

Ask Kat

Dear Kat

My question is: How can I help my son. He is in grade 5 and he is a really sweet kid. Perhaps too sweet because he seems to be taken advantage of and abused on the school yard. What could I do to assist him to put a stop to this unfairness?

*Brenda H
Houston TX*

Hi Brenda!

You know, this is a great question and one that I think will serve many people. So thank you for asking it!

First I would like to point out that trying to control things that are outside of ourselves is like trying to tell sun when to rise and fall... Not even a possibility!!

So what CAN you do?

Well the answers lay in the heart of your son. For starters, encourage him to honor what he is feeling and to talk about it. Our feelings are our guidance system so it is important to assist him to learn to use them as such. He won't be able to use his feelings if he is pushing them down.

Whatever you do, make sure you validate his feelings every step of the way! Do your best to not discount a single one. This will build a greater trust within for himself AND IN YOU! As he shares how he is feeling and about what, you can find the things that are triggering him. From there, begin talking to him about different perspectives.

For example, when I was about that age there was a girl who always picked on me... My Mom called around to find out what

the girls deal was and finally found out that she was abused at home. So my Mom started talking about how the girl was probably taking her anger out on me because I came from a family that didn't beat on one another. That girl and I ended up being friends and nothing changed except my attitude towards her.

I am not suggesting you do researches on every kid bothering your son, but you could offer some perspectives that make the experience different for him. Once his attitude towards those kids begins to change, likely their behavior toward him will also.

Yeah, darn it all – the old saying 'they are probably just jealous' turns out may just be truer than we ever imagined.

The third step I would take is to practice visualization with him. A good way to do that with kids is to ask them questions that cause them to think about what they want; like for example: Tell me how your day would be different if those kids were your friends? Or how would you feel if those kids just ignored you?

Kids are way better at the imagination game than we are. Use that innate skill of theirs and engage them in their own possibility. By doing that, not only will you get them through this misadventure, you will be teaching them a valuable skill they can use for the rest of their lives.

I really hope this was helpful. Thank you for writing and good luck! Please let me know how it works out.

In Gratitude
Kat