



Priceless[®]
Parenting

"Training for your
most important job"

Priceless Parenting Newsletter August 2010

Dear Parents and Child Care Providers,

Summer is once again too quickly drawing to a close. I hope you've had time to relax, recharge and have fun with your family.

As our thoughts turn towards the new school year, we anticipate the fun and excitement our children will experience as they meet their teachers and begin their new classes. We all want our children to enjoy a safe, welcoming school free from bullying.

Unfortunately, many children experience bullying by classmates each day. This month we look at the problem of bullying and our role in guiding our children.

If you have a story you'd like to share on bullying, please post it in our [discussion forum](#).

Warm Regards,

Kathy Slattengren

P.S. I hope you enjoy this newsletter. Please do me a favor and forward this to a friend who also may enjoy reading it.



Back to School, Back to Bullying?

We certainly hope that back to school does not mean back to bullying! Unfortunately being bullied at school is the reality for too many children. According to the National Crime Prevention Council, "Bullying has become a tidal wave of epic proportions."

Everyone's Role

In her book [The Bully, the Bullied and the Bystander](#), Barbara Coloroso explains "Breaking the cycle of violence involves more than merely identifying and stopping the bully. It requires that we examine why and how a child becomes a bully or a target of a bully (and sometimes both) as well as the role bystanders play in perpetuating the cycle. A deadly combination is a bully who gets what he wants

Presentations

It's time to **schedule your parenting presentation** for the 2010-2011 school year.

Do you want to know more about bullying? Schedule a presentation on "Bullying, Cyberbullying: Guiding Children through Rough Waters."

[Choose this topic or another presentation topic](#) and then [email us](#) or call 425-770-1629 to schedule it.

Quick Links

[Online Parenting Classes](#)

[Schedule a Presentation](#)

[Discussion Forum](#)

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Other Resources

Click a book to go to the Amazon.com page for that book.

from his target; a bullied child who is afraid to tell; bystanders who either watch, participate in the bullying, or look away; and adults who discount bullying as teasing, not tormenting;"

When Your Child is the Bully

If your child has bullied someone, it's important to help him build his skills so that he finds better ways of acting in the future. Punishing him by grounding him or taking away privileges may only encourage him to find ways to avoid being caught in the future.

Instead, ask him to write about what happened or discuss it together:

- What was the sequence of events that happened?
- What influenced your actions?
- What will you do differently next time so this doesn't happen again?
- What type of amends do you think you should make?
- How will you reconcile with the person you've hurt?

Struggling to answer these tough questions can help kids learn from their poor choices. While they may be tempted to blame others for their actions, the goal is for them to realize their own role in the situation and take responsibility for the results of their actions.

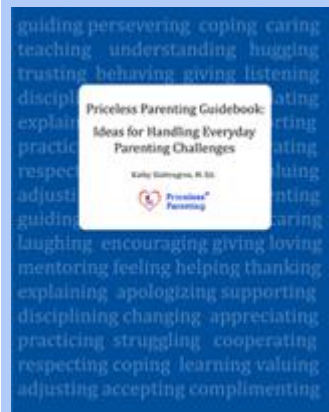
Children who bully often have been bullied themselves. One divorced mom told me how her 12-year-old son was beaten by his dad one day. The following week she received three calls from the school regarding her son bullying other kids. Since he had previously never been involved in any bullying activity, she connected it to his recent experience with his dad and helped him find better ways to respond.

When Your Child is Being Bullied

If your child comes to you distraught because of being bullied, listen and show compassion. Work to understand your child's perspective on the situation without immediately trying to solve it. Make sure your child receives the message that you love him, believe in him, accept him and understand his feelings.

This is far easier said than done especially in the heat of the moment. Tina and Ron Meier tell the devastating story of their 13-year-old daughter, Megan, coming to them upset because of horrible things a boy said to her on MySpace.

In an interview on CNN, Tina tearfully explained her reaction to Megan, *"This is the part I'll never forgive myself for because she was looking for me to help calm her down like I normally always did and be there for her. I was upset with her because I didn't like the language she was using and I was upset that she didn't listen to me and sign off when I told her to. And so I was aggravated about that and told her she knew better. She just said to me 'You're supposed to be my mom. You're supposed to be on my side.' and she took off running upstairs."*



A little while later Tina went upstairs to talk to Megan and found her hanging from her closet. Megan died the next day.

