

## Tips for Parents: Supporting children

- Take an active interest in
  - ◆ your child's social life
  - ◆ what is happening at school
  - ◆ be aware of own feeling and experiences
  - ◆ listen without judgement
- Encourage your child
  - ◆ to bring friends home to build friendships
  - ◆ to accept and tolerate differences in others
- Build their self-confidence
  - ◆ recognise and affirming positive qualities
  - ◆ value them for who they are
- Discuss with your child about
  - ◆ school expectations about behaviour
  - ◆ ways to respond
- Encourage constructive responses
  - ◆ bullying or persistent teasing should be reported
  - ◆ hitting back or retaliating won't solve the problem
- Set an example
  - ◆ be firm in setting behaviour limits
  - ◆ be positive in things you say and do
  - ◆ show acceptance and tolerance of differences in people
  - ◆ never act a bully or a victim
- Be alert for changes in behaviour or signs of distress
  - ◆ unwillingness to walk or go to school
  - ◆ decline in learning progress
  - ◆ damaged or lost clothing or property
  - ◆ unexplained injuries
  - ◆ loss of confidence or mood changes
  - ◆ aggression towards siblings
  - ◆ withdrawal form social activities
  - ◆ new nail biting, bed wetting or nightmares
- Act if you notice a problem
  - ◆ talk to teachers if your child is having social problems
  - ◆ allow the school to assess, support and resolve