



Tips for Parents

Most researchers say that one of the most important factors affecting aggressive

□ **behavior is a child's family.**

Family members can teach by word or example that bullying other children is not acceptable.

Here are some tips from *Parenting* magazine:

1. Encourage empathetic behavior. When conflicts arise ask your child how he feels and how he thinks the other child feels, and what might make them feel better .
2. Stay on top of behavior at school and with playmates, because some children act out more when not around the parents.
3. Help your child learn to deal with conflicts on her own, in a positive way. Guide them toward coming up with solutions, such as sharing toys by setting a timer, rather than telling children what to do, so that they feel like they figured it out on their own.
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Remember to reward positive, non-aggressive behavior,

Avoid using physical punishment and yelling

Spend time with your child one-on-one, talking, listening, playing and reading.

7. Monitor television programs to make sure your children aren't watching violent shows. Watch shows with them, so you can talk about the difference between fantasy and reality.