Bullying is defined as repeated behaviour that is designed to hurt or upset someone.

**There are many forms of bullying. The three main types of bullying are:**

* physical
* verbal
* emotional

**I will not tolerate any form of bullying in my care and will take this matter very seriously if it becomes an issue.**

If I have any concerns that your child is being bullied in my setting, or if your child is bullying another child or other children, I will discuss this with you immediately and work with you to support your child to resolve the problem.

**If your child is being bullied, I will:**

* reassure them that it is not their fault;
* help them to feel safe and cared for;
* help them to feel valued;
* give them praise and positive encouragement;
* reassure them that things will improve and that I will help them as much as possible to resolve the issue.

**If your child is bullying, I will:**

* reassure them that I still care about them but I don’t like the behaviour;
* work with them to help change their behaviour;
* work with them to find ways to make amends for their actions;
* introduce a reward system for positive behaviour;
* discuss the matter with you privately to see if we can understand what may have triggered the bullying.

If you have any concerns regarding your child, please discuss them with me as soon as possible.