

Fri for Mobberi

Help your child build good friendships

Dear parent

Children need good friends in order to thrive and develop. When children learn how to be a good friend from an early age, there is a better chance that bullying will be prevented when they grow older. As a parent you can contribute to a good and inclusive environment in the nursery/day care. You are the greatest and most important role model for your child, and we know that parents are able to influence the children's way of interacting when they engage in the community in the nursery/day care.

We have therefore summarised five tips on how you as a parent are able to help secure that all children, including your own child, feel part of the community.

- 1** **Support your child in playing with all the children in the nursery/day care**
Your child learns from playing with many different children. When you support your child in showing an interest in all the children, you are at the same time encouraging an environment where all children are able to engage in the play – and to be part of the community.
- 2** **Don't speak negatively about other children, their parents or the teachers in the nursery/day care**
Negative words about other children or grown-ups can easily grow into dislike and influence your child's way of looking at his/her environment. You should instead support your child in being open and positive. Do you say "Hi" to all the children and the grown-ups when you drop off or collect your child? Do you know the names of all the children?
- 3** **Welcome the new children**
New children will join the nursery/day care on a regular basis, and it means a lot for new children and parents that they feel welcome. You should therefore make sure to greet them and make them feel welcome – also even though your child may be on the way to leave the day care and start kindergarten.
- 4** **Encourage your child to say stop and to support and stand up for his/her friends**
Children who are for some reason excluded from the children's group will need some help from a peer. Children who help, comfort and stand up for other children will experience a sense of pride.
- 5** **Be open and positive when other parents talk about their children's problems**
It can be difficult to tell others that your child is experiencing problems or may need extra support at the nursery/day care. It is easier if the other parents are responsive.

About Free of Bullying:

Free of Bullying is a preventive anti-bullying programme developed by The Mary Foundation and Save the Children, Denmark. Free of Bullying revolves around four fundamental values: tolerance, respect, care and courage and consists of a suitcase with tools and methods that stimulate the well-being at the nursery/day care. Free of Bullying also offers materials to kindergartens, schools and after school clubs.

Read more on: friformobberi.dk