This tragic story can help remind all of us that children being bullied are in a fragile state of mind. They need love and acceptance now more than ever.

Unlike Megan, most children who are being bullied do not tell their parents. If you notice your child hasn't wanted to go to school lately or is exhibiting other behavior that has you concerned, you can bring it up with something like "I noticed that you haven't wanted to go to school lately. What's going on?" Keep asking questions until you feel you really understand.

If you find out your child is being bullied, other steps you can take are:

- Help your child think through ways of getting away from the bully.
- Meet with your child's teachers or counselor. Develop a plan for keeping your child safe, particularly during vulnerable times like lunch, recess and going to and from school.
- Find out your school's anti-bullying policy.
- Contact police or school resource officer if the actions are criminal.

The [Stop Bullying Now site](#) has many helpful ideas for both kids and parents.

When Your Child is the Bystander

Children who watch another child get bullied are also affected by the bullying. They may not intervene on behalf of the victim because they are afraid or aren't sure what to do.

You can help your children think through these situations, feel empathy for the victim and discuss appropriate ways to help the victim. Developing the courage to stand up for victims isn't easy. Children who are raised to show compassion to others make the world a better place for everyone.

You play an important role in guiding your children to treat everyone with respect and dignity. Teaching children these values will help reduce bullying in schools.

This Month's Challenge: Talking About Bullying

This month's challenge is to talk to your children about bullying. Find out if they are concerned about bullying, what type of bullying they've seen, what they think they should do if they or one of their friends is bullied.

Last Month's Challenge: What Matters Most

Last month you were challenged to the four things that matter most to your children, spouse or parents:

- I love you.
- Thank you.
- Please forgive me.
- I forgive you.

Did you do it? If not, there's still time!

Upcoming Presentations

Tele-Classes: Call in and learn from wherever you are!

Buy a ticket to reserve your spot. I'll email you the phone number and access code to call in. If you can't make the call, register anyhow and I'll send you the recording.

Register by clicking the link for the date and time you'd like. I'll send you the notes and call in information a couple days before the presentation.

Taking the Stress Out of Parenting and Building Great Relationships with Your Children

When we handle parenting challenges in positive, effective ways, we build our relationships. We'll discuss setting effective limits, using discipline which teaches, responding with empathy and avoiding arguments.

- [Tuesday September 7 noon - 1:00 PM \(Pacific Time\)](#)
- [Tuesday September 7 7:00 - 8:00 PM \(Pacific Time\)](#)

"Why Can't You Behave?": Ideas for Positively Handling Misbehavior

It is critical to develop effective skills for responding to misbehavior. We'll talk about developmental challenges, setting a positive tone and strategies for handling misbehavior.

- [Tuesday September 14 noon - 1:00 PM \(Pacific Time\)](#)
- [Tuesday September 14 7:00 - 8:00 PM \(Pacific Time\)](#)

"Hey, Your Kid Just Hit My Kid!": Handling Conflict in Group Situations

When kids play together, there are bound to be conflicts. We'll discuss overcoming factors that contribute to poor behavior, setting limits, enforcing rules and guiding children to resolving their disputes.

- [Tuesday September 21 noon - 1:00 PM \(Pacific Time\)](#)
- [Tuesday September 21 7:00 - 8:00 PM \(Pacific Time\)](#)

Child Care Challenges: Responding to Misbehavior and Stress Behavior

When young children have stressful lives, their behavior in school often reflects that stress. We'll explore ways to emotionally connect with these children and positively guide their behavior.

- [Tuesday September 28 noon - 1:00 PM \(Pacific Time\)](#)
- [Tuesday September 28 7:00 - 8:00 PM \(Pacific Time\)](#)

Live Classes

October 20 7:00 - 8:00 "Taking the Stress Out of Parenting and Building Great Relationships with Your Children".

Register to [reserve your spot for \\$15](#).

This presentation is part of the [Parent Learning Link series](#) being held at Evergreen Hospital in Kirkland.

Would you like a presentation at your school or church? Choose the presentation topic then [email us](#) or call 425-770-1629 to schedule it.

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