

# *Helps and Hints*

## *Family Child Care Newsletter*

### **Childhood Services**

**Arkansas State**

**University**

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**Inside this issue:**

**Parent Involvement**

**Signs of Bullying**

**How to help victims**

**Consequences and Signs of Bullying**

**How to talk to a Bully**

**Conflict vs. Bullying**

**Instead of Bullying**

**List of Resources and Referrals**

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### **Bullying**

Violence That Hurts Others

Bullying occurs when there is an unequal balance of power between two children and one child repeatedly and deliberately intimidates or abuses the other. Bullying may occur at a very early age. A four or five year old who taunts and threatens a fearful three year old is bullying. Young children who teases or act aggressively towards other children who are vulnerable may be bullying.

Bullying in elementary school is more common and visible, but preschool teachers must be aware that bullying behavior begin early, even in preschool.



### ***Al's Caring Pals Training***

Al's Caring Pals: A Social Skill Toolkit for Home Care providers is designed to enhance family child care providers skills in developing the social competence of your children and in guiding children towards healthy decision making, coping skills, and to suppress the development of antisocial aggressive behavior.

**Call and inquire about Al's Caring Pals at your local Resource and Referral Program**

Jonesboro-ASU Childhood Service ACQUIRE 870-972-3055  
West Memphis-ASU Childhood Services ACQUIRE 870-732-1226  
All other Resource and Referral Programs are listed on the last page



## Parent Involvement

The entire family must get involved to help prevent bullying. Share with parents books and pamphlets explaining what is appropriate behavior and how to role model and encourage appropriate behavior at home. Communicate with parents and encourage them to work with day cares to prevent bullying. Help stop Bullying! It can hurt physically, verbally, and emotionally.

Parents must be vigilant in watching for changes in behavior, personal appearance, and habits in preschool and school-age children.



## Extra Helpers

[www.bullying.org](http://www.bullying.org)  
[www.jaredstory.com](http://www.jaredstory.com)  
[www.bullypolice.org](http://www.bullypolice.org)  
[www.thebullybook.com](http://www.thebullybook.com)  
[www.childhealthalert.com/hot](http://www.childhealthalert.com/hot)

An additional resource that you might find helpful for this and any other units:

[www.healthychild.net](http://www.healthychild.net)



## Signs A Child May Be A Victim of Bullying

Here are a few signs that a child might be getting bullied:

- ♦ Withdraws from previous activities and friends
- ♦ Sudden appearance of unexplained bruises or other injuries
- ♦ Personal items are missing
- ♦ Mystery illnesses occur in attempts to avoid school or activities
- ♦ Change routines (ex. Walks a different way to school, avoids bus, etc.) to avoid bullies
- ♦ Torn clothes
- ♦ Aggression at home, especially from a previously non-aggressive child
- ♦ Withdrawn at home, wants to be alone more than usual
- ♦ Child is heard crying in room without any obvious cause
- ♦ Child has become anxious/nervous
- ♦ Has difficulty sleeping
- ♦ Disparaging graffiti/messages may appear on his/her books, telephone messages, computer, outside the home
- ♦ Avoids the school bus
- ♦ Appears anxious. Sullen, harried, or distant when he/she arrives home after school
- ♦ Eating too little or too much

These are some of the basic more obvious signs-you need to know.



Taken from: <http://home.infionline.net/~stopbullyingbobby/id1.html>

## How You Can Help Your Child & Others

Here are a few things that you can do to help your child and other children deal with bullying:

- ◆ Be **aware** of changes in your child's behavior
- ◆ Be **open** to discussing and listening to the child
- ◆ If you **suspect** a problem. **Talk** with the child and to the **school** or other responsible adults who may be in the area where the bullying takes place
- ◆ Be **vigilant** in supporting and adopting a "**No Bullying**" policy in your, daycare, schools and community
- ◆ **Stand up** for those who may not be able to speak for themselves
- ◆ **Encourage** the children by being a **positive role model**
- ◆ **Do not allow** your children to **pick on others**
- ◆ **Encourage** your child to be **aware** of and **accept differences** in everyone
- ◆ **Teach** and **encourage** all children to be **aware of others** and **seek help** for those who are unable to ask for help
- ◆ **Help** children to **develop self-worth**
- ◆ **Encourage** and **support** them in their **interests**
- ◆ **Show/teach** child that everyone is different and being **different** is "okay"
- ◆ **If you see bullying** happening, **try to safely stop** it, or **tell a responsible adult** what is happening
- ◆ **Encourage the victim to tell** a trusting adult



Taken from: <http://home.infionline.net/~stopbullyingbobby/id1.html>

## A Short Rhyme to Remember

This little rhyme may help you remember some things you can do to help against bullying.

