



## Bullying Prevention: Tips for Parents

Bullying is a common experience for many children and adolescents. Surveys indicate that as many as half of all children are bullied at some time during their school years, and at least 10% are bullied on a regular basis.

Children who are bullied experience real suffering that can interfere with their social and emotional development, as well as their school performance. Some victims of bullying have even attempted suicide rather than continue to endure such harassment and punishment.

Children don't always tell their parents that they are being exposed to negative behavior so parents need to ask questions. Parents of the bullied child should encourage them to talk about their problems, and reassure them that this is not tattling. Listen carefully and reassure them they will not have to face the problem alone.

Here is what parents can do:

- Praise and encourage your child. Help them take pride in their accomplishments and differences. A confident child is less likely to be targeted by bullies.
- Search for talents that can be developed in your child.
- Help your child develop friendships with others.
- If your child's behavior is contributing to being bullied, help them improve social skills.



- Help your child practice what to say to the bully so he or she will be prepared the next time.
- Role play being assertive. The simple act of insisting that the bully leave him alone may have a surprising effect. Explain that the bully's true goal is to get a response.
- Motivate your child to participate in physical activity or sports to improve self-esteem.
- Keep a detailed record of bullying episodes and related communication with the school. Help develop a plan of action for the school to follow.
- Seek help from a mental health professional if needed.

The key to helping kids is providing practical tools to deal with bullying while maintaining their self-esteem and sense of dignity.

Source: [http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?cx=010381030421478137928%3Axnqhd0r1\\_m&ageGroup=age3\\_5&q=bullying&cof=FORID%3A11&siteurl=http%3A%2F%2Fparentsknow.state.mn.us%2Fparentsknow%2Fpage3\\_5%2Findex.html](http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?cx=010381030421478137928%3Axnqhd0r1_m&ageGroup=age3_5&q=bullying&cof=FORID%3A11&siteurl=http%3A%2F%2Fparentsknow.state.mn.us%2Fparentsknow%2Fpage3_5%2Findex.html)

## Adoption Success

Adoption, like other types of parenthood, can bring tremendous joy. However, there are stressors unique to adoption, and this requires a period of adjustment for the new family. The following are tips adoptive parents have shared which can help new adoptive parents as they form their family.

**Connect with other parents who have adopted.** Learning how other parents have made the adjustment and have dealt with challenges can be reassuring.

**Establish family traditions or rituals.** Routines are comforting and stabilizing for children and can help to normalize family life. These can include bedtime reading, family movie night, or recognizing special days.

**Create a family storybook.** Begin by writing your own story of childhood and continue through your decision to adopt. As each new family member joins the family, add his or her background and story.

**Connect with your child's birth culture.** Developing a strong family identity that makes everyone feel included may be especially important. Parents can choose activities, schools, friends, and neighborhoods that send a message that they value the diversity of all family members.

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## Adoption Success

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**Prepare to answer questions about the adoption.** Thinking ahead about how to respond to questions from family, friends and neighbors can reinforce the new identity of parents, children, and the new family.

**Seek outside help if necessary.** In many cases, parents will need to seek the help of a therapist, social worker, or other helping professional. This is not a sign of weakness. A professional who has experience with adoption issues can be a resource for post-adoption help or referral.

In some cases, adoption-related issues arise long after the adoption. A willingness to learn about the issues and seek support as necessary will ensure that parents and children experience happy and healthy family lives.

*Source: "Impact of Adoption on Adoptive Parents," Child Welfare Information Gateway, November 2010.*

## i-Parent Insights

i-Parent Insights are 60 - 90 second audio recordings offering quick tips and information about various child development topics. To hear the latest i-Parent Insight, visit [www.mnparentsknow.info](http://www.mnparentsknow.info) or the Minnesota Parents Know Facebook page.

## Safe Cribs for Babies

On December 15, 2010, the U.S. Consumer Product Safety Commission (CPSC) approved new mandatory crib standards, establishing the most stringent crib safety standards in the world. All importers, distributors, manufacturers, and retailers must offer only cribs that meet the CPSC's new and improved full-size and non-full-size crib standards.

New rules include:

- stopping the manufacture and sale of traditional drop-side cribs,
- strengthening mattress supports and crib slats,
- requiring crib hardware to be more durable,
- making safety testing more rigorous,
- requiring no more than 2 3/8 inches (about the width of a soda can) between crib slats, no missing or cracked slats, no corner posts over 1/16th inch high, and no cut outs in the headboard or footboard.

CPSC has recalled more than 11 million dangerous cribs since 2007. Drop-side cribs with detaching side rails were associated with at least 32 infant suffocation and strangulation



deaths since 2000. Additional deaths have occurred due to faulty or defective crib hardware.

Starting on December 28, 2012, child care facilities, including family child care homes and infant Head Start centers, places of public accommodation such as hotels and motels, and rental companies must use only cribs that comply with the new crib standards.

Make sure you have the most up-to-date information on how to create a safe sleep environment for your baby from the website listed below.

*Source: U.S. Consumer Product Safety Commission's crib information center at: [www.cpsc.gov/cribs](http://www.cpsc.gov/cribs).*



If you have concerns about your child's growth and development, please talk to your child's health care provider or call 1-866-693-GROW (4769), to talk to a professional and find out how you can get connected with various resources in Minnesota.

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