



How to Handle Your Child Bully

The most important thing you can do for your child is to make them feel loved and supported. From that, here are some do's and don'ts that will help you navigate parenting a child who bullies their peers.

DO's

Help them understand why bullying is a problem.

Be a positive role model by treating others with respect.

Keep your child busy and find new activities that they enjoy.

Supervise their time spent online and on electronic devices.

DONT's

Yell and punish them for their behaviors without conversation.

Slander or speak negatively about your child's support system (teachers, coaches, etc.).

Blame your child's school or other places of care for their behavior.

Let your child explore the internet without parental controls and time limits.

Ready?

For more information about how to help your child, please visit <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullying-Its-Not-Ok.aspx>

References

American Academy of Pediatrics. (2022). Bullying: It's Not OK. [healthychildren.org](https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullying-Its-Not-Ok.aspx).
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