**Talk.** It is very important for you to talk to a trusted adult. A teacher, parents, aunts, uncles, or any other grown-up. You must let others know what is happening to you. **You have a right to feel safe.**

**Walk.** If you do it safely, try to walk away from the bullies. You don't have to say anything, just walk away, and don't pay attention to anything that they might say. Make sure you tell a trusted adult right away.

**Balk.** By talking to adults who can help and making sure you help others who may be bullied, you are saying **"I will not accept bullying."** **"I am blocking bullying by making sure we all are safe."**

**You have the power to help stop bullying.** Talk to your teachers, parents, friends. Make sure your school and community supports **"NO BULLYING."** Be active. Help yourself and others. You are special and you can do it!



**ZERO Tolerance**

Taken from: <http://home.infionline.net/~stopbullyingbobby/id1.html>

# No Power to Bullies

I give no power to bullies,  
And this is how it works,  
When they start their teasing,  
In my head I call them jerks.

As their taunting continues,  
I decide to take a stand,  
I look them in the eye,  
And take the upper hand.

First I tell them "Stop,"  
You have no business with me,"  
If that doesn't work,  
I safely try to leave.

I try not to show emotion,  
Even though I'm trembling inside,  
I will not give them the power,  
Of letting them see me cry.

I walk to find a teacher,  
Or another caring adult,  
I share my story with them,  
And hope that they will help.

I learn to walk tall, head up right,  
And remember how special I am,  
For I can be the first one,  
To take power from the bullies' hand.



Taken from: <http://home.infionline.net/~stopbullyingbobby/id1.html>

# It's Great to be Me!!!

It doesn't matter if I'm short or tall,  
Or maybe my hair is red,  
I might wear glasses or be a little plump,  
It doesn't matter what any one said.

Maybe I talk unlike the others,  
Or maybe I can't hear or see,  
I may have to wear a brace on my leg,  
It doesn't matter, cause it's great to be me!

Everyone is different in many ways,  
But we *are* the same *inside* too,  
We all like to laugh and play and have fun,  
It's all we really want to do!

It's great to be me I can do many things,  
And I *know* that you can too,  
Why don't we all join together,  
Even the kids who are new.

Let's celebrate each other's differences,  
Teach others to understand,  
That being different is a special gift,  
And caring is reaching out a hand.

I may be able to do some things,  
That you are unable to do,  
But *you* can do many *other* things,  
That are special, only from you!

Let's get together and share,  
With others we'll have lots to see,  
We'll have many friends to play with,  
And we'll all shout- *it's great to be me!*



Taken from: <http://home.infionline.net/~stopbullyingbobby/id1.html>

# Preventing Bullying

## HOW CAN SCHOOL AGE BULLYING BE PREVENTED OR DIMINISHED?

Most experts agree that the following list of elements is part of any successful program that prevents or responds to school bullying:

- A school community committed to promoting a safe and welcoming school for all students
- Partnerships with key stakeholders.
- District policies that define and promote bully-free schools
- School site safety assessment
- School and classroom rules against bullying
- Teacher and staff training
- Awareness building activities for students and families
- A classroom anti-bullying curriculum (prevention, intervention and advocacy)
- Support programs for both students who are targets of bullying and bullies
- Mental health services and resources
- ♦ Law enforcement services and resources.

Taken from the National School Safety Center



# No Bullying Activity Sheet

## School-Age

### Student Activity Sheet: No Bullying at Our School

\_\_\_\_\_ wants a school where bullying doesn't happen.  
(Name of student)

I think bullying is wrong for these 3 reasons.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

When a person is bullied, it can make them feel:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When a school does not tolerate bullying, it is a place where kids:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Three things you and I can do to help make this school safe and comfortable for everyone:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Consequences of Bullying

School bullying affects the safety and social well-being of the entire school community. Wanting and needing to belong at school is important to most students. Being put-down, embarrassed, physically hurt or terrorized at school on a regular basis is hurtful for students

at any grade level. Bullying can make a student feel unwanted and rejected.

