-kids
- parents.com/kids/problems/bullying/bully-proof-your-child-how-to-deal-with-bullies/
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- alustforlife.com/mental-health/children-and-adolescents/validation-of-childrens-feelings-promotes-positive-mental-health



**FAMILY
RESOURCE
CENTER**

of Central Oregon