

Help your child make good friendships

Dear parents

Children need a safe everyday life and good friends in order to thrive and develop in the best possible way. When children learn how to be good friends, it helps prevent bullying in the long term.

As a parent, you are your child's **most important role** model, and we know that when parents support the community, it affects the way in which children spend time together. By contributing to the good atmosphere in and around your child's daycare centre, you are helping to make a positive difference for the community. We have gathered seven tips on how you, as a parent, can help all children – including your own – feel part of the community.

1

Talk respectfully about and to other children, parents and staff

Children reflect themselves in their parents, and when you are positive towards everyone in the daycare centre, the staff, the children's friends and their parents, it will spread to your child.

For example, you can show your interest by **saying hello to everyone** - both children and adults – when you bring and collect your child, and you can get to know the names of their friends.

Also remember that you are a role model in relation to how you use digital media. So think about your digital (bad) habits, as young children mimic their parents' behaviour.

2

Contribute to an easy cooperation with the adults

One of the most important things for your child's sense of security and well-being is that you also feel secure about and satisfied with the daycare. That's why it's so important that you and the adults who care for your child get on well with each other.

If you have time, stay a few minutes longer when you pick up your child and **talk to the adults** about how things are going. If you're worried about your child's well-being or if you're dissatisfied with something, speak to the adults when there are no children present.

3

Tell the adults when something has happened that may affect your child

In order to give your child the best conditions, it is important that parents and the adults at the daycare centre inform each other if something has happened that may affect the child's well-being. This could be if there are upheavals in the family or if something has affected your child during the day.

Sharing this kind of information with each other makes it easier to understand the child's reactions and to take proper care of the child.

Strengthen the community

4

Support your child in playing with different children

Your child learns by playing with different children. When you encourage your child to be interested in more children, you also help to ensure that all children have someone to play with – and thus have a place in the community.

5

Welcome new children and their parents

It means a lot to new children and their parents that they feel welcome.

Therefore, pay extra attention and greet the new children and parents and welcome them – even if your child may be on their own way out of the daycare centre.

6

Put your child's emotions into words

Your child experiences many emotions. Sometimes they experience pleasant emotions, other times there are unpleasant ones – but no matter what your child feels, **it's important for emotional development that you acknowledge, accommodate and help** put their emotions into words.

This makes it easier for your child to understand and cope with their own emotions - and in the long run to become good at understanding others.

7

Be open and understanding if other parents share their child's challenges

It can be very difficult to share with others that your child is sad or is having problems in the nursery or daycare centre, and needs extra support, for example. Show interest and openness – it will then be easier for everyone.

About Free of Bullying

Free of Bullying 0–3-year-olds is a well-being-promoting programme developed by the Mary Foundation and Save the Children Denmark. The goal is for the youngest children to experience being in safe communities right from the outset. Free of Bullying 0–3-year-olds is based on four fundamental values: tolerance, respect, care, and courage. The programme consists of a suitcase containing tools and methods that contribute to well-being in nurseries and daycare centres. Material is also available for kindergartens and preschools/after school care. Find out more at freeofbullying.com.

