

Please take time to read our second pastoral team newsletter. This week has been anti-bullying week and the children have been thinking about how they can 'make a noise about bullying'.

Friendships—How can I support my child with their friendships?

What can I do to support my child with their friendships?

Friendships are important to children and develop as they get older. It's exciting to see, but can also bring about new problems and worries for many. Friendships can be hard to navigate and that is when we can step in to support.

Be open with children during their younger years and be actively involved as this sets the tone for deeper conversations as children get older.

Encourage children to have a group of different friends so they are not isolated if their one special friendship begins to suffer.

School Ages

As children move into the primary school years, they still need guidance and support to manage friendships and play with peers. Children's personalities start to develop. Quieter children need encouraging to speak up and busy children need to learn to listen to others. You can support your child by checking the rules and expectations of their play and being near to support if conflict arises.

Website Links

<https://anti-bullyingalliance.org.uk/>

<https://www.healthychildren.org/English/family-life/power-of-play/Pages/what-parents-can-do-to-support-friendships.aspx>

<https://imperfectfamilies.com/your-childs-friendship-drama-dos-and-donts-for-parents/>

The Early Years

Be present and available when your child is playing with others so that you can support with sharing and resolving conflict. Children can get upset or emotional quickly when they are young. It is important to teach them to talk to each other and ask questions and then to let an adult know if they need help. Setting up some sentences they can use can be helpful.

Please can I have a turn?

Please can I have that next?

Shall we share?

I had that first. Can we take it in turns?

Adolescent Years

During these years it is important to know when your child is most vulnerable and monitor these situations. Teens can be keen to conform and 'fit in' or be influenced by negative behaviours. Get to know who your child's friends are and encourage open communication. Make sure your child knows they can always speak to you without fear of a negative reaction. They are more likely to come and talk to you.

What is bullying?

The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological.

It can be in person or online.

Up coming dates



1st—30th November—November

Tuesday 28th November—Giving Tuesday

1st—31st December—December

3rd December—International Day of Persons with Disabilities

15th December—Christmas Jumper Day

Try at home



We have set the children challenges to make someone new smile or to engage in a conversation or game with someone new.

Could you try this at home or in your work place and share this with your children?