



Tree House Therapy Services, LLC

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BULLYING TIPS

How Parents Can Approach Their Kids

- **Turn the situation into a learning experience:** *This is an opportunity to show your child how to solve problems/conflicts appropriately*
- Set the stage for open communication: *build strong relationship foundation*
- Build self esteem: *less likely to bully, be bullied, or tolerate bullying*
- Empower kids to stick up for others: *there is power in numbers*
- Create a family climate for non-bullying: *lead by example; supervise well*
- Avoid knee jerk reactions with your kids: *keep the door open by being calm*
- Be open minded: *to gathering info, to various perspectives/sides of story*
- Listen to and validate your child's feelings: *your child will then accept your help*
- Look for solutions, not blame: *your bullied/bullying child needs your help*
- Practice skill building with your child: *teach empathy and self protection*
- Get help for the bully: *if part of a larger problem of defiance/acting out behavior*
- Get help for the bullied: *if not improving or child suffers ongoing ill effects*



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How School Professionals Can Approach Parents

- Build rapport with parents: *whether their child is the bully or the victim, establishing a working relationship helps.*
- Inform the parents of the bully and of the victim as soon as possible: *preferably the same day as the incident so they are kept in the loop and action can occur immediately.*
- Schedule face to face meetings involving both sets of parents and the children: *doing so may be helpful in order to open the communication amongst the adults and allow the parents to model appropriate communication skills for their children.*
- Be proactive rather than reactive: *resolutions are better obtained when parents are involved early in a bullying situation, before behavior patterns are entrenched and extremely serious.*
- Involve parents of both bully and victim and the children (when appropriate): *collaborating input from all parties help in designing a creative plan of action that is more likely to work and be sustained over time.*