

## What to Do if You Find Out Your Child Bullies Other Youngsters

- ▶ Evaluate whether the behavior might be modeled from parents. If not, is bullying of a younger sibling tolerated? Family therapy may be needed if patterns are difficult to change.
- ▶ Do not use physical punishment for discipline; that encourages a child to humiliate and hurt others. Instead, remove privileges or add jobs around the house.
- ▶ Provide as much parental (or substitute parental) supervision as possible.
- ▶ Put an immediate stop to any bullying you observe. Always have the child act in a more appropriate way.
- ▶ Emphasize praise and positive feedback. Reward the child for caring and appropriate behaviors.