



Steuben and Schuyler's most trusted child care resource.

## Provider Newsletter

Volume 4, Issue 3

July-September 2018

### Open Communication about Bullying

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- *What was one good thing that happened today? Any bad things?*
- *What is lunch time like at your school? Who do you sit with? What do you talk about?*
- *What is it like to ride the school bus?*
- *What are you good at? What do you like best about yourself?*

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- *What does "bullying" mean to you?*
- *Describe what kids who bully are like. Why do you think people bully?*

- *Who are the adults you trust most when it comes to things like bullying?*
- *Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?*
- *What do you think parents can do to help stop bullying?*
- *Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?*
- *What do you usually do when you see bullying going on?*
- *Do you ever see kids at your school being bullied by other kids? How does it make you feel?*

Source: <https://www.stopbullying.gov/>

For more information on prevention strategies or how to talk to children about bullying, or information on Conscious Discipline, contact Liz Ryder at 607-776-2126 ext. 238.



## Fun in the Sun!

The weather is getting hot! Make sure your children are protected when playing outside!

Refer to section 11 (Health and Infection Control) of your Day Care Regulations as well as your programs Health Care Plan on applying topical ointments in your program.

Also, refer to your regulations in regards to Outdoor Play. Section 3 for SACC and Section 7 for GFDC, FDC, and DCC programs. For more information contact your Licensor or Registrar.



### Child Care Aware® of Steuben and Schuyler Contact Information:

Child Care Aware® of Steuben and Schuyler, a department of Pro Action of Steuben and Yates Inc.

117 E. Steuben Street

Bath, NY 14810

1-607-776-2126

Fax: 607-776-4873

Or

Schuyler Office:

323 Owego Street, Unit 6

Montour Falls, NY 14865

607-535-6806

1-800-553-2033

Hours of Operation: M - F 8:30 am – 4:30 pm

Child Care Aware® of Steuben and Schuyler is a member of Child Care Aware® of America, Winning Beginning NY and the Early Care and Learning Council. Child Care Aware® of Steuben and Schuyler is nationally Quality Assured and NYS Standard of Excellence Certified.