



Child Care Aware® of Eastern Kansas is offering a free "Parenting Tip of the Month" monthly email. If you are not interested in continuing to receive this monthly resource, just click on the "[SafeUnsubscribe](#)" option at the bottom of this email.

October Parenting Tip of the Month...

Bullying Prevention Month

Parents worry about many things regarding their children, from what they are eating, to will they make friends in school. Another fear that parents may have is around bullying. October is Bullying Prevention Month and children as young as 3 years old can participate in bullying.

Bullying is a form of emotional or physical abuse that is deliberate, repeated and involves an imbalance of power. Bullying can take many different forms and can vary in severity. **Physical bullying** involves hitting, pushing and kicking. **Verbal bullying** includes yelling, name-calling and threatening to harm the person. **Relational bullying** involves excluding the person, spreading rumors or getting others to hurt someone. **Cyberbullying** is sending hurtful messages or images electronically.

We can help prevent bullying by teaching our children the following important social skills:

- Help your child develop empathy by labeling your child's feelings and helping them to understand the feelings of others.
- Children watch and learn from the adults in their lives; therefore, model kindness and helping others.
- Help your child understand and appreciate similarities and differences in others.
- Teach your child to be assertive by speaking up for themselves or by getting help.
- Assist your child with problem solving by thinking of a variety of responses to a situation and anticipating the consequence or outcome.



Your child will play one of three roles in a bullying situation - bully, victim or bystander. It is important to address your child's feelings and support them during this difficult time. For more information and activities to help prevent bullying, visit the Eyes on Bullying Toolkit at <http://www.eyesonbullying.org/pdfs/toolkit.pdf> or the StopBullying.gov website at <https://www.stopbullying.gov/>

Sources: Education Development Center, Inc. Promote Prevent website,

<http://preventingbullying.promoteprevent.org>

Eyes on Bullying Toolkit website, <http://www.eyesonbullying.org/pdfs/toolkit.pdf>

Looking for child care or parent resources?

*Don't forget to contact our Parent Resource Center at 785-357-5171,
877-678-2548 toll free, and select option 1!*

Child Care Aware® of Eastern Kansas supports the development and learning of young children by offering programs and services that improve the quality and accessibility of child care for working families.



To contact Child Care Aware® of Eastern Kansas,
call 785-357-5171 or 877-678-2548 toll free.
Visit our website at east.ks.childcareaware.org.

