



# Family Focus

## Peer Relationships

This month I thought I would focus on a topic that I spend a lot of time talking with parents and children about - friendship issues.

There are 5 key principles (**NuRTURE**) that I focus on when talking through any problems that arise

- **Normalisation** – It is perfectly normal for children to ‘fall out’ with each other. In fact it is perfectly normal for everyone to: have disagreements; have different opinions; be ‘grumpy’ with one another. Relationships are a part of life and during childhood is when we start to learn about resilience, understanding, negotiation etc.
- **Respect** – It isn’t necessary for you to like everyone. It isn’t a case of friend or enemy. However it is important to treat everyone with respect. Be polite and be mindful of other people’s feelings.
- **Truth** – We all make mistakes. We all say or do mean things at times. The important thing is to admit when you have done something wrong so that you can put it right and move on
- **Understanding** – Have you considered the other persons point of view? How were they feeling? What were they thinking? Often issues are caused by a simple misunderstanding that can be sorted out by talking it through.
- **Restoration** – How can we put things right? We all have to learn to get on with one another. Consider how the situation could have been resolved differently? What have you learnt?

The language that adults use when talking through any issues is important. Although it is hard to see your child upset the less emotional you can be the more help you will be to your child. Encourage them to talk about everything that happened both before and after the incident and ask them if they spoke to a grown up and what the outcome was. If they haven’t told someone in school then encourage them to do this. Small disagreements can often be resolved easily with help from an adult and prevent them from becoming a major issue.



Try not to use the term ‘bullying’ when talking with your child. Overleaf you will find a picture of the poster that I use with the children to determine the difference between being unkind and bullying which you may find useful.

We take all allegations of bullying extremely seriously at Cts and will always investigate any situations and provide the appropriate support for all the children and families concerned. You are welcome to contact me at any time to talk through any worries you may have.

The best outcomes are achieved when school and parents work together to support the children to engage in helpful thinking and solution focused problem solving which will help to build their resilience.

**Mandy Robertson**


**Inclusion & Wellbeing Lead**



# Is it Bullying?

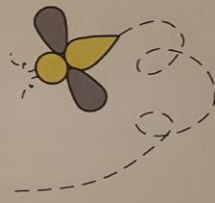
When someone says or does something unintentionally hurtful and they do it once.

## That's RUDE



When someone says or does something intentionally hurtful and they do it once.

## That's MEAN



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

## That's BULLYING

### HELP YOUR CHILD TO FIND SOLUTIONS TO FRIENDSHIP CHALLENGES

- Talk through the problem and brainstorm possible solutions.  
For example *'Susan played with Paul and Mary at lunchtime and did not include you. How could you solve this problem if it happens again?'*
  - a) *Play with another friend and play with Susan another day;*
  - b) *Ask if you can join in with their game; or*
  - c) *Tell Susan how you felt and ask if you can be included next time.*
- Role play scenarios – use toys, puppets, lego characters
- Draw the scenario on a piece of paper – stick characters work well – add speech and thought bubbles to show what people could say.

### ADVICE REGARDING SOCIAL MEDIA

Often situations are helped by giving each other some space. Time to calm down and reflect on the issue before talking it through together.

Social media frequently robs people of the opportunity to do this. Most days I find my conversations with children are full of what someone said on WhatsApp or another platform. Inevitably a small issue/difference of opinion is blown up into a big problem with people getting involved in things that don't concern them.

**No child at Cts is old enough to have an account on any of the social media platforms and I would strongly encourage parents to enforce this.**

If your child uses the chat features in games such as Roblox make sure that you know who they are talking to and monitor the conversations.

Please get in touch if you need support in setting up parent controls or visit <https://www.net-aware.org.uk/> This is a site set up by NSPCC with has information about all the online sites your child may be accessing.