**Students who are targets of bullying** spend their energy at school being afraid and worrying about when and how they will be bullied again. They may suffer direct pain and discomfort when the bullying is physical. They may begin to withdraw from school activities and areas on campus where bullying takes place. They may begin to stay away from school. In the worst cases, some students become ill, depressed and even suicidal. Some students take a vigilante approach and feel the need to fight back with weapons or in other dangerous ways.

**Students who bully** may think that they are in full control of what is happening. They may also think that the only ones being hurt are the targets of their bullying. The fact is that bullying also hurts the one who does it. A bully who learns to use aggression toward others may find the negative behavior a hard habit to break. Some students who bully are less likely to be respected or trusted by others. Bullies may be seen as manipulators or as mean and unpleasant people. Some acts of bullying can result in suspension or expulsion from school and the loss of valuable learning time. Bullying behaviors that continue into adulthood can turn into child abuse, domestic violence and other criminal activities. Studies show that serious bullies tend to have their first serious brush with the law by their mid-twenties.

**Students who observe bullying** at school may begin to think bullying is acceptable school behavior. They may assume that the adults at their school either don't care enough to stop it or can't stop it. Some students may join in with the bully. Other students may fear that they will become the next target, particularly if they share common traits with the target. Some students may risk their own safety to intervene for their close friends or other peers who are being bullied.

**Schools that allow bullying** to continue are promoting violence. Studies show that acts of serious school violence often have their roots in bullying issues. A school may develop a reputation for being non-caring, irresponsible and persistently dangerous. Some schools have faced costly and embarrassing litigation or loss of enrollment for these very reasons. Bullying endangers the academic mission of a school community. Bullying compromises the school safety mission.

## Signs of Preschool Bullying

Bullying among preschoolers are more common than you think. Most people think that bullying normally starts in Elementary and goes through high school. That is not always the case. The number of preschool bullies has rose drastically. Here are signs to look for to see if a preschooler might be a victim of bullying:

- ♦ **Is suddenly scared to go to preschool**
- ♦ **Complains of stomach ache or headache for no reason**
- ♦ **Is clingy and whiny**
- ♦ **Comes home with unexplained injuries**
- ♦ **Is withdrawn or depressed**
- ♦ **Talks about one particular child doing mean things**
- ♦ **Has trouble concentrating**
- ♦ **Avoids eye contact when talking about preschool**

If you think a preschooler is being bullied, here are some tips to help you handle the situation:

- ♦ **Communication is key** let the child know that you can help him or her.
- ♦ **Talk to the teacher** because the teacher may not be aware of the problem and can help eliminate the situation.
- ♦ **Take advantage of the open door policy** at the preschool. Stop by unannounced to see how things are going.
- ♦ **Schedule a meeting with teacher and other parents.** The other parents may not be aware that their child is hurting someone at school.
- ♦ **Bully proof your child** by giving him the tools that he needs to stand up for him or herself.
- ♦ **Consider changing classrooms** if the situation does not improve.

Taken from <http://www.education.com/magazine/article/bullying-preschool/>

## How To Talk To The Bully

No parent wants to hear that their child is the class bully. Some parents honestly do not have a clue that this is happening. It is important to get to the source of why the child is bullying. Here are a few things that you can do:

