

# WEEK 7 Being a Buddy, Not a Bully



Dear Parent/Guardian,

This week, your child is learning how to respect the rights of others. Kindergartners are learning how to be a “buddy” and not a “bully” by helping others and by sharing. Here are some opportunities to reinforce your child’s continued development of kindness and acceptance:

- **Plan ways for your child to give.** Have your child make something such as a baked good, a picture or a card for someone who needs cheering up.
- **Set expectations for your child.** Remind your child that a good host is considerate and puts the needs of his guest before his own.
- **Help your child see the impact of sharing and putting the needs of others first.** Use simple statements like, “Did you see the big smile on your friend’s face when you shared your toys? I think she had a good time.”
- **Model and role-play how to share and take turns.** Give your child words to use that help him learn to take turns. For example, “Tell your sister you would like to have a turn. Say, ‘When you are finished, I would like to play with the toy.’ Now you try it.”
- **Review the Golden Rule often.** When your child has trouble sharing or taking turns, remind her of a time when others didn’t share or take turns with her. This will help her to shift her focus from herself to others and how they feel.
- **Set rules and consequences.** Some children, in spite of all your efforts, have difficulty sharing and taking turns. Set one or two simple rules, such as: “In our house, we’re not going to say ‘You can’t play’ or ‘You can’t have a turn’ to each other.” A consequence of not being allowed to play for not following the rules should be enforced. It doesn’t take long for a child to recognize that sharing brings a lot more pleasure than greediness!

You’ll help your child become everybody’s buddy and no one’s bully!

From our hearts to yours,



PS Don’t forget to ask the definitions of KINDNESS & ACCEPTANCE.

**KINDNESS**—Showing care for others in an unexpected and exceptional way  
**ACCEPTANCE**—Treating everyone I meet with respect, even when they are different from me

