

Keeping Safe Week

Thursday 19th November 2020

My Friendships, at home, at school, in the community

Focus : Kindness and Anti –bullying



Today we will be looking at how we manage our relationships with others. How we are kind, respectful, caring, celebrate difference and acknowledge children's rights all over the world to:

Be safe, Have access to education, Have fun, Be able to play and relax, To be heard.



https://www.unicef.org.uk/wp-content/uploads/2017/09/Our-rights_UNCRC.pdf

<https://www.bbc.co.uk/cbeebies/grownups/help-your-child-make-friends-at-primary-school>

<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents/interactive-anti-bullying-information-tool-parents-and-carers>

<https://www.bullying.co.uk/anti-bullying-week/>

See the school website for a wealth of resources relating to the school's approach to promoting Safe, inclusive, nurturing practice that supports children's capacity to develop positive, kind caring friend and relationships.

www.westhill.wandsworth.sch.uk

West Hill is a Telling school. If anyone says or does anything that makes anyone feel uncomfortable:

We Tell and get help.

We say, Stop I don't like that.

<https://westhill.wandsworth.sch.uk/school-life/curiosity-and-creativity/>



From Scholastic.com-parents-family life-social and emotional learning:

Like many things, kindness is a quality that children learn over time and through practice. **How Empathy Grows**

Empathy — the ability to understand another person's feelings — develops over time. A 2-year-old may try to comfort a crying playmate. While he/she is not able to understand why the friend is crying, she/he remembers times when he/she felt sad and knows what comforts her. At 3; children are more aware of others, but they still have trouble relating to how others actually feel. They may delight, for example, in knocking down someone else's block tower and not understand why the child who built it is so upset.

By age 4, children can better understand when they've hurt someone and can sometimes offer an apology without being told. They are also quite empathetic about another child's injuries.

By the time children are 5 or 6, they often can share more easily and take turns. And they are able to discuss what it means to be kind and can brainstorm ideas for how they might help people.

13 Strategies for Encouraging Kindness

The following suggestions might help you to teach your child about being kind.

1. Believe that your child is capable of being kind. "If you treat your child as if she/he's always up to no good, soon he/she will be up to no good," Kohn cautions. "But if you assume that he/she does want to help and is concerned about other people's needs, she/he will tend to live up to those expectations."

2. Model positive action. What you do and say is critical; let your child catch you in the act of kindness. Most parents start this role-modelling from day one. This lays the foundation for a lifetime of give-and-take and openness with people."

3. Treat your child with respect. At home, for example, you could say to your child, "We don't always agree, but we listen to each other and treat each other with respect."

4. Coach your child to pay attention to people's facial expressions. This is the first step in learning how to understand another's perspective. "We are more likely to reach out to other people in need when we are able to imagine how the world looks from someone else's point of view," Kohn says.

5. Let your child know often that how they treat others matters. For example, a child might think it's funny to see someone get splashed if a car drives by and hits a puddle. You can point out, "That lady is not laughing at

what happened. Look at her face. She looks sad. Her clothes are dirty and wet now."

6. Don't let rudeness pass. You might say, that person must have had a really bad day to talk in such a mean voice to us at the supermarket. What do you think?" This teaches your child that when someone is nasty to you, you don't have to be mean in response.

7. Acknowledge kindness. Be sure to show your child that you notice when someone does something nice. If your own child treats someone nicely, be sure to acknowledge and praise his/her effort.

8. Understand that your child's perception of differences in others comes into play. Young children notice differences in people, just as they notice them in animals and colours of crayons, so assume the best. If your child says something socially inappropriate, it's important to explore the comment calmly. Then you can correct the misunderstanding by more fully explaining the situation.

9. Be sensitive to messages that your child picks up from the media. Children are just as likely to imitate kind actions they see in movies and read about in books as they are to act out other types of scenarios. Be aware of the programs and movies your child watches and be available to talk about what they see. Also, encourage reading books that focus on caring and compassion.

10. Explain that calling someone names or excluding them from play can be as hurtful as hitting. If you hear your child saying something unkind go right into problem-solving mode with both children. Point out how the child who was called a name is upset: "Can you see the tears on his face?" Recognise that the real problem may be that the name-caller wants what the other has. Ask, "If you want something, what's another way you can get it without hurting somebody else?" It's also important to make sure the child who has been called the name isn't feeling victimized, and encourage your child to apologize.

11. Avoid setting up competition within your family. Encourage them to work together to get a job done and praise them for their group effort.

12. Show your child how to help people in need. You can encourage your child to donate a toy he/she has outgrown. He/she can also help you make gifts for a shelter and come with you when you visit someone in the hospital or nursing home.

13. Be patient. Kindness and compassion are learned and life presents challenging situations even to adults. Being a loving parent and a great role model will go a long way toward raising a wonderful, tolerant human being.