- ◆ **Don't deny that there is a problem.** Ignoring a problem rarely makes it go away, and often exacerbates it. Your child may not be entirely to blame; but he or she is definitely part of the equation, and problems can't be solved without all parts of the equation being satisfied. Minimizing the importance of the issue sends a message to your child that being inconsiderate of other people's feelings is acceptable.
- ◆ **Talk with your child.** Listen to their stories and feelings. Remember that there are always two sides to every story. Document specific aspects of the behavior so that you have the necessary information to help you and your child to work towards a solution.
- ◆ **Encourage and model empathy.** Bullies often lack the feeling of empathy. When discussing specific incidents, ask your child to put themselves in the other child's shoes. Use short, clear sentences to describe how other children feel. For example, "When you hit Billy, it hurts him." or, "How would you feel if Joey called you names?"
- ◆ **Brainstorm reparations and focus on accountability.** Ask your child to help you understand what they did that caused harm to another, and why they behaved in that manner. Then, work with your child to develop meaningful ways to show he or she is sorry for what they did. Simply saying sorry is not enough; they must state what they are sorry for, and what they are going to do in the future to make amends.
- ◆ **Look for the source.** Have your child's speech and hearing checked to ensure that he or she is not frustrated by not being able to communicate easily. Give plenty of attention for good behavior so that he/she doesn't feel as though they need to act out to get your attention. Ensure there is routine in your child's day, and that they don't experience too many changes in residence, routines, and authority figures. Reduce the number of aggressive examples in your child's life, violence examples in today's society can only be blamed for our children's poor behavior if parents let those examples be their children's babysitters.

Taken from <http://www.overcomebullying.org/preschool-bullying.html>

## The Difference Between Conflict and Bullying

The beginning of social exclusion can be seen as early as three years, and it is often more difficult to detect than direct physical bullying. There is a difference between what is considered conflict and what is bullying. Children arguing over a toy is natural and conflict. Children younger than three who fight over toys are not developmentally ready to share. This is not bullying, you may redirect and have more than one of the same toy and encourage sharing.

When children three and up repeatedly and deliberately intimidate or abuses another child or taunts or threatens a younger child it is bullying. When rules are made up to repeatedly exclude humiliate, or control another child, it is bullying.



Conflict



Bullying

## Things To Do Instead of Bullying

Tell children that bullying is wrong and discuss the following things they can do instead of hurting someone:

- 1) Take 3 deep slow breathes.
- 2) Listen to soft music and sing along.
- 3) Walk away and cool down.
- 4) Talk to your friends, family or teacher about how you feel.
- 5) Discuss feelings and how words and hitting hurt.
- 6) Go outside and ride a toy.

Instead of hurting the bully back do this:

- 1) Tell the person, "Stop it! I don't like it!"
- 2) Walk away and find a friend to hang out with.
- 3) Cool down, take 3 deep breathes.
- 4) Count to 10 slowly.
- 5) Talk to mom, dad, or teacher.
- 6) Listen to music, sing, dance.
- 7) Ignore, if possible.



# Circle Time Activity

Explain bullying and give clear examples of what it is such as; hitting, kicking, punching, pushing, tripping, teasing, making threats, name calling, being mean and leaving someone out of play, and saying mean things about each other. Sit children in a comfortable circle and encourage all children to participate. Ask the following questions:

- 1) Why do you think people bully?
- 2) Have you ever been bullied?
- 3) What would you do if you were bullied?
- 4) Have you seen someone bullying another person?
- 5) What could you do if you saw someone being bullied?

## Writing Activities and Discussions

(For 3 years and Up)

Teacher planned activity for children. Use large sheets of paper and ask children questions. Teacher will write out what child says and ask children to draw how they felt.

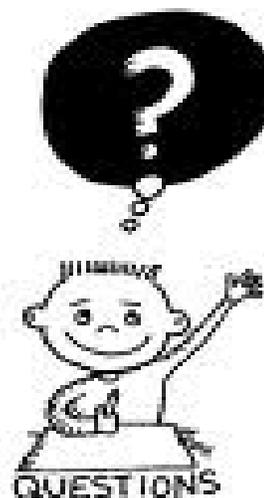
## Questions

- 1) Have you had someone say things to you that hurt your feelings? How did you feel?
- 2) Have you ever seen someone hurt someone else? What did they do? Why did they do it?
- 3) Have you ever hurt someone? Why did you hurt them?

## Practice Bully Free Action

For example:

1. Say please, thank you, and other polite words
2. Ask others to join in games and activities
3. Take turns
4. Share
5. Tell the truth
6. Follow the rules
7. Keep your hands and feet to yourself
8. Do kind things for others



# Art Activity

Provide plain paper or paper plates and crayons. Discuss feelings and read a story about emotions/feelings. Have children to draw pictures representing faces for example:

Happy



Excited



Sad



Afraid



Read the following books:

"How Are You Feeling?"

