

Parents, Be Kind to Each Other

In pre-schools, on playgrounds, at daycares, and at kids' events, parents disrespect other parents. They:

- Yell face-to-face,
- Point fingers,
- Make critical remarks, and
- Judge.

Adults are not the only ones to witness this rude behavior. *Kids see it too.* It is a form of bullying, and parents are teaching it to their kids.

Rude people display selfish traits - only caring about what *they* think. They do not consider other's opinions. Impatient, they show a lack of respect for how people feel.

Adults who routinely yell and make harsh critical remarks often had parents who did the same. By demeaning others, they make themselves feel superior. Sometimes, they intend to cause hurt – which is bullying.

Many people confuse strength and confidence with being harsh and critical. Truly confident people do not need the glory of always being right or being heard. In fact, they often ask others for help or opinions. They enjoy the learning of a new skill.

A parent's and caregivers' behavior impacts a child's learning. Kids repeat what they see and hear. While parents want their child to be kind and respectful, their rude bullying behavior teaches the opposite.

If you are a parent who yells and bullies – *you have the power to change.*

- Think about your need to yell and criticize. Why do you do it?
- Practice self-restraint. Silence can be a powerful act.

- Stop and reflect before you yell. Take a few deep breaths. Count to 10. It may help to step away for a few minutes.
- List other ways you could have handled your words and actions. Could you have used different words? Better tone of voice?
- Stay calm when you feel the need to criticize. Focus on the action – *not the person.* Speak quietly.

Show kindness to other parents in your child's daycare or pre-school. You all face similar challenges. Bullying behavior causes everyone to suffer – even the rude bully.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
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