

## Newsletter Item 15

Aim: To provide families with strategies to help their children develop and maintain friendships to reduce the likelihood they will be bullied at school

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### Friendship and Social Support

A child with more than one good friend is less likely to be bullied than a child who is often alone or who has only one friend. Children who bully others are careful to avoid those children who have assertive and supportive friends.

#### How can families help their children make friends?

- Make sure that your children play with other children at school, at home, and in your neighborhood.
- At home, encourage your children to talk and maintain contact with their extended family—uncles, aunts, cousins, and grandparents—and to talk with adult family friends.
- Invite other children to your home for visits, and show your children how to make their guests feel welcome.
- Encourage your children to develop other interests and hobbies, such as sports, scouting, dance, drama, or music.
- Take your children on vacation to places where there are other children of a similar age.