The Berenstain Bears and Too Much Teasing

Big Bird Can Share

How Dinosaurs Play With Their Friends

Sexton Freymann

Stan & Jan Berenstain

Dina Anastasis

Jane Golen and Mark Teague



## Books Worth Reading

Benchmarks: 1.19 Works cooperatively with others on completing a task

WSS: Domain: Personal and Social Development Component: Interaction with Others Performance

Indicators: 1: Interacts easily with one or more children. 2: Participates in the group life of the class

Books	Author
Stop Bullying Bobby! Helping Children Cope with Teasing and Bullying	Dana Smith-Mansell
Stand Up for Yourself and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way	Patti Kelley Criswell
Stand Tall, Molly Lou Melon	Patty Lovell
My Secret Bully	Trudy Ludwig
Powerless	Matthew Cody
Bye-Bye, Big Bad Bullybug!	Ed Emberley
How to Handle Bullies, Teasers, and Other Meanies: A Book That Takes The Nuisance Out of Name Calling And Other Nonsense	Kate Cohen-Posey
How To Be Bully Free	Allan L. Beane, Ph.D
The Recess Queen	Alexis O'Neill
King of the Playground	Phyllis Reynolds Naylor
Feet are not for Kicking	Elizabeth Verdick
Words are not for Hurting	Elizabeth Verdick
Teeth are not for Biting	Elizabeth Verdick
Hands are not for Hitting	Elizabeth Verdick





## Special Section

### Making 1st Experiences Count Training

November 6, 2010 from 10:15 a.m. to 1:15 p.m. Blytheville Mississippi County Library

December 7, 2010 from 6:00 p.m. to 9:00 p.m. Paragould Crowley's Ridge College

### AR Fit Kids

November 9, 2010 from 6:00 p.m. to 9:00 p.m. Jonesboro  
ASU Childhood Services

### Infant Toddler Make and Take

November 13, 2010 from 9:00 a.m. to 1:00 p.m. Jonesboro  
ASU Childhood Services



To sign up for the above trainings or look to see what trainings are available in your area, you can go to the registry website at:

<http://professionalregistry.astate.edu>

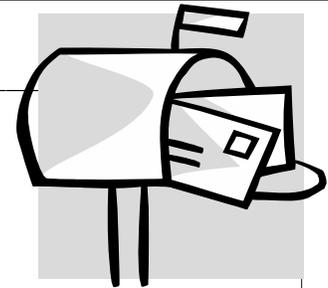


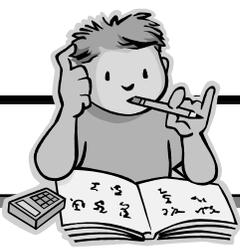
*Suggestions? Ideas? Questions?*

Feel free to send us your feedback!

Email: [jnwilson@astate.edu](mailto:jnwilson@astate.edu)

Mail: Childhood Services PO Box 808 State University, AR 72467





## Resource and Referral

Child Care Resource and Referral Agencies provide information daily to parents and businesses to assist families in locating quality child care.

Let us help you fill your available child care slots. Call your local child care resources and referral agency when you have openings and inquire about other services that we provide.

Child Care Resource and Referral Agencies listed below

### **ASU Childhood Services Quality Institute for Resource and Referral**

Counties served Crittenden, Greene, Craighead, Lawrence, Lee, Mississippi, Cross, Clay, Monroe, Phillips, Poinsett, Randolph, St. Francis, Woodruff.  
(870) 972-3055 ex. 2365

### **Childcare Connections, Inc.**

Counties served Pulaski, Lonoke and Saline.  
(501) 374-0330 Or 1-866-374-5439

### **Children of North Central Arkansas**

Counties Served Cleburne, Fulton, Independence Izard, Jackson, Sharp, Stone, and Van Buren  
(870) 739-5233 Or 1-800-737-2237

### **Division of Child Care and Early Childhood Education**

Counties serve Statewide  
(501) 682-9699 Or 1-800-445-3316

### **Jefferson Comprehensive Care Systems, Inc Child Care Link**

Counties served Jefferson and Grant  
(870) 536-0502

### **Northwest Arkansas Child Care Resource and Referral Center**

Counties served Benton, Carroll, Crawford, Franklin, Johnson, Logan, Scott, Sebastian, Washington, and Yell  
(479) 751-3463 Or 1-800 KIDS-LOG (1-800-543-7564)