

Let's Talk About **Stop Picking On Me**

Stop Picking on Me is a book about bullying. It is not a storybook. It is factual and so it is called a non-fiction book. Non-fiction books are different to storybooks because there is no story line to help with understanding. Children need to learn how to read and understand non-fiction books too.



Many children like non-fiction better than fiction. Non-fiction books give your child lots of information about topics that are of interest or that need to be learned about for school.

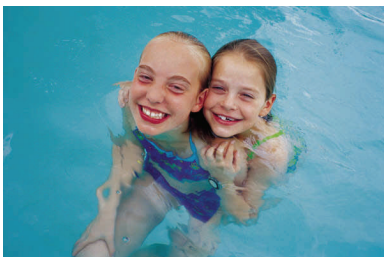


Let's Rhyme

Little Sally Waters



Little Sally Waters, sitting in the sun,
Crying and weeping, lonesome little one.
Rise, Sally, rise; wipe off your eyes;
Fly to the East, Sally
Fly to the West, Sally,
Fly to the one you love the very best.



My Friend Has a Face

Tune: Old MacDonald From: Toddle on Over

My friend _____ has a face,

Child's name.

E-I-E-I-O.

And on her face she has a nose,

E-I-E-I-O.

With a sniff, sniff here,

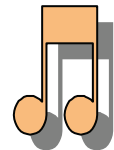
And a sniff, sniff there,

Here a sniff, there a shiff,

Everywhere a sniff, sniff

My friend _____ has a face,

E-I-E-I-O.



Repeat with two eyes (blink)
and mouth (smile).

Note to Parents & Caregivers

Like adults, children can develop areas of deep interest such as sports, dinosaurs or horses. To encourage independent reading, try to find books that are at your child's reading level *and* that appeal to his or her interests. Many reluctant readers prefer non-fiction.

Choose
books that
are of
interest to
your child.

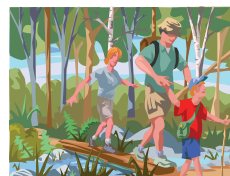
Let's Create

Do Something Together

Today, do something together that interests your child. It might be cooking or baking, building something, looking for bugs, playing a game, trying a sport or painting a picture together.

Make sure it is something that your child wants to do and is interested in. And, the very special part is doing it together.

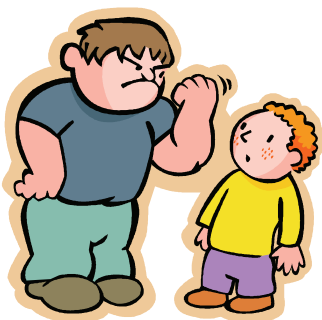
You will better understand your child's interests. Your child will discover that his or her interests are important to you.



This is very reassuring for a child and key to good self esteem. Good self esteem helps your child remain resilient during the tough times of life.

Let's Be Together

Talk about bullying with your child. This is the best way to protect your child from bullies. It also helps your child from bullying others.



Ask about her day at school. Ask about the children he goes to school with. Are there bullies at school? Make a plan for her to use if she is bullied.

Here are some ideas for you and your child to use in the plan:

- Bullies are less likely to bother children in groups so encourage your child to stay in a group.
- Make a list of adults your child would feel comfortable asking for help if he was being bullied.
- Practice (role play) with your child so that she knows how to respond to bullies.

**Talk
about
bullying
with your
child.**



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