

# You can stop bullying

All children have the right to a good and safe kindergarten environment that promotes health, wellbeing and learning. As a parent, you can help to ensure an inclusive kindergarten environment for all children.

See FUB's tips on what you can do to prevent or stop bullying.

- ✓ Teach your child that not all people are the same, but everyone is equally valued.
- ✓ Show that you both see and hear the child.
- ✓ Be engaged in the child's everyday life in the kindergarten – show that you are interested in their day, activities etc.
- ✓ Think about what the digital world means for children today.
- ✓ Be open that your child may be involved in tormenting or excluding other children.
- ✓ Be a good role model. Show consideration for and speak positively about other children, their parents, the kindergarten and staff.
- ✓ Get to know the other parents and children in the class.
- ✓ Think about how you can include new children and parents.
- ✓ Do not accept that anyone is excluded. Speak to your child about relevant themes, e.g. birthday parties and visiting each other's homes.
- ✓ Maintain a good dialogue with the kindergarten staff.
- ✓ Contact the kindergarten if you have any concerns about your own child - or other children.

