

Here Are Dr. Joel Haber's *"Actions To Take If Your Kid Is Being Bullied"*

1- Be Sympathetic/Empathetic and a good listener...Get on their level. Have them feel OK that they shared this with you. Say things like "I'm really glad you told me about this"... "Sounds like it was really hard" and "When I was growing up, I saw bullying too...and it was really tough"... "I get what you mean."

2- Brainstorm with them:

Say something like "So, How do you want to handle this? What do YOU think we can do?"

3- Very important: Do NOT take over and try to fix it for them. Think of this as an opportunity for kids to work out their own stuff.

It's a "Grand Slam Homerun" if the kid can figure out how to work this out on his or her own. We must empower them!

4- Only if and when they have already tried different things and they can't handle it do we want to 'intervene' and have the school or organization get involved.

5- Also, regardless of how it eventually is resolved, you need to 'report this confidentially' to the school or organization in order to prevent re-occurrences with your child or another.

The Bottom Line - It's really important to let kids try and work these things out for themselves.

Monica Rosenbaum, MSN, NPP

NYS Licensed Nurse Practitioner of Psychiatry

Tune In To My Weekly Live Radio Show On Wednesdays at 9PM EST

www.blogtalkradio.com/monicatalk

In Person Services Offered (Long Island, NY Location) By Appointment Include:
Psychiatric Counseling, Medication Management, Stress Management, Coping & Social Skills,
Self Esteem/Self Awareness & Cognitive Behavioral Therapy & More

Child • Adolescent • Adult • Individual • Group

E-Mail: monica@monicatalk.com

Office Tel: 516.224.4358

Benefits of Allowing The Child To Figure It Out On Their Own

It builds resilience and confidence. We don't want to grow fragile or 'teacup' kids. They need to grow up and become independent. Sometimes you need to let them fail if they need to, in order to learn.

After all, things that you struggle through tend to become the most valued and revered.

"There's always hope to get help from bullying." - J Haber



Contact Information For Dr. Joel Haber

Dr. Joel Haber, The Bully Coach
The National Expert on Bullying Prevention and Solutions

E-mail: joel@respectU.com

Phone: (914) 428-0004

Website: www.respectu.com

Mailing Address:
297 Knollwood Road
White Plains, NY 10607

Monica Rosenbaum, MSN, NPP

NYS Licensed Nurse Practitioner of Psychiatry

Tune In To My Weekly Live Radio Show On Wednesdays at 9PM EST

www.blogtalkradio.com/monicatalk

In Person Services Offered (Long Island, NY Location) By Appointment Include:
Psychiatric Counseling, Medication Management, Stress Management, Coping & Social Skills,
Self Esteem/Self Awareness & Cognitive Behavioral Therapy & More

Child • Adolescent • Adult • Individual • Group

E-Mail: monica@monicatalk.com

Office Tel: 516.224.4358